



2015-16

Athletic Programs

Emergency Action Plan

Contents

Introduction

Important Phone Numbers

Information to Give When Calling EMS

Venues

Chain of Command for Medical Emergencies

Management of Suspected Head Injuries

Management of Head, Neck, or Back Injuries

Management of Suspected Heat-Related Illnesses

Management of Cardiac Emergencies

Management of Asthma Conditions

Management of Diabetes Type 1 Conditions

Impending Lightning Protocol

Introduction

Medical emergency situations may arise at any time during athletic events. Immediate recognition and action are extremely important. Please be familiar with the following information provided in this packet and be able to implement them in case of a medical emergency occurring during an athletic practice or event at Madison Academy. By following the emergency action plan, you will be able to provide the appropriate level of care to our participants (student-athletes, coaches, spectators, etc.) with an emergency and/or life-threatening condition.

Please be sure to have all **Student-Athlete Traveling Information Forms** and important contact numbers for each athlete readily available at all practices and games.

Copies of this EAP should be placed in convenient, accessible locations across the entire campus. The EAP should also be reviewed and rehearsed at least annually.

Important Phone Numbers

Title	Name	Phone Number
EMS	Ambulance, Police, Fire	911
On Campus Paramedic	Aaron Hunt	(256)-655-6064
Principal	Dr. Eric Cohu	(256) 975-8253
Athletic Director	Andy Blackston	(256) 755-2683
SportsMED Athletic Trainer	Shane Harris	(256) 529-0344
SportsMED Orthopaedic Doctor	Dr. Jack Moore	(256) 777-8300
Additional Resources		
Poison Control		1(800) 222-1222
Suicide Hotline		1(800) 510-9132

Information to Give When Calling EMS:

- Your name and job title
- Address of event
- Your telephone number
- Location of event/emergency
- What happened to the victim(s); Be specific
- Description of victim(s)
- Current condition of victim(s)
- What care is being given
- Specific directions to venue
- Tell EMS operator that there will be people stationed to direct them to the scene once they arrive
- Any further information requested by the emergency dispatcher
- **Do not hang up until told to do so**

***The person responsible for activating EMS is also responsible for initiating a **spotter** to meet the ambulance.*

Contacting Parents: In the event that EMS is called, the parents need to be contacted **immediately**. Parent information will be found on the athlete’s emergency medical/contact information sheet.

Suggested information to include in parent conversation:

- Your name and job title
- What happened
- Child’s status
- Child’s present location and which hospital they are being transported to (if none is recommended by the parent)

***After calling the parents, make sure to contact the school’s athletic trainer if they are not present on the scene.*

Venues

Baseball, Softball, Soccer Fields	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Baseball Concession Stand
MA Address for EMS	325 Slaughter Road, Madison AL 35758
Directions to Venue	Enter MA off Slaughter Rd. Turn Right @ the split Turn Right into BB/SB parking lot Go through parking lot & past the LAMA house Proceed down the hill to the fields
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
Placement of Person to Direct EMS	The entrance of the school on Slaughter Rd.
Safe Shelter for Inclement Weather	In the dugouts and the concession stand.

Upper Gym	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Main Entrance to the Upper Gym
MA Address for EMS	325 Slaughter Road, Madison AL 35758
Directions to Venue	Enter MA off Slaughter Rd. Turn Left @ the split Turn at the 1st Left into Elementary parking lot Go past the gym and turn right to enter
Placement of Person to Direct EMS	Main Entrance to the school on Slaughter Road
Safe Shelter for Inclement Weather	Stay in the gym; in the event of a tornado warning move downstairs into the Horseshoe, coaches' offices, locker rooms, weight room and/or B-hall classrooms on the west side of the hall.

Lower Gym	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Main Entrance to the Lower Gym from the school
MA Address for EMS	325 Slaughter Road, Madison AL 35758
Directions to Venue	Enter MA off Slaughter Rd. Turn Left @ the split Turn Left @ the 3rd parking lot entrance Enter through gym lobby
Placement of Person to Direct EMS	Main Entrance to the school on Slaughter Road
Safe Shelter for Inclement Weather	Stay in the gym; in the event of a tornado warning move into the Horseshoe, coaches' offices, locker rooms, weight room and/or B-hall classrooms on the west side of the hall.

Little Madison Academy	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Gym Lobby (between the gym & school)
MA Address for EMS	7280 Old Madison Pike, Huntsville, AL 35806
Directions to Venue	Enter MA off Old Madison Pike Turn at the second left and proceed to the side of the building Enter the gym thru side door
Placement of Person to Direct EMS	The entrance to the school on Old Madison Pike.
Safe Shelter for Inclement Weather	Move into the hallways of the classroom area.

Tennis Courts	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Football Field House (enter through locker room door, turn immediately to the left to find AED on the bathroom wall)
MA Address for EMS	325 Slaughter Road, Madison AL 35758
Directions to Venue	Enter MA off Slaughter Rd. Turn Left @ the split Turn Left @ the 3rd parking lot entrance Follow the road past the school on the left Turn Right into tennis courts
Placement of Person to Direct EMS	The entrance of the school on Slaughter Rd.
Safe Shelter for Inclement Weather	Move into the lower gym or the high school building. In the event of a tornado warning move into the Horseshoe, coaches' offices, locker rooms, weight room and/or A or B - hall classrooms on the west side of the hall.

Football Field & Cross Country Course	
Role of Responders	1st Responder- Deems if its a medical emergency 2nd Responder- retrieves AED 3rd Responder- Calls 911 4th Responder- Directs EMS to the scene
AED Location	Football Field House (enter through locker room door, turn immediately to the left to find AED on the bathroom wall)
MA Address for EMS	325 Slaughter Road, Madison AL 35758
Directions to Venue	Enter MA off Slaughter Rd. Turn Left @ the split Turn Left @ the 3rd parking lot entrance Follow the road past the school on the left Turn Right @ the T Turn Right into Little MA Enter the gym thru doors on the far right of building
Placement of Person to Direct EMS	The entrance of the school on Slaughter Rd.
Safe Shelter for Inclement Weather	Move into the Football Field House.

**To identify safe shelter for each venue:

- Be sure it is accessible (within reasonable distance, unlocked, capacity)
- Building (with four walls, a ceiling, and plumbing or wiring that acts to electrically ground the structure)
- Secondary option is a metal roof vehicle with all windows completely rolled up
- Last option is thick grove of small trees surrounded by larger trees or a dry ditch assuming proper posture (crouch, grab knees, lower head, minimize contact with ground)

Chain of Command for Medical Emergencies

The highest person in the chain of command **who is present** at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

- Team Physician
- Head Certified Athletic Trainer (ATC)
- First Responder-A certified first responder is a person who has completed forty to sixty hours of training in providing care for medical emergencies. They have more skill than someone who is trained in first aid but are not an emergency medical technician.
- Athletic Director
- Head Coach
- Assistant Coach

Management of Suspected Head Injuries

Signs and symptoms of a possible concussion are listed below. If you observe an athlete experiencing even one of these symptoms, the athlete **MUST be removed immediately from all participation**. If the ATC/First Responder is available, contact him/her immediately for an evaluation. If the ATC/First Responder is not accessible, contact parent and recommend a prompt physician evaluation.

****IMPORTANT: Any athlete with a suspected concussion will not be allowed to return to play (games or practices) without physician's clearance.**

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head
- Can change the way your brain normally works
- Can range from mild to severe
- Can occur during practices or games in any sport
- Can happen even if you do not lose consciousness
- Can be serious even with small blows

Concussion Symptoms:

- Nausea and vomiting
- Poor balance
- Dizziness
- Double vision or fuzzy vision
- Sensitivity to light and/or noise
- Headache
- Feeling sluggish, foggy or groggy
- Problems concentrating
- Problems with remembering

- Confusion

Management of Head, Neck, or Back Injuries

Head, neck, and/or back injuries can be the most fatal and critical injuries that athletes sustain. If you suspect that a person has a head, neck or back injury, tell him or her to respond verbally to any questions you ask and to avoid nodding or shaking their head. The goal in caring for a person with a head, neck, or back injury is to minimize movement.

Signs and symptoms of a possible head neck, and/or back injury are listed below. If you observe an athlete experiencing even one of these symptoms, the athlete **MUST immediately be removed from all participation**. If the ATC/First Responder is available, contact him/her immediately for an evaluation. If the ATC/First Responder is not accessible, provide the following care.

****IMPORTANT: If the athlete is unconscious or has an altered level of consciousness call 911 immediately.**

Signs of Head, Neck, and Back Injuries:

- Change in consciousness
- Severe pain or pressure in the head, neck or back
- Tingling or loss of sensation in the hands, fingers, feet, or toes
- Partial or complete loss of movement of any body part
- Unusual bumps or depressions on the head or over the spine
- Blood or other fluids in the ears or nose
- Heavy external bleeding of the head, neck, or back
- Seizures
- Impaired breathing or vision as a result of injury
- Nausea or vomiting
- Persistent headache
- Loss of balance
- Bruising of the head, especially around the eyes or behind the ears

Caring for Head, Neck, and Back Injuries:

1. Contact the ATC/First Responder and/or EMS immediately!
2. Minimize movement of the head, neck, and/or back
3. Check for consciousness and breathing
4. Maintain an open airway
5. Control any external bleeding
6. Keep the victim calm. Comfort and reassure them. Encourage them to stay still until help arrives.

Management of Suspected Heat-Related Illnesses

Signs and symptoms of a possible heat illness are listed below. If you observe an athlete experiencing even one of these symptoms, the athlete **MUST immediately be removed from all participation**. If the ATC/First Responder is available, contact him/her immediately for an evaluation. If the ATC/First Responder is not accessible, provide the following care.

****IMPORTANT: If the athlete is unconscious or has an altered level of consciousness call 911 immediately.**

Signs and Symptoms of Heat Illnesses:

Heat Exhaustion	Heat Stroke (Medical Emergency- call 911)
Cool, moist, pale, ashen, or flushed skin	Red, hot, dry, skin
Headache, nausea, dizziness	Changes in level of consciousness
Weakness, exhaustion	Vomiting

Please be aware that some athletes may be more prone to heat illness due to certain conditions such as sickle cell anemia, sickle cell trait, and obesity. Recognition of these conditions can help provide faster treatment and therefore reduce the risk of a more serious condition.

Care for Heat Illness:

1. Place athlete in shade or in cooler area
2. Remove excess clothing and equipment
3. If you are able to do so, submerge the athlete in ice water. If not, use cold towels, ice bags, and/or fans to help lower the athlete's body temperature.
4. Provide cold fluid to drink, preferably water (unless unconscious)
5. Monitor signs and symptoms. If in 10 minutes the athlete does not improve, or if condition worsens at any point, call 911.
6. Contact parents regardless of whether or not 911 is called
7. Contact ATC/First Responder to notify of the incident

Management of Cardiac Emergencies

The following are signs and symptoms of a cardiac emergency. If any of these signs are observed in an athlete that you suspect of having a cardiac issue, **call 911 immediately and utilize AED if indicated and you are certified to do so.**

Signs and Symptoms of a Cardiac Emergency

- Chest Discomfort
- Jaw, neck, shoulder or arm pain
- Shortness of Breath
- Nausea
- Lightheadedness
- Profuse Sweating

Use of Automated External Defibrillator (AED)

The AED is stored in the following locations [lower gym lobby](#), [in the hall outside the upper gym](#), [Football Field House](#), [Baseball/Softball Concession Stand](#). Retrieve the AED immediately upon recognition of applicable situation while 911 is being called. Please be aware if there are multiple home events occurring simultaneously, the AED can also be obtained quickly by contacting the Head Athletic Trainer or the First Responder who is covering the event via cell phone, radio, or messenger.

Management of Asthma Conditions

Students with asthma should have an “asthma action plan” that includes:

Care for asthmatic attack:

1. Contact the ATC/First Responder immediately!
2. Remove athlete immediately from all participation (practice or game)
3. Have the athlete or assist them in retrieving their rescue inhaler, if prescribed
4. Have the athlete administer the medication themselves, if at all possible
5. Keep athlete comfortable, calm and reassured
6. Parents need to be contacted whether there is an improvement with the athlete’s condition or
not
7. The athlete should not be allowed to return to practice.

Management of Diabetes Type 1 Conditions

Student athletes with Type 1 diabetes should have a “diabetes care plan” that includes:

- Blood glucose monitoring guidelines (frequent checks and knowing levels safe for exercise)
- Insulin therapy guidelines. Should include the type of insulin used, dosages and adjustment strategies for planned activities, as well as insulin correction dosages for high blood glucose levels.
- List of other medications.
- Guidelines for hypo- and hyperglycemia recognition and treatment.
- Emergency contact information. Include parents’ and/or other family member’s telephone numbers, physician’s telephone number, and consent for medical treatment (for minors).
- Athletes with diabetes should have a medic alert tag with them at all times.

Impending Lightning Protocol

Game Protocol:

1. The Athletic Trainer, First Responder, Athletic Director, and Head Coach will be aware of the weather forecast. Use WRAL for weather information.
2. In the event of pending lightning the following "Chain of Command" will monitor the weather conditions during the event:
 - Athletic Trainer/First Responder
 - Athletic Director
 - School Administrator
 - Head Coach
3. The designated monitor(s) will discuss with the game officials prior to the start of the contest the impending lightning plan.
4. All play will be suspended and the players, coaches, and spectators will be evacuated immediately if:
 - a) Radio or TV has announced a thunderstorm warning for the area.
 - b) Lightning storm detector signals thunderstorm warnings.
 - c) **Suspend activities at the first sign of lightning or thunder activity.**
 - d) Understanding the 30-30 rule as a minimal determinant of when to suspend activities. Flash-to-bang method - count the time in seconds that passes between a "flash" of lightning and the "bang" of thunder that follows. If count is less than 30 seconds stop activity and seek safe shelter.
5. Communicate the need to stop activity and seek shelter through PA announcement or other signal (horn, siren, whistle, bell). A PA announcement will be made that all spectators are to evacuate the area immediately and go to the designated "SAFE" SHELTER OR THEIR PERSONAL VEHICLES. The Main Gym and/or the Multi-Purpose Building may be used as a SAFE shelter depending on the volume of spectators.
6. Play will not resume for a minimum of 30 minutes from last flash of lightning or thunder heard. The time may need to be extended depending on the weather conditions.
7. Following the initial 30 minute suspension, the conditions will be reassessed every 15 minutes to determine if conditions are appropriate to resume play.

Using the FLASH-BANG METHOD, you should be able to determine how far away the storm is. Count the seconds between seeing a FLASH of Lightning and hearing a BANG of Thunder. Divide this number by 5 to determine how far away (in miles) the storm is. A count of 30seconds indicates that the lightning storm is about 6 miles. By the time the lightning storm is 6 miles away, the event should be stopped and the venue should be cleared to a SAFE SHELTER.

Statement of Understanding

Please provide your signature below to state that you have read and understand Madison Academy's Emergency Action Plan for the 2015-16 school year.

