

Interboro High School

Athletic Training Emergency Action Plan

EMS:	911	
Athletic Trainer: Jenna Syken	302-377-9239	Cell
Athletic Training Room:	610-237-6410 x 2158	Office
Athletic Director: Lisa Ford	610-999-4556	Cell
Asst. Athletic Director: Joseph Barrett	610-570-5983	Cell
Team Physician: Dr. David Webner	215-681-8892	Cell
Sports Medicine Fellow: Dr. Sean Loose	724-987-2520	Cell

ACTIVATION OF EMERGENCY MEDICAL SYSTEMS (EMS) IF ATHLETIC TRAINER IS NOT PRESENT

- CALL 911
- STATE YOUR NAME WHEN DISPATCH ANSWERS
- PROVIDE THE NUMBER YOU ARE CALLING FROM
- STATE SITUATION:
 - NUMBER OF INJURED ATHLETES
 - CONDITION OF INJURED ATHLETES
 - TREATMENT PROVIDED
- PROVIDE LOCATION OF EMERGENCY SITUATION: VENUE ADDRESS AND DIRECTIONS
 - Include street names, how to access sites, and individuals who will aid in directions to scene

Interboro High School
500 16th Ave, Prospect Park, PA 19076

- PROVIDE ANY OTHER INFORMATION REQUESTED BY DISPATCHER
- DESIGNATE INDIVIDUAL(S) TO "FLAG DOWN" EMS AND DIRECT TO LOCATION
- OPEN ALL NECESSARY GATES
- STABILIZE AND COMFORT ATHLETE(S) UNTIL EMS ARRIVES
- PARENT OF ATHLETE OR COACH MUST TRAVEL WITH ATHLETE(S) TO HOSPITAL
- NOTIFY ATHLETIC TRAINER
- NOTIFY ATHLETIC DIRECTOR

AD: _____
Date: _____

Lisa Ford

ATC: _____
Date: _____

[Signature]
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Glendale Heights: (middle school sports)

Address: 280 South MacDade Rd.
Glenolden PA, 19036

Access: Ambulance access can be made via the intersection of MacDade Blvd and Hibbs Rd.

Hillcrest: (middle school field hockey, varsity baseball, varsity softball)

Address: 417 Hillcrest Avenue
Glenolden PA 19036

Access: Ambulance access can be made via Hillcrest Avenue

Norwood Field: (JV baseball)

Address: 211 E. Amosland Road
Norwood PA, 19078

Access: Ambulance access via park entrance on E. Amosland Road

Locations of AED by Venue

Athletic Trainer will have an AED with him/her when out at practice or game, but the following may be needed if the Athletic Trainer is not present

- High School Fields- With ATC at all practices/games. Stays in Athletic Training office through gymnasium next to weight room.
- Manor Field- Tinicum Middle School
- Hillcrest- South Ave Sports- Inside Field House/Athletic Trainers Office
- South Avenue Sports Complex-Inside field house/ Athletic Trainers Office
- Norwood Field- Norwood Middle School
- Main Gymnasium- Athletic Trainers office through gymnasium and second is located next to the Psychology Office, across from the stairwell outside the gym(big parking lot side)
- Wrestling Room- Athletic trainers office through gymnasium and second is located next to the Psychology Office, across from the stairwell outside the gym (big parking lot side)
- Weight Room- Athletic trainers office next to weight room and second is located next to the Psychology Office, across from the stairwell
- Glendale Heights- In Glenolden School by the nurse's office
- Glenolden Park- In the Glenolden School by the nurse's office

To use the AED open and push power button, the AED will give you voice instructions as you go.

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If there are many events going on, an ATC will not always be able to be the first one to respond to a scene, so the Chain of Command is to be followed until a higher person on the Chain is able to step in.

These emergency procedures are applicable at the following locations at Interboro High School: High School Fields, Manor Fields, Hillcrest, South Ave Sports Complex, Norwood Field, Main Gymnasium, Wrestling Room, Athletic Training Room, Glendale Heights, and Glenolden Park

Emergency Communication: via cell phone(s). Phone will be on site with ATC during games and practices. Local EMS is 911.

Emergency Equipment: Supplies (AED, Crutches, Splints, Medical Kits, and OSHA Materials) located on the field and in the gymnasium with the home team and ATC. Additional emergency equipment is accessible from the Athletic Training Room.

Transportation: An ambulance is a call away for all athletic events, except Home Football games for which they are present. Athletes may be taken to the hospital by ambulance for emergency and catastrophic injuries or illnesses. If the athlete is underage and parents/guardians are not there, they should be notified of the situation and what hospital he/she will be transferred. In the parent/guardian's place, a coach will accompany the athlete to the hospital. If the student's parents are present, they should accompany the athlete.

Nearby Hospitals:

Taylor Hospital

175 East Chester Pike, Ridley Park

610-595-6000

Crozer -Chester Medical Center

1 Medical Center Blvd. Upland, PA 19013

610-447-2000

Springfield Hospital

196 W. Sproul Rd. Springfield, PA 19064

610-328-8700

Crozer Sports Medicine Office

Pavilion 1, Suite 110; 196 W Sproul Rd. Springfield, PA 19064

610-328-8830

Emergency Signals:

Physician: arm extended overhead with clenched fist

Paramedics: wave onto field

Spine Board: arms held horizontally

Gator/Cart: wheel motion

Splints: hand to lower leg or thigh

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- If needed, have transported by coach, parent/guardian of athlete or school representative to hospital.
- If parents not present, contact them to let them know of the situation.
- It is the responsibility of the hospital to notify the athlete's parents/guardians with the latest and most accurate information concerning the athletes' condition.
- Complete an injury/illness report
- If ATC was not present, contact ATC upon return to school to notify them of the incident and the extent of injury/illness

C. Non-Emergencies (Concussion with no loss of consciousness, injury, illness, abrasion, minor cuts, contusion)

- Follow the First Aid principles
- Contact the ATC if more than minor cut or abrasion. If ATC not present, coach will provide basic first aid.
- ATC evaluates injury
- Provide appropriate care
- Complete an injury/illness report

CATASTROPHIC INJURY – CRISIS MANAGEMENT PLAN

Contact athletic training and sports medicine personnel
Contact athletic director
Designate athletic administrator point person
Contact/update school staff if not yet familiar with situation
Contact family by appropriate individual (use assistance as needed)
Coordinate medial plan
No contact with media
Meeting with athletes to discuss situation
No outside discussion of meeting with media
Complete documentation of events includes everyone involved with signatures
Collect and secure all equipment and materials involved
Construct a detailed timeline of events related to the incident
Involve appropriate counseling and ministerial personnel
Always assign athletic staff member to be with family upon arrival; assist family as needed; protect from outside persons.
Critical incident stress debriefing/counseling as necessary for individuals involved in incident

ASTHMA ATTACK PROTOCOL

Emergency asthma medication prescribed to asthmatic athletes should always be available and is advised to be carried either with coach or in the medical kit and must always be kept with the team.

Athletes requiring emergency asthma medication must also have a note to accompany the medication with their name, what the medicine should be used for and how to administer it if they are not able to do so.

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- Prepare assistant coaches or "team parents" the job of making phone calls, opening gates, notifying parents and school officials and keeping bystanders away. Remember in the event of a catastrophic injury, you must always remain with the injured athlete.
- Be familiar with the medical histories of the athletes on your team. Athletes with asthma should have an extra inhaler in the medical kit. Athletes who are allergic to insects should have medication with them, as should diabetics.
- Instruct your athletes to stay away from injured athletes; they should not try to help them until they have been properly evaluated.
- Discuss this with your coaching staff and team.

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lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary survey. If possible, move victim to a safer location.

Event Procedures

Prior to and during competition: A member of the athletic training staff will greet the officials, explain that we have means to monitor lightning and offer to notify the officials during the game if there is imminent danger from the lightning. The officials are primarily in charge for calling the game due to inclement weather. They will also announce the suspension of activity and notify the coaches and athletes to stop play (via whistle or horn).

Evacuation of the playing field: Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to an enclosed ground structure (gymnasium/locker rooms).

Evacuation of the stands: During competition once the officials signal to suspend activity, a member of the sports information staff will announce via the PA system regarding approaching inclement weather or impending inclement weather, need to take appropriate shelter and that all activity will cease until it has been determined it is safe and the risk of lightning is diminished.

Resumption of Activity: Activity may resume once the officials deem it is safe. Thirty (30) minutes **AFTER** the last lightning strike or activity using the Flash-to-Bang Method

Away Events: apply the home/facility EAP or modify the Interboro High School guidelines to apply accordingly.

Lightning Detections Procedures for Non-Supervised Activities

Example: Athletes using facilities in the off-season or outside of regular practice hours.

No method of lightning detection can detect every strike nor is prevention from lightning a guarantee. However, we encourage you to follow the Flash-to-Bang Method to monitor the approximation of lightning distance and/or utilize weather apps.

Tornados

For tornados, all athletes should evacuate to the lowest level of Interboro High School or to the interior hallways. Stay away from windows and hanging objects. Spectators should also be evacuated to the lowest level of the high school and/or inner hallways. If off campus, go to the nearest available shelter and follow the same protocols.

Heat Index/High Humidity

During summer, early fall, and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and heat illness. Daily measurements are taken before each practice and during periods of extreme heat and humidity. Weather applications on cell phones or a compute

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FOUR TYPES OF HEAT ILLNESS

- **Heat Cramps:** Acute, painful, involuntary muscle contractions presenting during or after exercise. Usually occurs due to dehydration, electrolyte imbalances, and/or neuromuscular fatigue.

Treatment- Stop exercise and provide sodium-containing beverages. Stretch the affected muscle and apply ice. Recovery often occurs within minutes to hours.

- **Heat Syncope:** Collapsing in the heat, resulting in loss of consciousness. Usually occurs when standing in a hot environment, causing postural pooling of blood in the legs. Typically occurs when a runner crosses the finish line or overheating during conditioning. Recovery occurs within a few hours.

Treatment- Move the athlete to a shaded area, monitor vital signs, elevate the legs, cool the skin, and rehydrate. Call EMS if athlete worsens during or after treatment.

- **Exertional Heat Exhaustion-** Inability to continue exercise due to cardiovascular insufficiency. Symptoms include, but are not limited to, fatigue, weakness, dizziness, headache, vomiting, nausea, lightheadedness, low blood pressure, and impaired muscle coordination. Core body temperature $<105^{\circ}\text{F}$

Treatment- Cease exercise, move to shaded area, lay athlete on their back, elevate legs, and remove unnecessary clothing (i.e. helmet, pads, shirt, socks and shoes). Monitor vital signs. Start to replenish fluids with water and/or sports drinks. Apply cold packs to under arms, groin area, and behind neck to lower core body temperature and/or place athlete in cold submersion for at least 20 minutes. Call EMS if athlete worsens during or after treatment. Recovery occurs within 24hrs.

- **Exertional Heat Stroke-** Signs and symptoms include, but are not limited to, disorientation, confusion, dizziness, loss of balance, staggering, irritability, irrational or unusual behavior, apathy, aggressiveness, hysteria, delirium, collapsing, loss of consciousness, dehydration, and hot/wet skin. Core body temperature $>105^{\circ}\text{F}$

Treatment- Call 911, **IMMEDIATE** treatment is vital! Rapid cooling is required **BEFORE** transport. Immerse in ice water and remove unnecessary clothing for at least 20 minutes. Monitor vital signs. Apply cold packs to under arms, in groin area, and behind neck if body temperature is not reducing quickly enough. Will need to be cleared by Physician before returning to activities.

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