

# EMERGENCY ACTION PLAN –

## Cross Country / Track & Field

*Developed Spring 2017*

The following is intended to (1) help prepare student-athletes to intervene in a meaningful and potentially life-saving way should they be a first responder, and (2) to inform their actions should they need to evacuate a facility on a team-related trip.

The following plan – types in blue – is to be applied in emergency situations (and not for common injuries, like sprained ankles)

The last page – printed in red – describes real situations which warrant this type of preparation.



## IN THE EVENT OF A FACILITY EVACUATION

Should there ever be a situation which calls for immediate – and disorganized – evacuation of a competition site, it is important that student-athletes immediately **relocate to a safe place**, and then they need to **let Cornet (541-535-5232) know where they are and that they are safe.**

(\*if the situation is at Phoenix HS) Gather at the parking lot of the Phoenix Post Office.

(\*if the situation is elsewhere) Meet at the school bus. If the school bus is not in a safe location, go quickly in any direction you feel is safe (gather together any teammates or athletes from any schools you see on route), and – once you're all safe – call/email Cornet (541-535-5232; *his number/email are also online at the school website if you need to look it up*) to report you are ok and where you are.

# IN THE EVENT OF A MEDICAL EMERGENCY

**Someone should take charge** (You? Do not assume others know what to do...)

**Keep calm** (A worrisome voice can induce panic in the victim or in others)

**What NEEDS to happen:** (1) **one person stays with the hurt person**

(2) **one person is told to get the nearest coach** (any school) **or official**

(3) **one person is told to get the AED**

(4) **one person is told to call 911**

↳ Be prepared to say where you are (Phoenix HS), where on the track you are (Shot Put ring), and – if possible – what happened “...hit in head” or “...passed out” is sufficient

↳ Send a bystander to the main street to wave to the ambulance and point them in the direction of the track.

↳ Should distance runners come across or witness a car crash, it might be necessary to go to the nearest house to call 911. Go to the door and tell the residents to call 911. Do not go inside, because the coach monitoring from the road will need to find you quickly, and because the local residents will be best prepared to explain to 911 how to get to where the accident is.

**NOTE:** - (those trained) **be prepared to administer compression-only CPR if necessary**

- **If there is bleeding, use a clothe** (uniform top ok) **to apply pressure to stop bleeding**

- **If there is a puncture wound** (javelin?), **do NOT remove the object**

- **Do NOT move the victim** (unless the setting is unsafe)

- **Do NOT put yourself in harms way**

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## **Why do we prepare for unexpected emergency situations in Track & Field and Cross Country?**

**Something bad could happen at a team function, and a student-athlete might be a first responder, or find themselves in a situation where they need to evacuate to a safer location. The following are REAL situations which have happened in the United States (Oregon sites are noted).**

### Field Events

- (1) Warming up for the Javelin, an athlete stumbles, falls forward and the back of the Javelin pierced his eye socket at Jesuit HS (in Portland).
- (2) Pole Vaulter vaults awkwardly in wind, missing the mat on his landing which causes a bloody compound fracture.

### Track Events

- (1) A spectator preoccupied with taking photos of competitors is hit in the head by a Discus at North Medford HS.
- (2) A hurdler gets a concussion after falling due to hitting a hurdle.

### Distance Runners (off-site workout)

- (1) A car driven by an elderly woman slowly runs a stop sign, hitting six runners who were crossing the street. This happened to Rogue River HS athletes the day before State Cross Country.
- (2) Car crashes (no runners involved) on Interstate 5; the Ashland HS Cross Country vans were witnesses and the first on the scene.
- (3) Runner passes out and collapses on warmup run.
- (4) Halfway through a workout run in the Berkeley hills, a 7.3 earthquake hits the Bay Area. Runners were unaware until they saw the smoke rising from San Francisco and Oakland and heard police sirens. *(Coach Cornet was one of the athletes in this situation!)*

### Spectators

- (1) A spectator has a heart attack or stroke
- (2) A Track official (the starter) feels dizzy due to dehydration at Grants Pass HS

### Facility

- (1) Fire, tsunami, lightning, flash flood or earthquake.