

A.L. Brown High School

Emergency Action Plan

Purpose: The purpose of this document is to explain the necessary precautions that are to be taken when dealing with an emergency situation.

Definition of an emergency or life threatening situation:

Any loss of consciousness
Cessation of breathing or pulse
Suspected head, neck, or back injury
Dehydration or any other Heat Illness
Shock or severe allergic reaction
Open or displaced fracture
Uncontrollable bleeding
Abdominal pain, tenderness and fever

Procedure

Stabilize the athlete using accepted First Aid and CPR procedures.

Activate EMS by dialing 911 and provide the following information:

- Type of situation and suspected injury.
- Present condition of the athlete and current treatment given.
- The exact location from which you are calling.
- The exact location of the athlete and how to enter the facility.

*****DO NOT HANG UP UNTIL THE DISPATCHER HANGS UP*****

Establish and maintain access for EMS personnel. (gates and doors)

“AFTER” the call to EMS has been successfully placed, please contact Grady Hardeman at 704-202-8597 and notify him of the situation.

Location of Telephones

All Cell Phones can reach EMS by Dialing **911**

Preparations and Equipment.

- All coaches, certified athletic trainers, and first responders should have keys to any gates or doors that may hinder access to emergency medical personnel or vehicles.
- Each member of the A.L. Brown Athletic Department and School Administrative Staff will receive a copy of this Emergency Action Plan.
- There will be a spine board, AED, emergency splints, cell phone, medical kit and physician at each home football game.
- Each coach will be provided with a stocked emergency kit for their team.

Head Injuries (Concussions)

- In the unfortunate event that an athlete sustains a head injury the following management steps will be followed.
 - Athlete will be immediately removed from activity for the remainder of the day.
 - If there is a loss of consciousness for any amount of time, the athlete will be secured to a spine board and transported to nearest emergency medical facility.
 - If the athletes condition deteriorates or fails to improve the athlete will be transported to the nearest emergency medical facility.
 - Regardless of the severity of the injury an athlete that displays the signs and symptoms of a concussion:
 - Return Pay Criteria
 - Must have written clearance by a licensed physician using the form provided by the athletic training staff. Other forms will not be accepted.
 - Will complete neuro-psychological testing **48 -72** hours post injury. The athlete must score satisfactorily in order to return to play.
 - Must be symptom free for 24 hours without pain medication in order to move past **Day 1** on the following return to play program.
 - The athlete must remain symptom free in order to move on to the next stage, and may only move one stage per 24 hours.
 - **Day 1:** No activity with complete physical and cognitive rest.
 - **Day 2:** Supervised light aerobic exercise.
 - **Day 3:** Begin sports specific exercise/drills (Non-Contact)
 - **Day 4:** Non-contact training drills/practice.
 - **Day 5:** Full contact practice.
 - **Day 6:** Competition
 - If the athlete displays symptoms at anytime during the six day gradual return to play they will return to the previous step or more.
 - The A.L. Brown High School Athletic Training Staff and Physicians will make the final determination regarding the return to play.

Cervical Spine Injury

- In the unfortunate event that an athlete sustains a neck injury. The athletic training staff in conjunction with other advanced and trained medical personnel will secure the injured athlete to a spine board.
- The athlete will be secured to the spine board with the helmet and shoulder pads still on. The only time that the helmet will be removed from the athlete is when all other attempts at gaining access to the airway have failed. If for any reason the helmet is removed the shoulder pads will be removed also.
- Anytime the athlete is placed on the spine board the facemask of the helmet will be removed regardless of the athlete's level of consciousness.
- Any unconscious athlete will be treated as if they have a serious neck injury.

Sudden Cardiac Arrest and AED

- In the unfortunate event of sudden cardiac arrest the athletic training staff and coaching staff will administer CPR, and utilize the Automated External Defibrillator
- This device is located in the athletic training room. It will also be at all football practices and home athletic competitions.

Extreme Heat

- Ambient temperature, wet bulb globe temperature, and relative humidity will be checked prior to each practice. Modification or cancellation of practice may occur depending upon these temperature readings. (See Handout)
- Each athlete will be weighed in and weighed out prior to all practices.
- A loss of 3% or more of the athlete's body weight disqualifies him/her from all practices and competitions until the athlete regains at least 1% of that weight back. Therefore it is imperative for the athletes to adequately re-hydrate themselves after each practice.

Lightning

- Severe weather will be monitored through a TEAM effort that consists of all athletic department personnel.
- The A.L. Brown High School Certified Athletic Trainer will obtain a weather report at the beginning of each day to check for severe weather that may develop during practice or competition. If there are signs that there may be a thunderstorm developing during a scheduled practice or competition, the head coach will be notified and alternate plans will be recommended.
- During practice the athletic training and/or coaching staff will monitor the surrounding area for any signs of thunder or lightning.
- In the event of an approaching thunderstorm, the athletic department designee will notify the coach (practice), or official (competition), and all personnel will be directed to proceed to their assigned locker rooms.
- The practice or competition will be suspended until 30 minutes after the last sight of lightning, or sound of thunder.