

LAKE MARY PREPARATORY SCHOOL
Severe Weather/Lightning- Emergency Action Plan

Lake Mary Preparatory School has a written emergency plan that should be followed in the event of inclement weather. All coaches should be familiar with this document and their role and responsibility in this situation. Any questions should be directed to the head athletic trainer (Bonnie Brewer), or the Athletic Director (Stephen Piercefield).

An ***emergency weather situation will include the following:***

- Lightning
- Tornado
- High Winds
- High smoke levels
- Excessively high humidity/heat index

Chain of Command

Certified Athletic Trainer
Referees/ Officials
Athletic Director/ Administrator
Head Coach
Assistant Coach
Sports Medicine Student Assistant

The highest person in the chain of command who is present at the scene will be the designated person in charge, or “leader”. That person is responsible for deciding whether or not to the situation has become dangerous and evacuation/alternative plans need to be enforced. They are also responsible for instructing others how they may be of assistance and must remain on scene until everyone is cleared.

LIGHTNING

In the event of lightning in the area, the person in charge should have a way to track and monitor the storm and lightning as close as 20 miles away. Once lightning has reached a distance of 10 miles the Officials, coaches and administrators on duty need to be notified so that communication and plans can begin to go into effect. At a distance of 8 miles, play needs to be suspended, an announcement should be made over the intercom of the approaching lightning, and the stadium/bleachers need to be cleared. The home team and visiting team will quickly exit the field under the supervision of their coaches to their assigned classrooms (visiting team has the option to return to their bus if desired), and the officials will be escorted by an Administrator on duty to an empty classroom in the upper school. An announcement will be made over the intercom that all spectators are to retreat to either the Gymnasium (or cafeteria in the event of a home VB or BKB game), located in the upper school or they may return to their cars. All locked doors should be unlocked/opened by the administrator that escorted the officials in to the school, and the Head Coach should assist in guiding all spectators to the designated location once they are inside the school. The ATC and AD on duty will remain outside to clear the facilities and once clear will also retreat to the school to continue monitoring the storm/lightning and communicate with the officials about the delay/return time of the event. The rules mandate that the lightning will need to be outside the 6 mile mark for at least 30 minutes before the area can be cleared for all athletes, spectators and officials to return. If at any time during the 30 minute running clock, another bolt of lightning appears within the 6 mile "safe zone", the 30 minute timer is reset for clearance.

** In the event of a facility that is a far distance from the US building, other safe places to retreat include the outside bathrooms, or personal vehicles/ school bus, and last effort would be the concession stand. IT IS NOT safe to keep your athletes in the dugout, under the pavilion, in the pressbox behind baseball, or under the overhang in front of the school.

SEVERE WEATHER OR TORNADO WATCH/WARNING

In the event of Severe weather, everyone MUST be evacuated to inside a secure building (either the US or the lower level of the LS). Everyone should be moved to a central location within the school such as the cafeteria where there are no windows, or the locker rooms inside the gymnasium. The coaches and AD's for both schools as well as officials and all parents can help monitor the students and everyone must remain in this location until the threat has been eliminated and it has been determined that is safe for them to leave the facility.

**** It is recommended that in the event we are clearing a facility, you advise your athletes to grab their stuff/equipment to take with them, and you need to assist in emphasizing the urgency of getting inside. DO NOT allow your athletes to walk. If lack of urgency to clear a field becomes an issue we as a department will need to bump up the distance at which we clear to allow adequate time for field safety.**

HIGH TEMPERATURES/HUMIDITY

In the event of extreme temps:

WBGT Reading Activity Guidelines and Rest-Break Guidelines

Under 82.08F (27.88C)	Normal activities: provide 3 separate rest breaks/h of minimum duration 3 min each during workout.
82.0–86.98F (27.88C–30.58C)	Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide 3 separate rest breaks/h of minimum duration 4 min each.
87.08F–89.98F (30.58C–32.28C)	Maximum practice time = 2 h. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide 4 separate rest breaks/h of minimum duration 4 min each.
90.0–92.08F (32.28C–33.38C)	Maximum length of practice = 1 h. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 min of rest breaks provided during the hour of practice.
Over 92.18F (33.48C)	No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.

Guidelines for hydration and rest breaks

1. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
2. For football, helmets should be removed during rest time.
3. The site of the rest time should be a “cooling zone” and not in direct sunlight.
4. When the WBGT reading is greater than 86.8F (30.8C):
 - a. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process.
 - b. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness

The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found in the teams Google Drive folder that has been shared with all coaches, athletic trainers, and Athletic Administration, and all parties have been instructed to verify they have access to these documents on their cellphones at all times.** If a parent is not present, the form should accompany the athlete to the hospital.

If transport is deemed necessary by EMS, the athlete will be taken to:

Florida Hospital Lake Mary Emergency Department

950 Rinehart Rd, Lake Mary, FL 32746

Phone: (321) 363-0400

****unless the parent requests otherwise.**

Lake Mary Preparatory School is located at:

650 Rantoul Lane

Lake Mary, FL 32746

The closest intersection to the school is

West: Rantoul Lane and HE Thomas parkway (46A) (Once on Rantoul continue thru the neighborhood and the school will be on your Right side)

East: Rantoul Lane and N Country Club Rd (Continue on Rantoul over Country Club Rd and pass the Lake Mary sports Complex on your left, the school is immediately past the skatepark on your left)

IMPORTANT PHONE NUMBERS:

EMS: 911

Athletic Trainer (Bonnie Brewer): 407-221-0855 (C) 407-805-0095 xt 210 (O)

Main Office: 407-805-0095

Athletic Director (Stephen Piercefield): 407-805-0095 xt 307 (O)

School Resource Officer (Fernando Cruz) 407-723-9807(C)

Location of AED's

1. In the Athletic Training room at the West end of the Track, nearest the baseball field.
2. In the Upper School building (main building) inside the gymnasium, in the hallway between the 2 locker rooms, mounted on the wall next to the double doors.
3. In Lower school building inside the nurses office/clinic.

***Coaches should take note of the closest AED to their practice and game locations.**

ZONE 1 (Main Gymnasium, Outside Basketball Courts, and Main Building)

EMS Route: Turn in to the main entrance of Lake Mary Prep, turn left past the parking lot to pull in front of the Upper school building (where all the flags are hanging), and park under the overhang.

Primary AED: Hallway into the Gym (between the boys and girls locker rooms)

Secondary AED: Lower School Clinic (with the nurse)

ZONE 2 (Outside Basketball Courts and Playground)

EMS Route: Turn in to the main entrance of Lake Mary Prep, continue straight, with the 2story building (the lower school) on your left. Just past the dumpster you will turn in thru the field entrance onto the track.

Primary AED: Hallway into the Gym (between the boys and girls locker rooms)

Secondary AED: Lower School Clinic (with the nurse)

ZONE 3 (Main Football/Soccer Field, and Track)

EMS Route: Turn in to the main entrance of Lake Mary Prep, continue straight, with the 2story building (the lower school) on your left. Just past the dumpster you will turn in thru the field entrance onto the track.

Primary AED: In the Athletic Training Room (Or on the field in the event of a game)

Secondary AED: In the Upper school building, Hallway into the Gym (between the boys and girls locker rooms)

ZONE 4 (Baseball Field, Softball practice Field, Tennis Courts)

EMS Route: Turn in to the main entrance of Lake Mary Prep, continue straight, with the 2story building (the lower school) on your left. Just past the dumpster you will turn in thru the field entrance onto the track.

Primary AED: In the Athletic Training Room (Or on the field in the event of a game)

Secondary AED: In the Upper school building, Hallway into the Gym (between the boys and girls locker rooms)