

# St. Mary's County Public Schools

## Chopticon

### *SCHOOL-BASED ATHLETIC EMERGENCY ACTION PLAN*



**July 1, 2022**

# Emergency Action Plan Chopticon High School

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## HB 836 - (Elijah Gorham Act)

### Fiscal and Policy Note

A venue-specific emergency action plan must be:

1. posted at each athletic facility at the school
2. available on the school's website at the beginning of each school year
3. distributed to each member of the coaching staff
4. rehearsed in person by all of the coaching staff of each sport before each of their respective seasons

The venue-specific emergency action plan must require that:

1. an AED be freely accessible during all school functions and located within a brief walk from an athletic practice or event on school property
2. all members of the coaching staff must be trained in the operation and use of AEDs
3. a trained member of the coaching staff must be present at all athletic practices and events on school property.

The venue-specific emergency action plan for heat acclimatization must include guidelines for student athletes consistent with the Model Policy for Preseason-Practice Heat Acclimatization Guidelines for Student Athletes as established by statute. The emergency action plan must ensure that:

1. each school is properly prepared and equipped to initiate cold water immersion for the treatment of exertional heat stroke
2. a cooling modality is readily available to student athletes at all athletic practices and events on school property
3. all members of the coaching staff are trained in cold water immersion
4. a trained member of the coaching staff is present at all athletic practices and events on school property.

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## Emergency Planning for After-School Activities

Emergency situations may arise at any time during after-school activities and athletic events. Expedient action must be taken in order to provide the best possible care and ensure the safety of participants when an emergency and/or life-threatening condition exists. The development and implementation of emergency plans for after-school activities by the school's Health, Safety, and Crisis Team will help ensure the safety of events.

Pre-planning and communication are critical components to be considered during any large gathering of people during after school events that may occur at an athletic stadium or field, school auditorium, or multi-purpose area of a school. All of the emergency planning guidelines and response actions outlined throughout this document are to be applied when planning for after-school activities and athletic events at schools.

Depending on the size (total number of people in attendance) and any pre-existing or known conditions (potential for severe weather during the event) consideration should be given to providing advanced communication in the form of a public service announcement prior to starting the event that will aid and assist individuals during an actual emergency. This may include the following statement:

"Before we begin the event, we are asking for your complete cooperation with several important safety issues. In case of an emergency during the event, the exits (or evacuation points) are located at (point out or describe exits). Please note any illuminated exit signs. Please try to remain calm and follow the directions of law enforcement, emergency, and school personnel as they will assist you in taking appropriate response action including evacuation of the area and sheltering, if necessary".

SMCPS continually coordinates support for security and emergency preparedness for all after school events and activities with the St. Mary's county Sheriff's Office. Sheriff's Office personnel are provided on an as needed basis for law enforcement security and emergency response support. The number of officers is standardized and is reviewed and revised annually to meet the needs of the school system.

Lightning detection equipment is installed and maintained at each high school enhancing safety measures for school athletics and outdoor after-school activities. The lightning detection equipment includes an alert siren and visual strobe. When lightning is detected within 10 miles of each high school campus the alert siren (one long blast of 15-seconds) and a visual strobe will activate.

## After School Emergency: Communications & Notifications

An after-hours emergency notification (call or text message) system has been implemented for use by all SMCPS employees for the purpose of notifying the Superintendent's office of any emergency situation involving students, staff members or a school occurring after normal business hours. **The after-hours emergency notification telephone number is (301)236-5977.**

Emergency Incident on Field Trips, Athletic Event,  
or Extracurricular Activity  
After Business Hours Notification  
**24 Hour Answering Service**  
**Call: 301-236-5977**

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## **Personnel Involved in Development**

The following individuals were involved with the creation of this Emergency Action Plan:

Mr. Raymond Sapp AD, Athletic Director

Mr. Wesley Patterson CAT, Certified Athletic Trainer

Ms. Wendy Stabnow , RN, School Nurse

Ms. Michelle Sultage , RN, School Nurse

Mr. Joseph Wysokinski , Assistant Principal

Mr. Marc Pirner, Principal

F. Michael Wyant, Chief of Safety and Security

Michael A. Watson, Director of Facility Coordination, Health and Physical Education, and Athletics



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## EMERGENCY ACTION PLAN FOR ATHLETICS

### OVERVIEW

#### Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities personnel must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation should enable each emergency situation to be managed appropriately and efficiently.

#### Components of an Emergency Action Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

#### Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel.

Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency

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plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards should be maintained with the athletic director. All coaches are required to have CPR, First Aid, AED, and concussion management training certifications.

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

**Establish scene safety and immediate care of the athlete:**

This should be provided by the most qualified individual on the medical team (the first individual in the chain of command).

**Activation of Emergency Medical Services:**

This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.

**Equipment Retrieval:**

May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.

**Direction of EMS to the scene:**

One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.



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## Activating Emergency Medical Services

Call 9-1-1

Provide information

Name, address, telephone number of caller  
Nature of the emergency (medical or non-medical)\*  
Number of athletes  
Condition of athlete(s)  
First aid treatment initiated by first responder  
Specific directions as needed to locate the emergency scene (i.e. "use the south entrance to the school off Asylum St.")  
Other information requested by the dispatcher  
**DO NOT HANG UP FIRST**

\*if non-medical, refer to the specified checklist of the school's non-athletics

## Emergency Communication

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

## Medical Emergency Transportation

Any emergency situation where there is loss of consciousness (LOC), or impairment of airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a "load and go" situation and emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experiences doubt in their mind regarding the severity of the situation should consider a "load and go" situation and transport the individual.

## Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan and follow instructions.

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## **Post EAP Activation Procedures:**

### *Documentation*

Documentation must be done by CAT (or other provider) and coach immediately following activation of the EAP. Both an injury report and accident report form must be filled out.

### *Debriefing*

The school team composed of the CAT, AD, coaches, etc. should discuss the event within 48 hours. This team should evaluate the effectiveness of the EAP and implement any recommendations for future occurrences. Any permanent changes to the EAP should be made and documented on the “Documentation of Recent Changes” page of this document.

## **Conclusion**

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s survival may hinge on the training and preparation of healthcare providers. It is prudent to invest athletic department “ownership” in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should **be reviewed at least once a year** with all athletic personnel and local emergency response teams.

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## Staff Education

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP) or know where to find it on the school's website.
  - a. Each coach will provide their signature to confirm they have read the documents and asked any potential questions
2. A copy of the relevant EAP will be in each medical kit which is to be kept with the coach at every practice/event
3. A copy of the EAP will be posted on the wall in the athletic training room.

## Chain of Command

The certified athletic trainer will always act as the primary care-giver at the site of the injury or accident (when on-site) and will manage the situation. In the event that a certified athletic trainer is not on-site at the time of injury the following chain of command is recommended:

### CHAIN OF COMMAND Most medically qualified

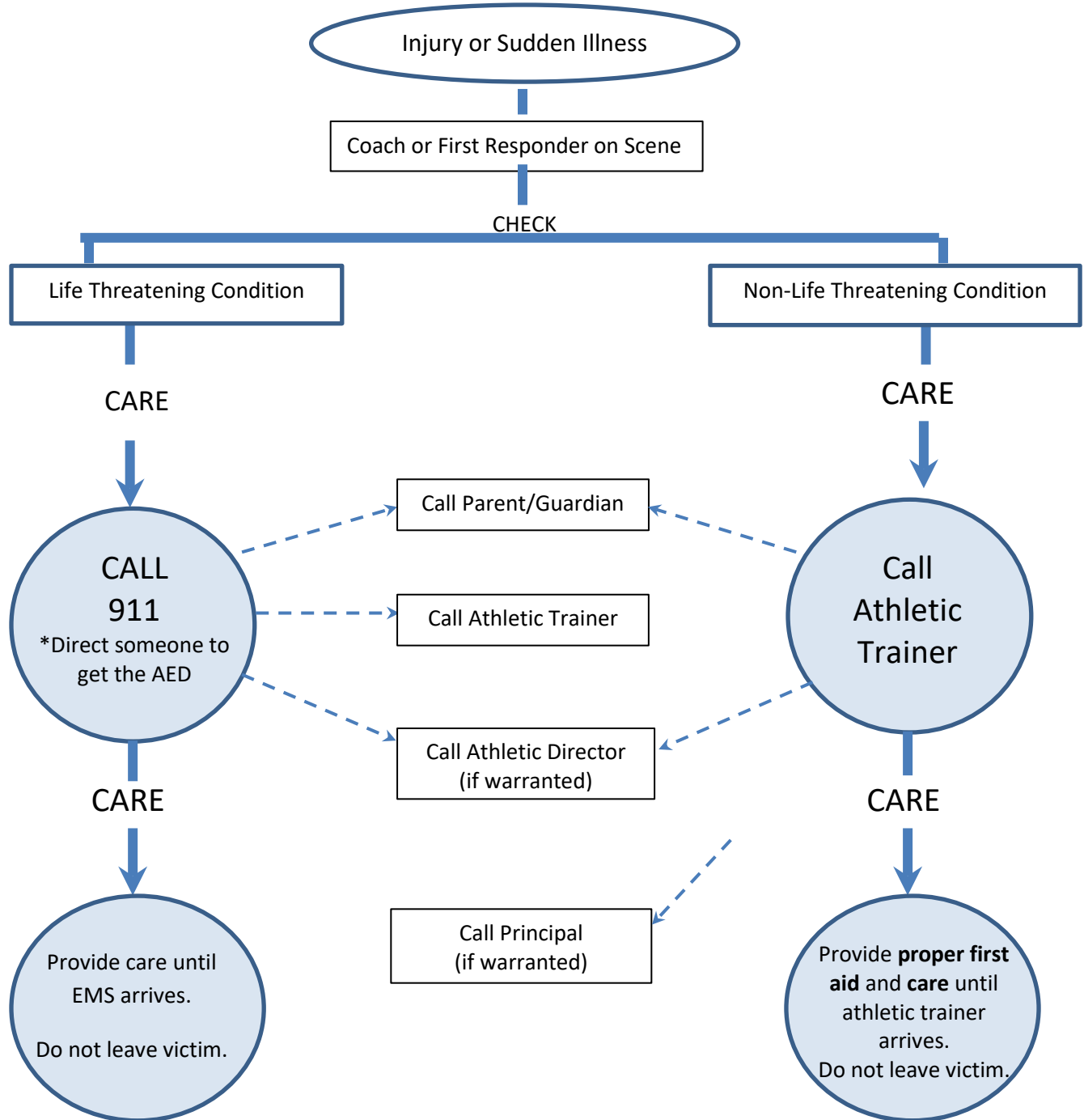
Certified Athletic Trainer/Nurse (**Absent**)

Athletic Director  
Head Coach  
Assistant Coach  
Game Manager

*\*Persons 1-4 would be determined by who is the most medically qualified individual and/or who is the first person on scene.*

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## Emergency Situation Contact Tree



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After the situation is controlled:

Contact the appropriate school and system-level administration. An after-hours emergency notification (call or text message) system has been implemented for use by all SMCPS employees for the purpose of notifying the Superintendent's office of any emergency situation involving students, staff members or a school occurring after normal business hours. **The after-hours emergency notification telephone number is (301)236-5977.**

**Athletic Trainer may at their discretion contact sports medicine physician for guidance**

## Emergency Equipment Locations

### ***Emergency Equipment:***

- Athletic Training Kit, Emergency Bag, Biohazard/First Aid Kit on site for events covered by CAT
  - Medical Kit located with coach
1. AED
    - a. Located with CAT for all covered events
    - b. Located with coach of highest need, determined by athletic trainer, athletic director and coach
    - c. Additional AED locations (See site map on following page)
  2. Nearest phone
    - a. Athletic Trainer's personal cell phone when covering events
    - b. Athletic Director's or Coaches' personal cell phones (emergency numbers in document)
  3. Rescue Inhaler
    - a. Coaches are responsible for each student who has an inhaler and is responsible for bringing the inhaler with them to all practices/games
    - b. Inhaler must be left with coach (labeled with name) during practices and games (not left in personal bag)
    - c. Athletic trainers may be given a backup inhaler by the parent or child to keep as a backup in the med kit.
  4. EpiPen
    - a. Coaches are responsible for each student who has an epi pen and is responsible for bringing their epi pen with them to all practices/games
    - b. EpiPen must be left with coach (labeled with name) during practices and games (not left in personal bag)
    - c. Athletic trainers may be given a backup EpiPen by the parent or child to keep as a backup in the med kit.
  5. Splints
    - a. Will be provided by EMS upon arrival
  6. Spine boards/Cervical Collar
    - a. Will be provided by EMS upon arrival

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## General Plan of Action

1. Most medically qualified person will lead
2. Check the scene – is it safe to help?
3. Is the athlete breathing? Conscious? Pulse?
  - a. If NO, instruct a person to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call!
  - b. Check card for 911 call instructions for your location
4. Perform emergency CPR/First Aid
  - a. If severe bleeding – instruct individual to assist with bleeding control
5. Instruct coach or bystander to get AED
6. Instruct coach or bystander to control crowd
7. Contact the Athletic Trainer if they are present at the school but not on scene
8. Contact parents
9. Contact Athletic Director
10. Contact Principal/Assistant Principal
11. Instruct individual to meet ambulance to direct to appropriate site
12. Assist with care as necessary
13. A coach must accompany athlete to hospital – either in ambulance or follow by car
14. Document the event

# Emergency Action Plan Chopticon High School

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## Emergency Action Procedures

### Stadium Field

#### Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

#### Emergency Personnel:

Chopticon High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

#### Emergency Procedures:

- Check the scene
  - Is it safe for you to help?
  - What happened?
  - How many victims are there?
  - Can bystanders help?
- Instruct coach or bystander to call 911
  - Provide the following information
    - Who you are
    - General information about the injury or situation
    - Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions\*).
  - 25390 Colton Point Road, Morganza Maryland, 20660
  - Take main entrance to the school, Take a right into the Parking lot, Go straight down the graded road to stadium.
  - Any additional information
  - **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
- Perform emergency CPR/First Aid
  - Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    - If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
    - If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
  - **Instruct coach or bystander to GET AED!!**
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer if not present on scene
- Meet ambulance and direct to appropriate site
  - Open Appropriate Gates/Doors
  - Designate an individual to "flag down" and direct to scene
  - Control injury site, limit care providers etc.
- Assist ATC and/or EMS with care as directed
  - Retrieve Necessary Supplies/Equipment
- An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- Document event and debrief

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## Emergency Action Plan Gymnasium

### Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

### Emergency Personnel:

Chopticon High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

### Emergency Procedures:

- Check the scene
  - Is it safe for you to help?
  - What happened?
  - How many victims are there?
  - Can bystanders help?
- Instruct coach or bystander to call 911
  - Provide the following information
    - Who you are
    - General information about the injury or situation
    - Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions\*).
    - 25390 Colton Point Road, Morganza Maryland, 20660
    - Directions
    - Take main entrance to school, Take right into the Parking lot, go to the front doors to the right of the school.
  - **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
- Perform emergency CPR/First Aid
  - Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    - If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
    - If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
  - **Instruct coach or bystander to GET AED!!**
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer if not present on scene
- Meet ambulance and direct to appropriate site
  - Open Appropriate Gates/Doors
  - Designate an individual to "flag down" and direct to scene
  - Control injury site, limit care providers etc.
- Assist ATC and/or EMS with care as directed
  - Retrieve Necessary Supplies/Equipment
- An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- Document event and debrief



# Emergency Action Plan Chopticon High School

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## Emergency Action Plan

### Baseball/Softball Fields

#### Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

#### Emergency Personnel:

Chopticon High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

#### Emergency Procedures:

- Check the scene
  - Is it safe for you to help?
  - What happened?
  - How many victims are there?
  - Can bystanders help?
- Instruct coach or bystander to call 911
  - Provide the following information
    - Who you are
    - General information about the injury or situation
    - Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions\*).
    - 25390 Colton Point Road, Morganza Maryland, 20660
    - Go to the bus loop entrance, the baseball field is to the left of the bus loop.
    - The softball field is behind the school. Follow the road behind the school
  - Any additional information
  - **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
- Perform emergency CPR/First Aid
  - Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    - If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
    - If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
  - **Instruct coach or bystander to GET AED!!**
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer if not present on scene
- Meet ambulance and direct to appropriate site
  - Open Appropriate Gates/Doors
  - Designate an individual to "flag down" and direct to scene
  - Control injury site, limit care providers etc.
- Assist ATC and/or EMS with care as directed
  - Retrieve Necessary Supplies/Equipment
- An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- Document event and debrief

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## Emergency Action Plan

### Practice Fields

#### Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

#### Emergency Personnel:

Chopticon High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

#### Emergency Procedures:

- Check the scene
  - Is it safe for you to help?
  - What happened?
  - How many victims are there?
  - Can bystanders help?
- Instruct coach or bystander to call 911
  - Provide the following information
    - Who you are
    - General information about the injury or situation
    - Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions\*).
    - 25390 Colton Point Road, Morganza Maryland, 20660
  - Football practice field- Take main entrance to the school, Take a right into the Parking lot, Go straight down the graded road past the stadium. Soccer, Field Hockey, and Lacrosse- Go to the bus loop entrance, the baseball field is to the left of the bus loop.
  - Any additional information
  - **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
- Perform emergency CPR/First Aid
  - Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    - If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
    - If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
  - **Instruct coach or bystander to GET AED!!**
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer if not present on scene
- Meet ambulance and direct to appropriate site
  - Open Appropriate Gates/Doors
  - Designate an individual to "flag down" and direct to scene
  - Control injury site, limit care providers etc.
- Assist ATC and/or EMS with care as directed
  - Retrieve Necessary Supplies/Equipment
- An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- Document event and debrief

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## Emergency Action Plan

### Tennis Courts

#### Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

#### Emergency Personnel:

Chopticon High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

#### Emergency Procedures:

- Check the scene
  - Is it safe for you to help?
  - What happened?
  - How many victims are there?
  - Can bystanders help?
- Instruct coach or bystander to call 911
  - Provide the following information
    - Who you are
    - General information about the injury or situation
    - Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions\*).
    - 25390 Colton Point Road, Morganza Maryland, 20660  
Take main entrance to the school, Take a right into the Parking lot, head straight towards the back of the building. It is between the school and concession stand.
    - Any additional information
    - **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
- Perform emergency CPR/First Aid
  - Check airway/breathing/circulation, level of consciousness, and severe bleeding.
    - If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
    - If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
  - **Instruct coach or bystander to GET AED!!**
- Designate coach or bystander to control crowd
- Contact the Athletic Trainer if not present on scene
- Meet ambulance and direct to appropriate site
  - Open Appropriate Gates/Doors
  - Designate an individual to "flag down" and direct to scene
  - Control injury site, limit care providers etc.
- Assist ATC and/or EMS with care as directed
  - Retrieve Necessary Supplies/Equipment
- An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- Document event and debrief

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## **Rehearsal Strategy**

The athletic director, with support of the athletic trainer, will be responsible for reviewing the EAP annually and rehearsing it prior to each sport season or at least annually for all coaches.

Coaches will be educated on the EAP prior to their first season of coaching during each academic year. The meeting will be a requirement for all coaches, of all levels, of each sport.

The meeting will be directed by the athletic director with the support of the athletic trainer and will include a presentation for recent updates and potential scenarios to ensure the coaches understand the EAP. All coaches will be provided the opportunity to ask any and all questions and the athletic director and athletic trainer will be responsible for ensuring a proper and adequate answer to all questions.

All coaches must sign in to prove their attendance. The documentation of attendance will be stored with the athletic director.











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## Approval and Verification Page:

This document has been read and revised by the athletic trainer, athletic director and principal.

Athletic Trainer: \_\_\_\_\_

Date: \_\_\_\_\_

Athletic Director: \_\_\_\_\_

Date: \_\_\_\_\_

Principal: \_\_\_\_\_

Date: \_\_\_\_\_

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I \_\_\_\_\_ (print coach name/sport) have read and understand the Emergency Action Plan for (School Name) Athletics. I understand my roles and responsibility should an emergency occur in my presence. I have also rehearsed this Emergency Action Plan and understand my role in an emergency situation with an athletic trainer present and without. I have been given the opportunity to ask all questions and have received the proper answers to my questions.

I also understand that I must keep my CPR/AED and First Aid Certifications up to date and that it is my responsibility to ensure a lapse does not occur. I am also aware that I must be trained in concussion management and it is my responsibility to ensure a lapse does not occur.

Coach Name (print) \_\_\_\_\_

Sport \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Model Policy for Preseason-  
Practice Heat  
Acclimatization Guidelines  
for Student-Athletes**

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# Heat Acclimatization Guidelines Introduction

Each year high school athletes experience serious injury and even death resulting from heat-related illnesses. It is a major concern in that the number of deaths over the last 15 years has remained constant. That statistic becomes more alarming given that heat-related illness and death are almost entirely preventable. The need to dramatically increase awareness of the issue, recognize the symptoms of heat illness and treatment of suspected cases has become a primary consideration for early season practice routines.

The Maryland General Assembly recognized the risk and has provided legislation to address the problem. This document provides Maryland schools with assistance in the formation of heat acclimatization guidelines. The guidelines were developed through a collaborative effort of representatives from the Maryland State Department of Education (MSDE), Department of Health and Mental Hygiene (DHMH), Local School Systems, Maryland Public Secondary Schools Athletic Association (MPSSAA), Maryland Athletic Trainers Association (MATA) and Licensed Physicians who treat student-athletes.

The contents of this document include education of coaches, parents, athletic administrators and student-athletes; important definitions; hydration awareness; environmental and non-environmental risk factors; heat acclimatization timeline; and a basic emergency action plan.

The guidelines attempt to strike a safe balance between a gradual introduction and assimilation into athletic practice and competition with the need to properly teach safe playing techniques. The mitigation of other serious injuries must be considered in any pre-season practice format.

Each school system is encouraged to carefully consider this model policy when formulating specific guidelines for acclimatization of athletes to warm weather conditions. Resources for all sections of this document may be found on the Health and Safety page of [MPSSAA.org](http://MPSSAA.org).

## Education

Coaches, parents and students play a critical role in understanding the dynamics associated with heat related illnesses. For many, the concept of heat acclimatization is a vague term. Likewise, the awareness of hydration and/or heat related emergency procedures are also limited amongst the general population. Raising the awareness of heat related illness should be a priority of each school's athletic department. As a school system, the athletic Director, coach and athletic trainer have a legal responsibility to ensure the safety of your student athletes.

Educational initiatives on multiple fronts should be undertaken to reach the greatest level of saturation. The National Federation of State High School Associations (NFHS) online course entitled, "Heat Illness and Prevention" ([www.nfhslearn.com](http://www.nfhslearn.com)) provides a highly recommended to understanding the issue. This free course became operational on July 15, 2012.

The CDC, Maryland Athletic Trainers Association (MATA) and National Athletic Trainers Association (NATA) also offer other courses and provide downloadable heat related information. Any opportunity to educate coaches, parents and students to heat related illness should be taken. In-service education, team meetings, student/parent orientation meetings, coach/parent pre-season meetings, expert consultants, public reminders and the distribution of literature are delivery methods to elevate public awareness.

A proper heat-acclimatization plan in secondary school athletic programs is essential to minimize the risk of exertional heat illness during the preseason practice period. Gradually increasing athletes' exposure to the duration and intensity of physical activity and to the environment minimizes exertional heat-illness risk while improving athletic performance.

Progressive acclimatization is especially important during the initial 3 to 5 days of summer practices. When an athlete undergoes a proper heat-acclimatization program, physiologic function, exercise heat tolerance, and exercise performance are all enhanced. In contrast, athletes who are not exposed to a proper heat-acclimatization program face measurable increased risks for exertional heat illness.

### **Key Points**

- Heat acclimatization (or acclimation) confers biological adaptations that reduce physiological strain (e.g., heart rate and body temperature), improve comfort, improve exercise capacity, and reduce the risks of serious heat illness during exposure to heat stress.
- The biological adaptations include integrated thermoregulatory, cardiovascular, fluid- electrolyte, metabolic and molecular responses.
- Heat acclimatization occurs when repeated exercise-heat exposures are sufficiently stressful to invoke profuse sweating and elevate whole-body temperatures.

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- About 2 weeks of ~90 min daily heat exposures are required
- Heat acclimatization is specific to the climatic heat stress (desert or tropic) and physical exercise intensities the athletes are exposed to, which should simulate the expected competitive environment
- Create an Emergency Action Plan (EAP) for your school/coaches. Practice the EAP
- Make sure that your emergency equipment works, know where your emergency equipment is stored and how it is used.

## **Suggested Guidelines for Local Consideration:**

- Require completion of NFHS Course for coaches or provide continuing education to coaching staff.
- Provide handout materials formulated by CDC/MATA/NATA to parents at pre-season meetings. (See Resources Below)
- Agenda item at team meetings for each fall sport.
- Topic at PTSA meeting.
- Placement of pertinent material on MPSSAA website and links to related sites.
- Public Service announcement at games and on playoff radio and TV broadcast.
- Ads in Championship Programs.

## **Resources on Education**

- NFHS Education Course "Heat Illness and Prevention" - [www.nfhslearn.com](http://www.nfhslearn.com) Center for Disease Control (CDC) "Extreme Heat - A Prevention Guide to Promote Your Personal Health & Safety"
- "Extreme Heat - A Prevention Guide to Promote Your Personal Health & Safety" - [http://www.cdc.gov/nceh/hsb/extreme/Heat\\_Illness/index.html](http://www.cdc.gov/nceh/hsb/extreme/Heat_Illness/index.html) - training course
- [https://wonder.cdc.gov/wonder/prevguid/p0000449/p0000449.asp#head00200800\\_0000000](https://wonder.cdc.gov/wonder/prevguid/p0000449/p0000449.asp#head00200800_0000000)

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- [NFHS Position Statement: Hydration to Minimize the Risk for Dehydration and Heat Illness](#)
- [NFHS Heat Acclimatization and Heat Illness Prevention Position Statement](#)
- [NATA Position State: Fluid Replacement for Athletes](#)
- [NATA Position Statement: Exertional Heat Illnesses](#)
- [NATA Consensus Statement on Heat-Acclimatization Guidelines](#)
- KSI Comparison of NCAA and High School Heat Acclimatization
- [Policies Https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/Comparison-of-NCAA-and-High-School-HA-Policies.pdf](https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/Comparison-of-NCAA-and-High-School-HA-Policies.pdf)
- Gatorade Sports Science Institute
- HYDRATION SCIENCE AND STRATEGIES IN FOOTBALL
- <https://www.gssiweb.org'ilien/sports-science-exchange/article/sse-128-hydration-science-and-strategies-in-football>
- Gatorade Sports Science
- REHYDRATION AFTER EXERCISE IN THE HEAT: A COMPARISON OF 4 COMMONLY USED DRINKS.
- <https://www.gssiweb.org/en/research/article/rehydration-after-exercise-in-the-heat-a-comparison-of-4-commonly-used-drinks->

## **Coaches, Students and Parents Infographics:**

- YLM SPORT SCIENCE Information Flyer
- <https://ylmsportscience.com/2019/05/08/heat-acclimation-for-competition-in-the-heat/>
- NFHS & NATA signs of Heat Illness
- <https://www.nfhs.org/media/1015650/2015-nata-heat-illness-handout.pdf>
- USA Football and KSI
- Tools for better Practice & Heat and Hydration
- <https://usafootball.com/resources-tools/coach/practice-guidelines>
- [https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/Heat-and-Hydration-HUF .pdf](https://ksi.uconn.edu/wp-content/uploads/sites/1222/2015/03/Heat-and-Hydration-HUF.pdf)
- National Weather Service Heat Exhaustion vs. Heat Stroke
- [https://www.weather.gov/wrn/heat\\_infographic](https://www.weather.gov/wrn/heat_infographic)

## Important Definitions

For the purpose of this document, the following definitions will be used to provide meaning and further interpretations of the guidelines. Definitions for heat acclimatization, practice, and recovery period were derived directly from Maryland Code, Education § 7-434 while the definition of a walk-through comes from the National Athletic Trainers Association Preseason Heat-Acclimatization Guidelines for Secondary School Athletics.

**Heat Acclimatization** - Enhancing an individual's exercise heat tolerance and ability to exercise safely and effectively in warm to hot conditions.

**Practice** - A period of time a student-athlete engages in physical activity during a coach-supervised, school-approved sports- or conditioning-related activity, including warm-up, stretching, weight training, and cool-down periods.

**Walk-Through** - A teaching opportunity when an athlete is not wearing protective equipment, including helmets, shoulder pads, catcher's gear, or shin guards, or using other sports-related equipment (eg, footballs, lacrosse sticks, blocking sleds, pitching machines, soccer balls, marker cones).

**Recovery Period** - the time between the end of one practice or walk-through and the beginning of the next practice or walk-through.

**Hydration** - The process of drinking fluid to restore fluid levels in the body to avoid poor performance, muscle cramps, dizziness, fatigue, and other heat related illness.



## Hydration Awareness

The purpose of proper hydration in regards to the overall safety and conditioning of a student-athlete is a key part of a successful high school athletic program and one of the most preventable ways to combat heat illnesses. The responsibility to prevent injury and to successfully hydrate student-athletes is shared among the student-athlete, coaching staff, and athletic trainers.

Many student-athletes are not educated on the need for hydration and do not voluntarily drink enough water to prevent significant dehydration during physical activity. National recommendations suggest student-athletes drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst for proper hydration.

### **Suggested Guidelines for Local Consideration:**

- Readily available and unlimited amounts of water during practice and designated breaks.
- Drink before, during and after practice and games. For example:
  - Drink 16 ounces of fluid 2 hours before physical activity.
  - Drink another 8 to 16 ounces 15 minutes before physical activity.
  - During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour).
- After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition.
- Student-athletes who do not properly rehydrate their bodies between practices run the risk of cumulative dehydration. Cumulative dehydration develops insidiously over several days and raises the risk for heat illness, especially in the first few days of acclimatization. (See NATA position statement on Fluid Replacement for Athletes).
- Student-athletes can monitor their hydration level by the color and volume of urine. Small amounts of dark urine indicate the need to drink more, while a "regular" amount of light colored urine is normal and indicates the student-athlete is well hydrated. A urine chart, such as the one used by the University of Maryland, should be posted so that student-athletes can access their individual hydration.
- Student-athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their estimated change in hydration status.

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- Athletic trainers, if available, should assist in the monitoring of student-athletes during times where athletes are becoming acclimated to a new sports season and when temperatures are high.
- Hyponatremia is a rare, but potentially deadly disorder resulting from the over-consumption of water or other low-sodium fluid (including most sports drinks). It is commonly seen during endurance events, such as marathons, when participants consume large amounts of water or other beverages over several hours, far exceeding fluid lost through sweating. The opposite of dehydration, hyponatremia is a condition where there is an excessive amount of water in the blood and the sodium content of the blood is diluted to dangerously low levels. Affected individuals may exhibit disorientation, altered mental status, headache, lethargy and seizures. A confirmed diagnosis can be made by measuring blood sodium levels. Suspected hyponatremia is a medical emergency and the Emergency Medical System must be activated (or Call 9-1-1). Hyponatremia is treated by administering intravenous fluids containing high levels of sodium (hypertonic solutions).

## **Resources on Hydration**

- [NFHS Position Statement and Recommendations for Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness](#)
- [NFHS Heat Acclimatization and Heat Illness Prevention Position Statement](#)
- [NATA Position State: Fluid Replacement for Athletes](#)
- [NATA Position Statement: Exertional Heat Illnesses](#)
- [Hydration Color Chart](#)

## Environmental and Non-Environmental Risk Factors

Enacting guidelines to fit every situation is problematic when individual and local differences often render unique circumstances. Local school systems should be prepared to make interpretations and error on the side of caution when dealing with unique circumstances.

The guidelines recommended for local consideration are minimum requirements designed to acclimatize student-athletes so they can participate effectively in warm and hot conditions and reduce the risk of heat related illnesses. However, environmental and non-environmental risk factors can increase the risk of heat illness per individual participant and per individual school. Local school systems are recommended to be educated, aware, and enact policy when needed to address environmental and non-environmental risk factors.

### **Environmental Risk Factors**

School systems are encouraged to assess the environmental conditions for each day of practice and have policies in place depending on the assessment of the conditions. The more humid and hot conditions are on any given day of practice, the higher the risk for heat illness and appropriate modifications to the practice schedule may be necessary.

Air temperature, combined with humidity, wind speed and the amount of radiant heat are all contributing environmental factors that can increase the risk of heat illness.

### **Resources for Environmental Risk Factors**

- [NATA Position Statement: Exertional Heat Illness](#)
- [The NOAA national Weather Service's Heat Index Chart:](#)

### **Non-Environmental Risk Factors**

The inter-association task force on exertional heat illnesses consensus statement details factors that may increase the risk associated with participation in the heat for individual students.

During moderate exercise, 70 to 90 percent of the energy produced by the body is released as heat. The NFHS Sports Medicine Advisory Committee (SMAC) lists the following non- environmental risk factors that can hamper heat dissipation and put an athlete at increased risk for heat illness.

### **Risk Factors:**

- **Clothing and Equipment.** Clothing and equipment inhibit heat loss from the body and increase the risk for heat illness. Dry clothing and equipment absorb sweat and prevent evaporative heat loss. Dark clothing or equipment produces radiant heat gain. Clothing and equipment decrease convective heat loss by interfering with air contact with the

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body. During periods of high WBGT or Heat Index, the risk of heat illnesses increases when clothing and equipment are **worn**. Thus, risk is minimized through the removal of equipment and participating in drills wearing shirts and shorts only. Given that a great deal of heat radiates from the head, helmets should be removed early on in hot and humid conditions.

- **Age** - Children acclimatize to heat **more** slowly and are less effective in regulating body heat than adults.
- **Dehydration** - It has been shown **that** moderate levels of dehydration (3-5% of body weight) can cause a significant decrease in performance and predispose an athlete to exertional heat illness. Lack of sufficient water release by the sweat glands makes it very difficult for the body to dissipate heat through evaporation. Thirst is a poor indication of hydration. (See more in the Hydration Section)
- **Pre-activity Hydration Status** - Athletes who begin activity in an already dehydrated state are at increased risk for exertional heat illness. Pre-activity hydration status may be compromised by inadequate rehydration following the previous session, alcohol consumption, rapid weight loss regimes (i.e., wrestling), and febrile or gastrointestinal illness (vomiting or diarrhea).
- **High Body Fat** - Athletes with a high percentage of body fat are at increased risk for heat illness, as fat acts to insulate the body and decreases the body's ability to dissipate heat.
- **Poor Acclimatization/Fitness Level** - Those not yet acclimatized to the heat or inadequately conditioned are at increased risk
- **Febrile Illness** - A fever increases core temperature and decreases the ability of the body to compensate. It is dangerous to exercise with a fever, especially when the Wet Bulb Globe Test (WBGT) is high. Athletes with a fever, respiratory illness, vomiting or diarrhea should not exercise, especially in a hot environment.
- **Medications** - Amphetamines (including ADHD medications), ephedrine, synephrine, ma huang and other stimulants increase heat production. Some medications have anticholinergic actions (amitriptyline, Atrovent) resulting in decreased sweat production. Diuretics can produce dehydration. Athletes taking medication for ADHD should be monitored closely for signs and symptoms of heat illness.
- **Sickle Cell Trait** - Athletes with sickle cell trait (SCT) are at increased risk for a sickling crisis with exercise during hot weather. Special precautions should be taken in hot and humid conditions for athletes with SCT

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- **Prior Heat Illness History** - The risk factor for individuals with a prior history of heat related illnesses is higher. Decreased heat tolerance may affect 15 percent of athletes with a history of previous heat illness.
- Additional non-environmental risk factors are found in the consensus statement by the inter- association task force. Education and understanding of these considerations is recommended for school systems.

## **Resources for Non-Environmental Risk Factors**

- [NATA Position Statement: Exertional Heat Illness](#)
- [NFHS Sports Medicine Handbook](#)

## Heat Acclimatization Period

The implementation of any heat acclimatization guidelines should take into account an acclimatization period that defines the duration, intensity and number of required practices to acclimatize each individual student-athlete. The duration and intensity for practices are suggested to gradually increase the student-athlete's heat tolerance, enhance their ability to participate safely in warm and hot conditions and minimize their risk for heat related illnesses.

The body of evidence supporting heat acclimatization guidelines is extensive and led to the National Athletic Trainers Association (NATA) and an inter-association task force comprised of the American College of Sports Medicine, Gatorade Sports Science Institute, National Strength and Conditioning Association, United States Army Research Institute of Environmental Medicine, American Orthopedic Society for Sports Medicine, American Medical Society for Sports Medicine and American Academy of Pediatrics to develop *Preseason Heat- Acclimatization Guidelines for Secondary School Athletics*.

These national guidelines serve as a basis in forming a model policy to acclimatize student- athletes to their respective environment for the safe training and participation during the preseason practice period.

Suggested guidelines for local consideration take into account the need for instructional and repetition during the preseason practice period to reduce the risk of other sport related injuries. However, no research or sound reasoning was found to deviate from the minimum requirements of the inter-association task force's policy relating to the duration, intensity and number of practices during the first five days of acclimatization. Therefore, it is in the best interest to reduce the risk of heat related illnesses by not compromising a student-athlete's acclimatization period while encouraging athletic administrators and coaches to find the most effective methods to increase and use instructional time.

Furthermore, these guidelines are recommended for fall practice where the greatest risks for heat related illnesses occur. However, athletes practicing indoors, in non-air conditioned or poorly ventilated gyms are also susceptible as are students practicing for spring sports. The guidelines are also recommended for winter and spring sports regarding the duration and intensity of practices and local school systems should evaluate whether equipment restrictions are necessary.

### **Suggested guidelines for local consideration:**

These suggested guidelines for local consideration are intended to provide direction to school teams for the suggested acclimatization of student-athletes during preseason practice period required prior to the first play date.

- **General Guidelines**
  - On single-practice days, one walk-through is permitted.

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- o Double practice days (beginning no earlier than practice day 6) must be followed by a single-practice day or rest day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- o All practices and walk-through sessions must be separated by three hours of continuous rest.
- o If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.
- o Equipment Restrictions
  - Football
    - Practice days 1 and 2 - helmets only, and shorts/t-shirts
    - Practice days 3 through 5 - helmets and shoulder pads only. Contact with blocking sleds and tackling dummies may be initiated.
    - Beginning practice day 6 - full protective equipment and full contact may begin.
  - Field Hockey
    - Practice days 1 and 2 - Goalies in helmet and goalie kickers, athletes may wear shin guards, goggles and mouth pieces.
    - Practice days 3 through 5 - Goalies in helmet, chest protection and goalie kickers.
    - Beginning practice day 6 - full protective equipment may be worn.
  - Soccer - Shin guards and goalie gloves can be worn beginning day 1
  - Volleyball- Knee pads may be worn beginning day 1
- o The heat-acclimatization period is designed for students on an individual basis. Days in which athletes do not practice due to a scheduled rest day, injury, illness or other reasons do not count towards the heat-acclimatization period.

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- **Practice Days 1-5**
  - School teams shall conduct all practices within the general guidelines above as well as the following guidelines for practice days 1-5.
  - School teams are limited to one practice per day not to exceed three hours in length.
  - One walk-through session is permitted per day no longer than 1 hour in duration.
  
- **Practice Days 6-14**
  - School teams shall conduct all practices within the general guidelines above as well as the following guidelines for practice days 6-14.
  - Total practice and walk-through time per day should be limited to five hours with no single session longer than three hours in duration.
  - School teams may participate in full contact practices with all protective equipment worn.

## Sample Practice Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Day 1
Rest Day	Day 2	Day 3	Day 4	Day 5	Day 6 Full Contact 1 <sup>st</sup> two-a-dai	Day 7
Rest Day	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Rest Day	Day 14	Day 15	Day 16	Day 17	First Play Date	

**Note:** Shaded days reflect Heat Acclimatization Period

### Resources for Heat Acclimatization Guidelines

- [NATA "Preseason Heat-Acclimatization Guidelines For Secondary School Athletics"](#)
- [NATA Consensus Statement on Heat-Acclimatization Guidelines](#)



## **Modifications based on Heat Index or WBGT** **Heat Index Chart and Recommendations**

### **Code Yellow - Heat Index Under 95°**

Provide ample water. Water is always and athletes should have unrestricted access. *Optional* water breaks every 30 minutes for 10 minute time frames. Ice-down tubs and towels are available. Athletes should be monitored carefully. Re-check the heat index every 30 minutes.

### **Code Orange - Heat Index from 95° to 104°**

Provide ample water. Water is always and athletes should have unrestricted access. *Mandatory* water breaks every 30 minutes for 10 minute time frames. Ice-down tubs and towels are available.

Reduce time outside or move indoors to air conditioning if possible. Athletes should be monitored carefully. Re-check the heat index every 30 minutes.

### **Code Red - Heat Index from 105° and Above**

**Stop all outside activity including practice or play.** Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check the heat index every 30 minutes.

**\* Athletic Directors and Athletic Trainers should use their best judgment when making the call. The Athletic Director with consultation from the Athletic Trainer will make the call regarding the heat code based on the Wet Bulb Globe Thermometer (WBGT) reading at the hottest field. In lieu of the Athletic Director being present, the Athletic Trainer has the final say on the field. The Office of Athletics may determine the code for the system.\***

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## Heat Index Chart and Recommendations for BCPS Athletics

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	129	134
45	81	82	84	87	90	93	96	100	104	109	114	119	124	129	134	139
50	81	83	85	88	91	95	99	103	108	113	118	124	129	134	139	144
55	81	84	86	89	93	97	101	106	112	117	124	129	134	139	144	149
60	82	84	86	91	95	100	105	110	116	123	128	134	139	144	149	154
65	82	85	89	93	98	103	108	114	121	128	134	139	144	149	154	159
70	83	86	90	95	100	105	112	119	126	134	139	144	149	154	159	164
75	84	86	92	97	103	109	116	124	132	139	144	149	154	159	164	169
80	84	89	94	100	106	113	121	129	137	144	149	154	159	164	169	174
85	85	90	96	102	108	117	125	134	142	149	154	159	164	169	174	179
90	86	91	98	104	110	119	128	137	145	152	157	162	167	172	177	182
95	86	93	100	106	112	121	130	139	147	154	160	165	170	175	180	185
100	87	95	103	109	115	124	133	142	150	157	163	168	173	178	183	188

Likelihood of Heat-Related Illness or Prolonged Exposure to or strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

### Code Green - Heat Index Under 95°

Provide ample water. Water is always available and athletes should have unrestricted access. **Optional** water breaks every 30 minutes for 10 minute time frames. Ice-down tubs and towels are available. Athletes should be monitored carefully. Re-check the heat index every 30 minutes.

### Code Orange - Heat Index from 95° to 104°

Provide ample water. Water is always available and athletes should have unrestricted access. **Mandatory** water breaks every 30 minutes for 10 minute time frames. Ice-down tubs and towels are available. Reduce time outside or move indoors to air conditioning if possible. Athletes should be monitored carefully. Re-check the heat index every 30 minutes.

### Code Red - Heat Index from 105° and Above

**Stop all outside activity including practice or play.** Stop all indoor activity if air conditioning is not available and the heat index indoors is 105° or greater. Re-check the heat index every 30 minutes.

\*Athletic Directors and Athletic Trainers should use best judgement when making the call. The Athletic Director with consultation from the Athletic Trainer will make the call regarding the heat code based on the WBGT reading at the hottest field. In lieu of the Athletic Director being present, the Athletic Trainer has the final say on the field. The Office of Athletics may determine the code for the system.\*

## WBGT Practice Modifications

A Wet Bulb Globe Temperature (WBGT) device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure to monitor environmental conditions during exercise.

- $< 82^{\circ}\text{F}$ (WBGT) = Regular practices with full practice gear can be conducted. A rest to work ratio of 5 minutes rest and fluid replenishment for every 20 to 25 minutes of exertion is recommended.
- $82.0^{\circ}\text{F}$ -  $86.9^{\circ}\text{F}$ = Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
- $87.0^{\circ}\text{F}$ -  $89.9^{\circ}\text{F}$ = Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
- $90.0^{\circ}\text{F}$ -  $92^{\circ}\text{F}$ = Maximum practice time is 1 h. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities.
- $>92.1^{\circ}\text{F}$ = No outdoor workouts. Delay practice until a cooler WBGT level is reached.

\*Recommendations from Category 3 heat safety zones adapted from the Korey Stringer Institute

## Emergency Plan

Emergency action plans (EAPs) are concrete written plans that outline what to do in the event of a catastrophic injury during any athletic event (practice, conditioning, strength training or competition). Practicing a comprehensive hydration and acclimatization plan minimizes but does not eliminate the risk of heat illness or exertional heat stroke (EHS). Developing, distributing and practicing an effective EAP provides the best chance of survival in the event of a catastrophic event.

Therefore, it is critical that each school have in place specific preparedness measures should they encounter a heat emergency. Knowing what to do and reviewing specific protocols can minimize potentially catastrophic injuries and death.

As local conditions render each school setting unique, any emergency plan needs to be tailored to suit individual school needs and should be specific to each venue within the school

# Emergency Action Plan Chopticon High School

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grounds. There are however common factors that should comprise every school's emergency plans. In light of the fact that a qualified medical person might not be on hand at every game or practice, it is recommended that a simple plan be prescribed. An uncomplicated plan provides the best opportunity to be remembered and then employed in times of crises.

A simple plan with assigned specific delegated duties could prove to be most helpful in:

- Remembering what to do
- Covering important tasks
- Offering the best chance for survival

Any single heat emergency plan should incorporate three basic components; recognition of heat illness, immediate cooling, and transport via ambulance to a hospital.

Each school shall have venue specific emergency action plan(s). The emergency action plans are reviewed and rehearsed each year or sooner if needed. The review shall include pertinent school staff and the local EMS provider. Regular practice of the EAP including all medical and coaching staff that may participate ensures the best outcomes. Every school's EAP shall:

- Be distributed to all athletics staff members as well as healthcare professionals who will provide medical coverage during games, practices, conditioning sessions or other events
- Be posted on site at each athletic venue where it is readily visible to all coaches and participants
- Be specific to each venue where practices, conditioning sessions and competitions take place
- List & location of all emergency equipment that may be needed in an emergency situation
  - Equipment to perform whole body cold water immersion (100 gallon stock tank, plastic children's pool, tarp for "taco method", etc)
  - Cold water immersion is recommended for all suspected Heat Stroke events. Defined as a change in mental status with Core Body temperature  $> 105^{\circ}\text{F}$
  - Access to adequate supply of water and ice
  - 3-4 towels and adequate shade
  - Ability to adequately assess core body temperature. Rectal Thermometry is the gold standard for body temperature assessment. Removal from cold water immersion prior to returning the body to the appropriate core temperature can render the treatment ineffective and lead to death or permanent disability. Maryland State EMS protocol supports cooling the EHS victim prior to transporting to a hospital. Athlete is safe to transport when core body temperature is between  $101^{\circ}\text{F}$  and  $102^{\circ}\text{F}$
  - Automated External Defibrillator (AED)
  - All equipment should be on site and readily accessible at all times. Athletic practices and events often occur outside of the normal school operating day and equipment must be available in order to be effective.

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- Identify personnel and their responsibilities to carry out the plan of action with a designated chain of command
  - Contact 911/EMS, contact athlete's parent/guardian
  - Consider gates that may need to be unlocked for ambulance access
  - Person(s) to prepare soaking tub or pool with water and ice
  - Person(s) to assist with moving and attending injured player
  - Person to meet and escort emergency vehicle to victim
- Include appropriate contact information for EMS and facility/venue address and access points
- Identify a place of shelter in the event of severe weather for outdoor venues
- Specify documentation actions that need to be taken post emergency

Below is a link to a template Emergency Action Plan. This can be used to guide a school in its development of venue specific EAPs:

- <http://www.anyonecansavealife.org/>
- [http://www.anyonecansavealife.org/wcm/group/mdtcom\\_sg/mdt/documents/documents/\\_acsal\\_eap\\_guide.pdf](http://www.anyonecansavealife.org/wcm/group/mdtcom_sg/mdt/documents/documents/_acsal_eap_guide.pdf)
- <http://www.anyonecansavealife.org/resources/index.htm>
- <https://ksi.uconn.edu/w-content/uploads/sites/1222/2015/03/KSI-EAP-Template.docx>

## **HOUSE BILL 836**

- [House Bill 836](#)
- [Fiscal Note](#)
- [MABE Stance](#)

# APPENDIX

# Emergency Action Plan Chopticon High School

## Emergency Telephone Numbers

<b>Off Campus Contacts</b>	<b>Phone Number</b>
<b>Emergency</b>	911
<b>Police Department</b>	911
<b>Fire and Ambulance</b>	911
<b>[St. Mary's] Hospital</b>	301-475-8981
<b>[LaPlata] Hospital</b>	301-609-4000
<b>Hazardous Materials</b>	410-537-3314
<b>Poison Control Center</b>	410-706-7604

<b>On Campus Offices</b>	<b>Phone Number</b>
<b>Athletic Training Room</b>	240-320-2418
<b>Main Office</b>	301-475-0215 x38101
<b>Administrative Office</b>	301-475-0215 x38103
<b>School Counselor Office</b>	301-475-0215 x38120
<b>School Resource Officer</b>	301-475-0215 x38140

<b>Title</b>	<b>Name</b>	<b>Office</b>
<b>Athletic Trainer</b>	Wes Patterson	240-320-2418
<b>Athletic Director</b>	Ray Sapp	301-475-0215 x38135
<b>Nurse</b>	Wendy Stabnow	301-475-0215 x 38155
<b>Assistant Principal</b>	Joe Wysokinski	301-475-0215 x38112
<b>Principal</b>	Marc Pirner	301-475-0215 x 38105
<b>Director of Athletics</b>	Mike Watson	301-475-4256 x 34143

# Emergency Action Plan Chopticon High School

## Activity Guidelines for Athletics related to Heat Index and WBGT

SMCPS Color Code for practices and outside contests	Heat Index Range	WBGT (°F) Range	Guidelines based on a localized Heat Index Reading and/or WBGT
			<p><b>Guidelines based on a localized Heat Index Reading and/or WBGT</b></p> <p><b>Please refer to SMAC Heat Acclimatization Guidelines and school emergency plan for further information:</b></p> <ul style="list-style-type: none"> <li>★ Water should always be available and athletes encouraged to take in as much water as they desire.</li> <li>★ Watch/monitor athletes for necessary action.</li> <li>★ Monitor for increased Heat Index or WBGT.</li> </ul>
<b>GREEN</b>	< 85.0	< 82.0	<p><b>NO RESTRICTIONS</b></p> <ul style="list-style-type: none"> <li>➤ All sports                             <ul style="list-style-type: none"> <li>● Provide at least three separate rest breaks of minimum duration of 3 minutes each during workout</li> </ul> </li> </ul>
<b>YELLOW</b>	85.0 - 95.0	82.0 - 86.9	<p><b>CAUTION</b></p> <ul style="list-style-type: none"> <li>➤ All sports                             <ul style="list-style-type: none"> <li>● Use discretion for intense prolonged exercise. Watch at-risk players carefully. Provide at least three separate rest breaks of minimum 4 minutes each.</li> <li>● Increased water breaks to promote hydration and to allow hydration as a group</li> </ul> </li> </ul>
<b>ORANGE</b>	95.1 - 104.9	87.0 - 89.9	<p><b>INCREASED CAUTION</b></p> <ul style="list-style-type: none"> <li>➤ All sports                             <ul style="list-style-type: none"> <li>● Maximum practice time of 2 hours</li> <li>● Consider early morning practices or postponing practice to later in the day</li> <li>● Provide at least four separate rest breaks of minimum duration of 4 minutes each</li> <li>● Increased water breaks to promote hydration and to allow hydration as a group</li> </ul> </li> <li>➤ Contact sports and activities with additional required protective equipment                             <ul style="list-style-type: none"> <li>● Players are restricted to helmet and shoulder pads</li> <li>● All protective equipment must be removed for conditioning activities</li> </ul> </li> <li>➤ Preparedness                             <ul style="list-style-type: none"> <li>● Have towels with ice for cooling of athletes as needed</li> <li>● Prepare ice bath/access to training room for possible emergencies</li> </ul> </li> </ul>
<b>RED</b>	≥ 105	90.0 - 92.0	<p><b>EXTREME CAUTION - (Heat Index ≥105 and WBGT b/w 90.0 - 92.0)</b></p> <ul style="list-style-type: none"> <li>➤ All Sports                             <ul style="list-style-type: none"> <li>● <b>Use of Turf Field is prohibited</b></li> <li>● Maximum practice time of 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.</li> <li>● After a shortened outside practice, additional practice time (up to allowable amount) permitted indoors after rest period</li> </ul> </li> <li>➤ Preparedness                             <ul style="list-style-type: none"> <li>● Have towels with ice for cooling of athletes as needed</li> <li>● Prepare ice bath/access to training room for possible emergencies</li> </ul> </li> </ul>
<b>BLACK</b>		≥ 92.1	<p><b>DANGER - (Heat Index ≥105 and WBGT ≥92.1)</b></p> <ul style="list-style-type: none"> <li>➤ All Sports                             <ul style="list-style-type: none"> <li>● Cancel outside practices and contests.</li> <li>● Move practices inside if possible</li> <li>● Cancel indoor practices if no air conditioning.</li> </ul> </li> </ul>

## Activity Guidelines for Athletics related to Wet Bulb Globe Temperature

The WetBulb Globe Temperature (WBGT) is a measure of the heat stress in direct sunlight, which takes into account: temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which



# Emergency Action Plan Chopticon High School

takes into consideration temperature and humidity and is calculated for shady areas. WBGT **may be taken** (in addition to our Heat Index notifications) by the athletic trainers or athletic directors at each school as often as is necessary to monitor heat conditions for our athletes.

<b>NATA Guidelines</b>	
<b>WBGT (°F)</b>	<b>Activity Guidelines and Rest Break Guidelines</b>
<b>&lt;82.0</b>	<b>Normal activities - Provide at least three separate rest breaks of minimum duration of 3 min each during workout.</b>
<b>82.0-86.9</b>	<b>Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide at least separate three rest breaks of minimum 4 min each.</b>
<b>87.0-89.9</b>	<b>Maximum practice time of 2 hours. For football, players are restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning athletes. For all sports, provide at least 4 separate rest breaks of minimum duration of 4 min each.</b>
<b>90.0-92.0</b>	<b>Maximum practice time of 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.</b>
<b>&gt;92.1</b>	<b>No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.</b>

2:17 / 5:56

## Campus Map

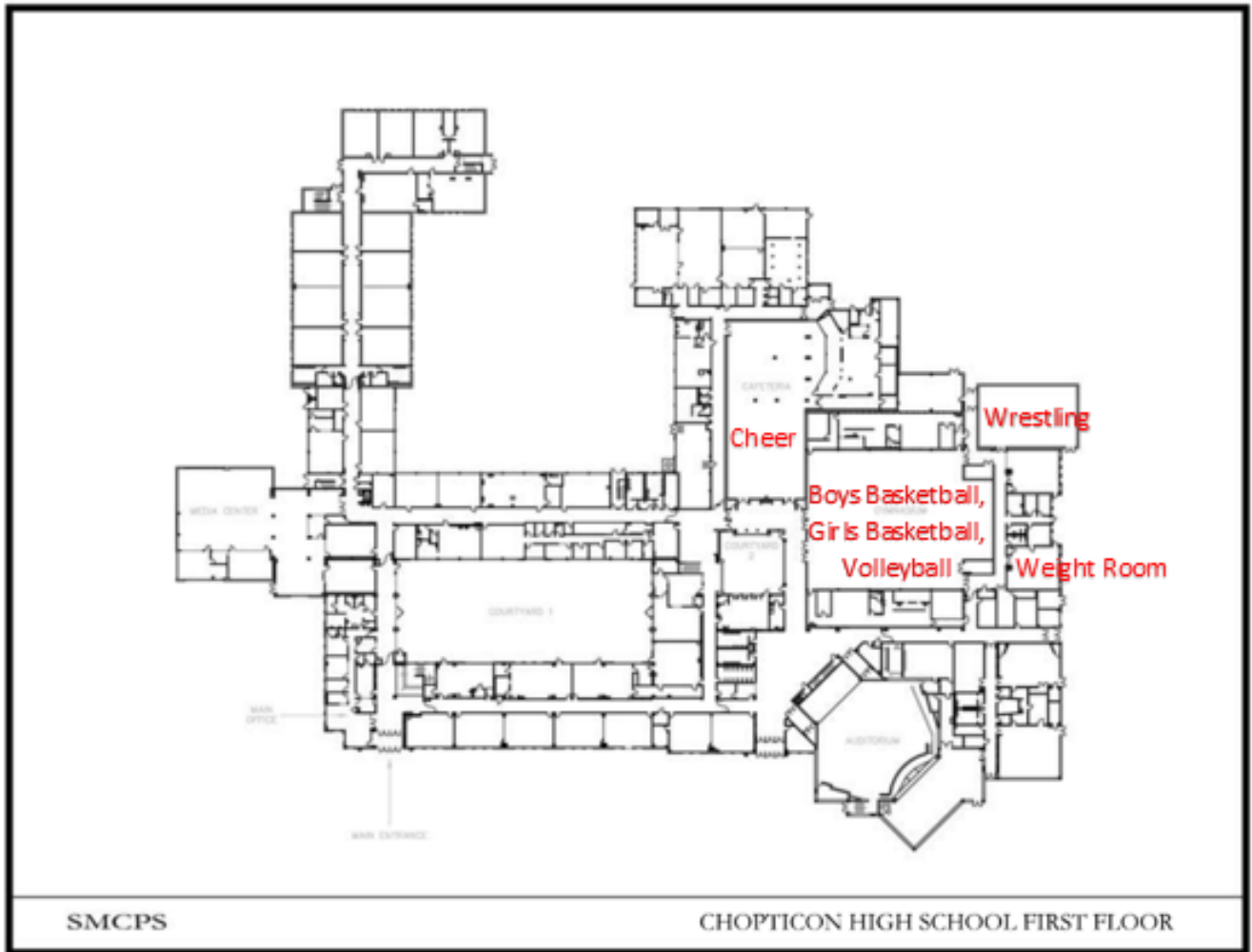
Example: Identify fields and grounds by editing this picture or creating a map



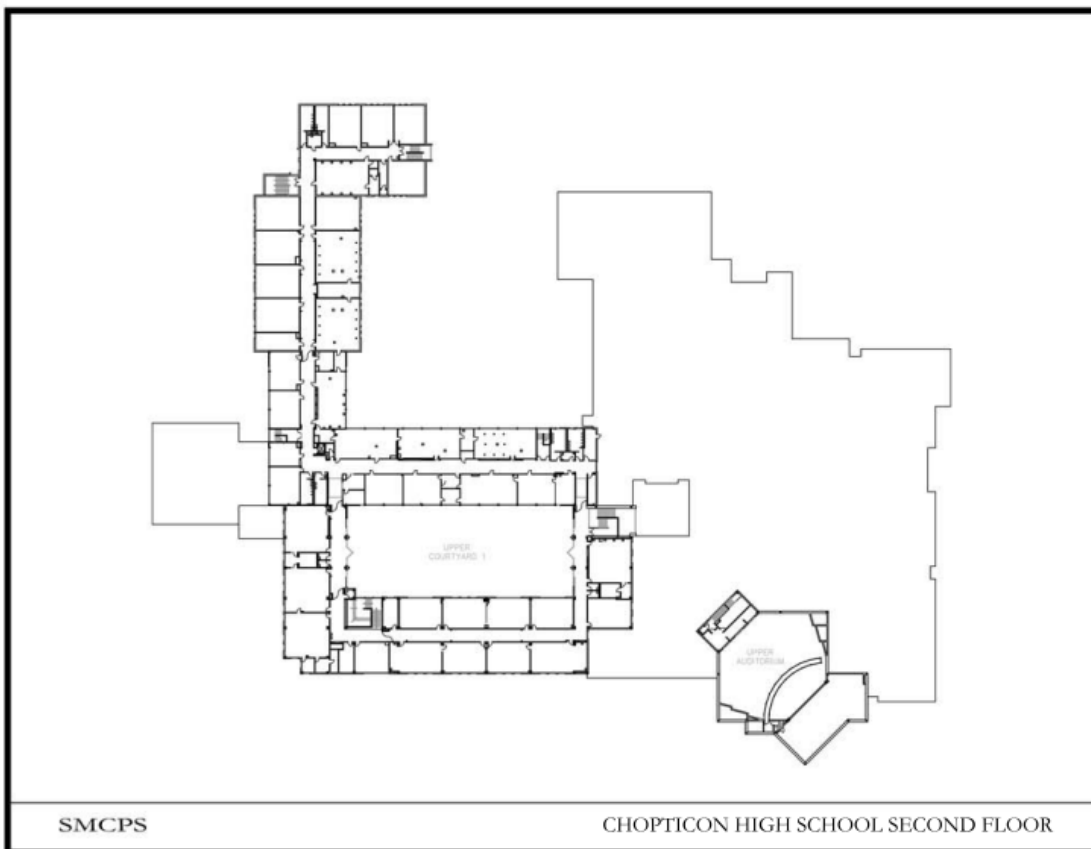
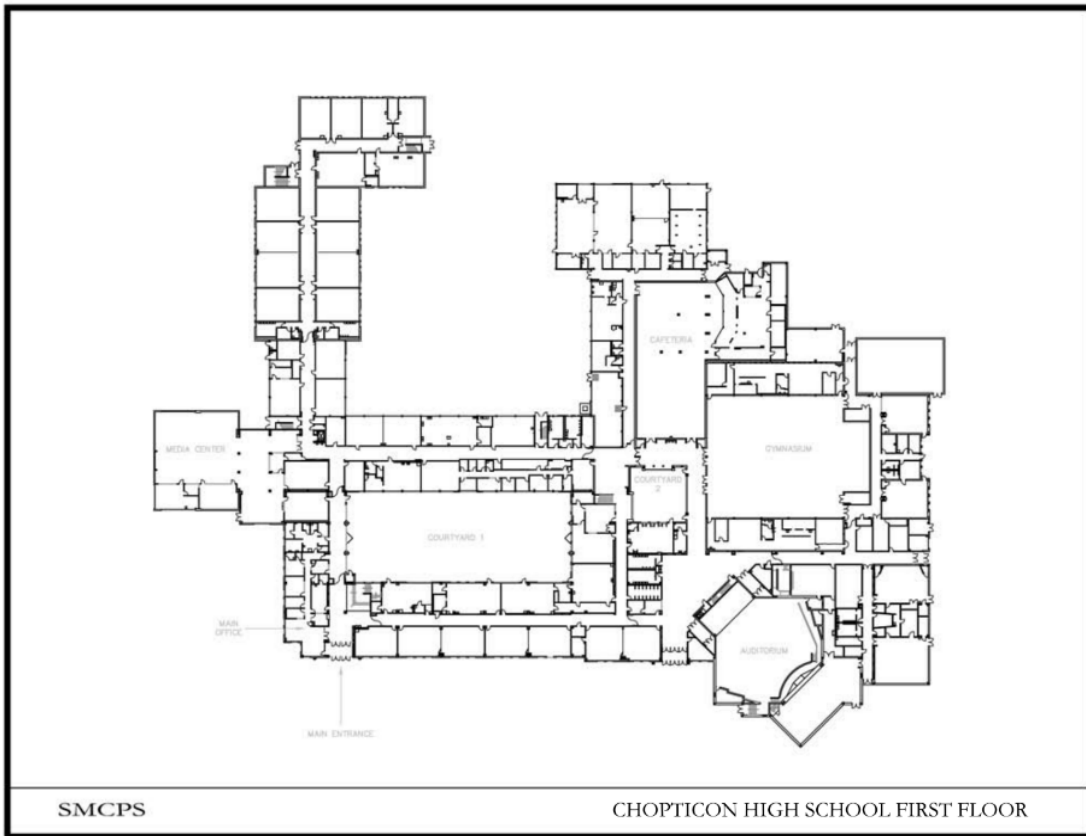
# Emergency Action Plan Chopticon High School

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# Emergency Action Plan Chopticon High School



## School Site Map

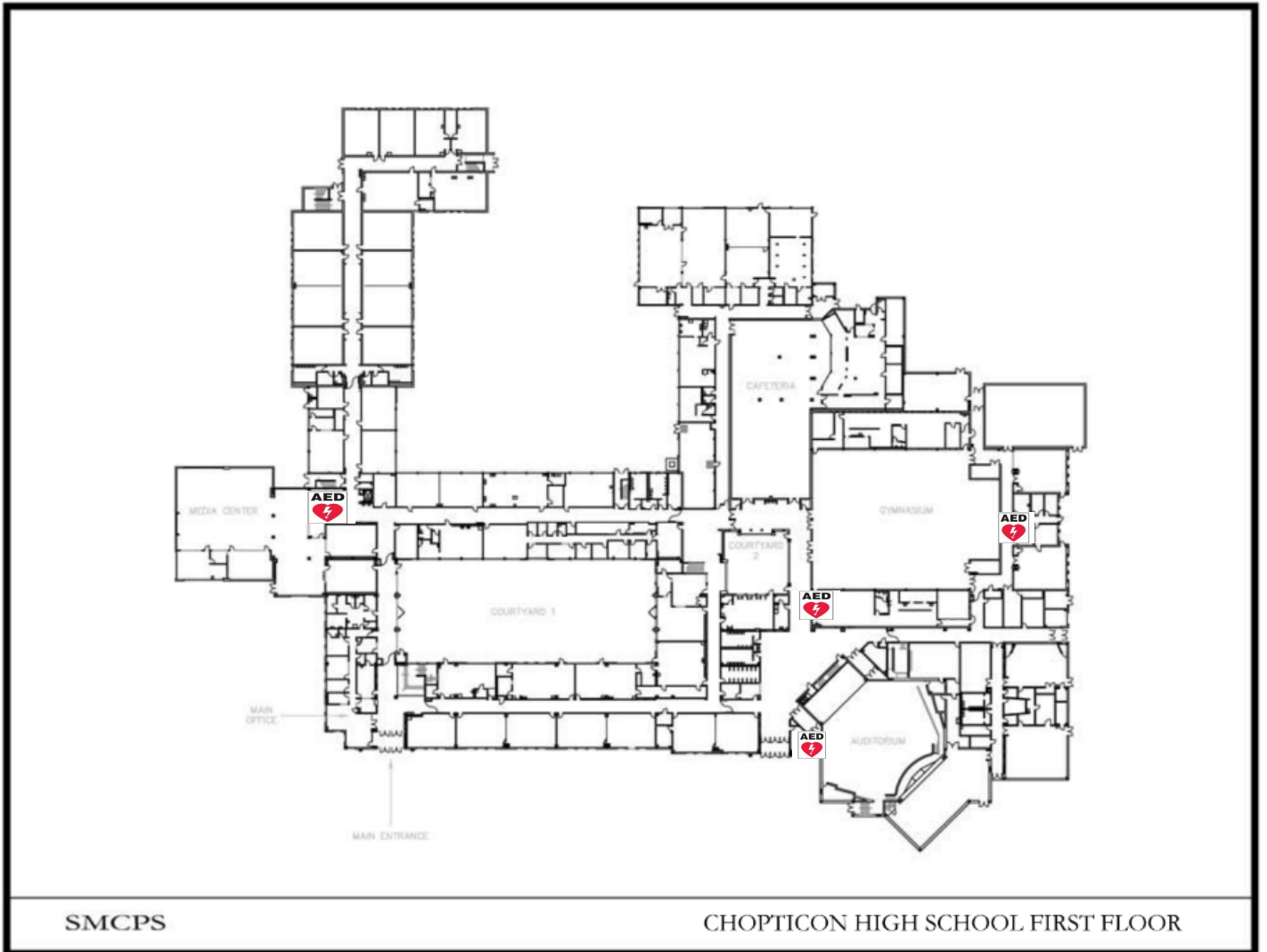


## **Locations and Pictures of AEDs**

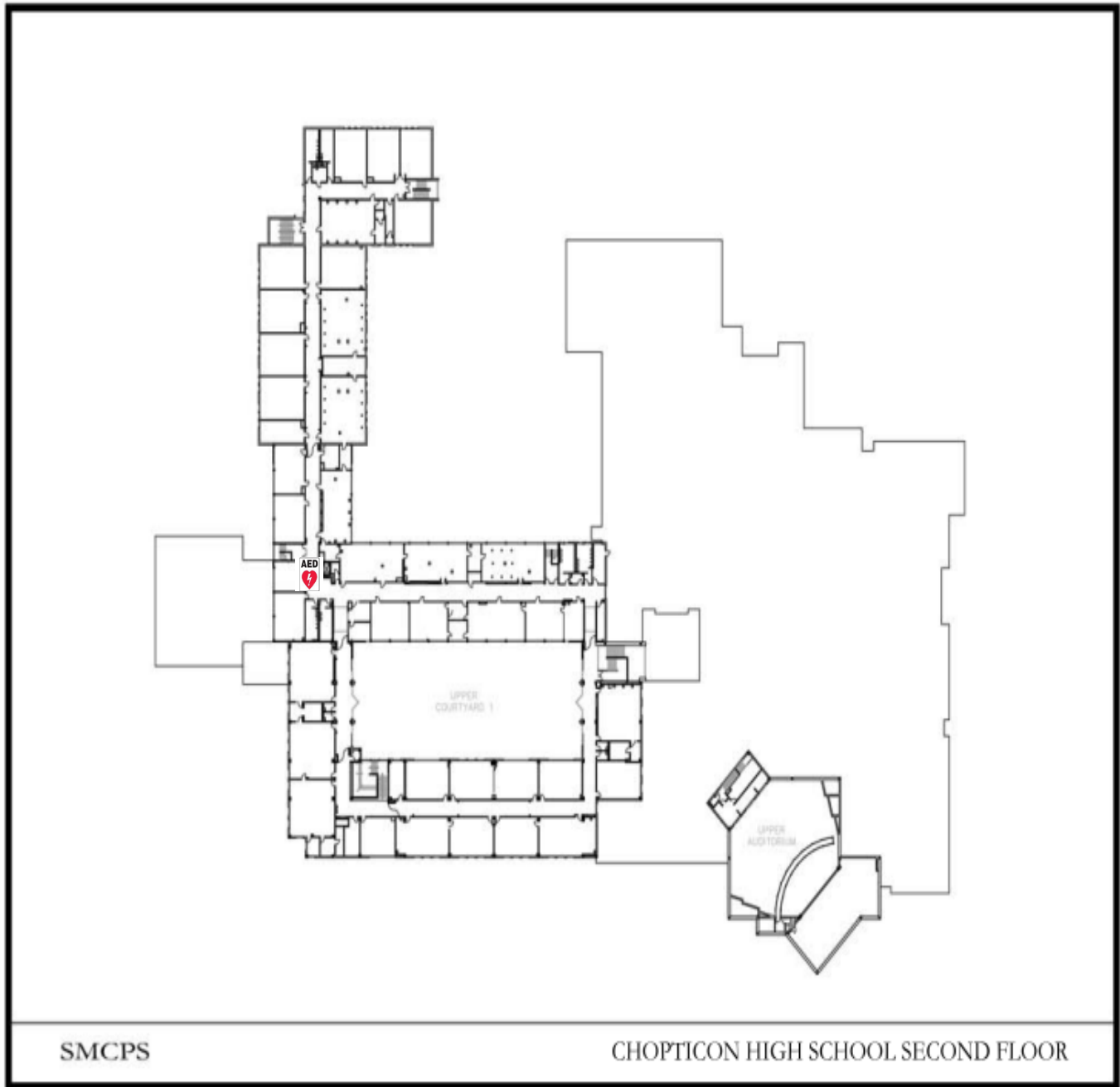
The main AED for inside Chopticon High School is located

CHS

# Emergency Action Plan Chopticon High School



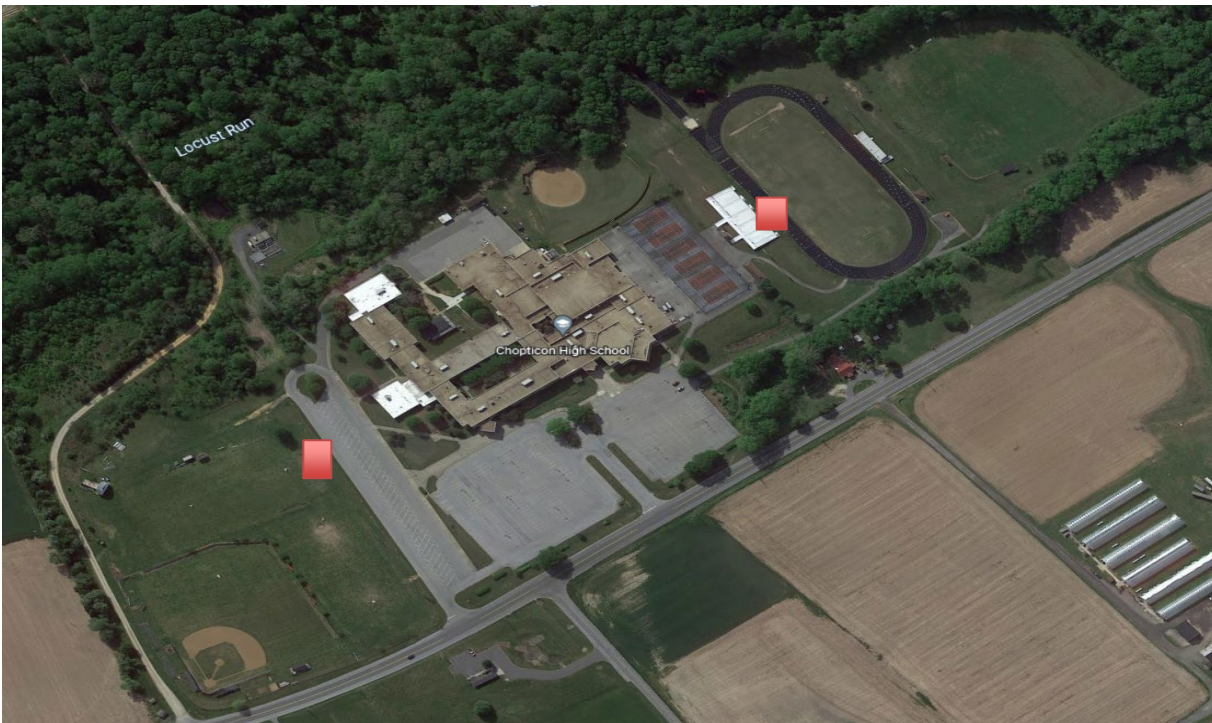
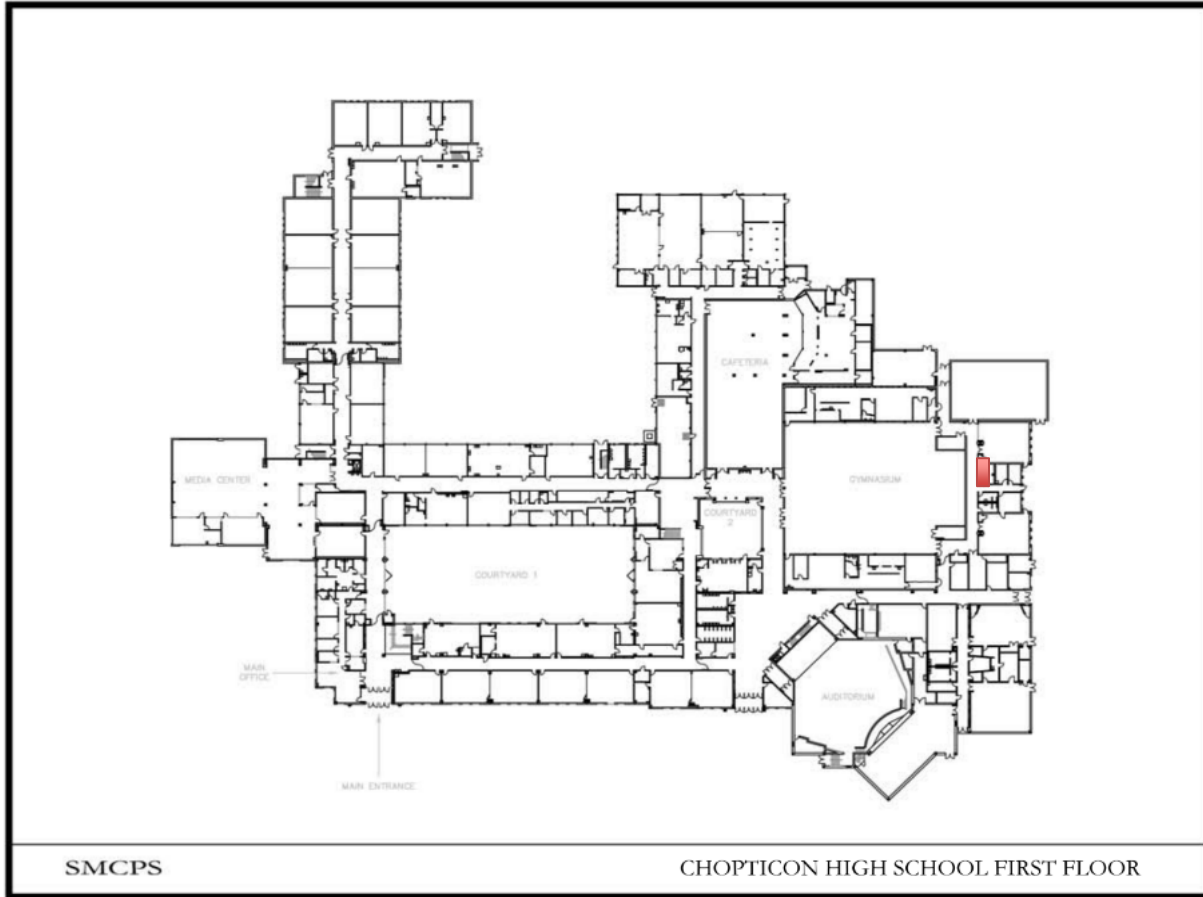
# Emergency Action Plan Chopticon High School



SMCPS

CHOPTICON HIGH SCHOOL SECOND FLOOR

## Location and Pictures of Cold Water Immersion Tub





## Lightning Detection System

St. Mary's County Public High Schools are equipped with Lightning Detection Equipment at each of our three high schools. The lightning detection equipment includes an alert siren and visual strobe. When lightning is detected within 10 miles of each high school campus the alert siren and visual strobe will activate. After 30 minutes has elapsed with no more lightning detected within 10 miles, the alert siren will activate again indicating all clear. At this point, depending on field conditions, the contest/activity may resume. Please see the visual below for specific details.

Please see the [CHS Countdown Clock](#) to download it to your mobile device.

You may visit the St. Mary's County Emergency Operations Center's (EOC) [Siren Sounds and Messages](#) page for examples that you may hear during a test or emergency.



**LIGHTNING SAFETY**

**EARTH NETWORKS**

**THIS FACILITY IS EQUIPPED WITH A SFERIC SIREN ALERTING SYSTEM**

**What the Sounds and Strobe Light Mean**

- ONE LONG 15-SECOND HORN BLAST**  
LIGHTNING DETECTED – Seek Shelter Now
- STROBE FLASHING**  
LIGHTNING IN AREA UNDER ALERT – Seek Shelter Now
- THREE SHORT 5-SECOND HORN BLASTS**  
ALL CLEAR – Safe To Resume Outdoor Activities

**AVOID**

- The Outdoors
- Open Areas
- Water
- Tall Trees
- Metal Fences
- Elevated Ground
- Golf Carts
- Mowers
- Overhead Wires & Power Lines

**SEEK**

- Enclosed & Grounded Building
- Enclosed Automobile/Truck
- Approved Lightning Shelter

For more information scan the code or visit [get.earthnetworks.com/sfericsiren](http://get.earthnetworks.com/sfericsiren)

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