Stadium Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.342295,84.128371

This is the plan for a medical emergency in the Stadium

Directions:

- There will be coaches and administration showing path
- Take the main entrance into the school through the far left side (the exit)
- Drive into large gate with side access to field

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (Sideline or Athletic Training room)
    - Retrieve med kit
    - Splint bag
    - Spine board
    - Helmet bag

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at entrance of school, direct up the exit lane
    - At side gate entrance of stadium

- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock Pkwy
Strong Rock Pkwy

Multiplex Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.342295,84.128371

This is the plan for a medical emergency in the Multiplex

Directions:

- There will be coaches and administration showing path
- Take the main entrance into the school
- Continue straight until you come upon the sidewalk where the yellow poles are
- A coach or admin will move safety poles to allow room for ambulance up on the sidewalk
- Drive along path until you reach double doors on your left

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (On wall by the water fountain)
    - Retrieve med kit
    - Splint bag
    - Spine board

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at main entrance of school
    - At curbside making room for ambulance

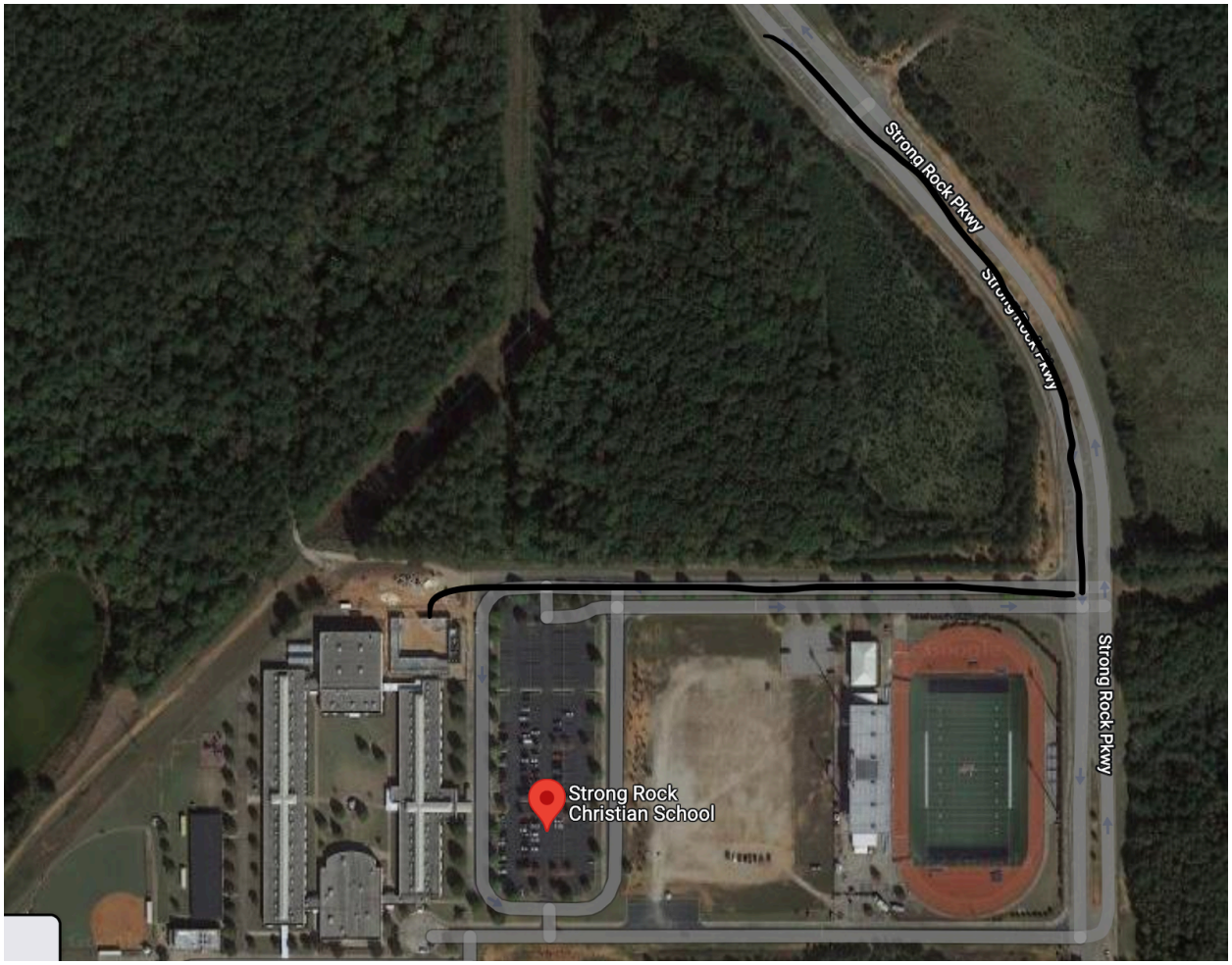
- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock Pkwy
Strong Rock Pkwy
Strong Rock Christian School

Gym Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.342295,84.128371

This is the plan for a medical emergency in the Gym

Directions:

- There will be coaches and administration showing path
- Take the main entrance into the school
- Continue straight until you come upon the sidewalk where the yellow poles are
- A coach or admin will move safety poles to allow room for ambulance up on the sidewalk
- Drive along path and go around gym until you come upon two trailers

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (On wall by the water fountain)
    - Retrieve med kit
    - Splint bag
    - Spine board

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at main entrance of school
    - At curbside making room for ambulance

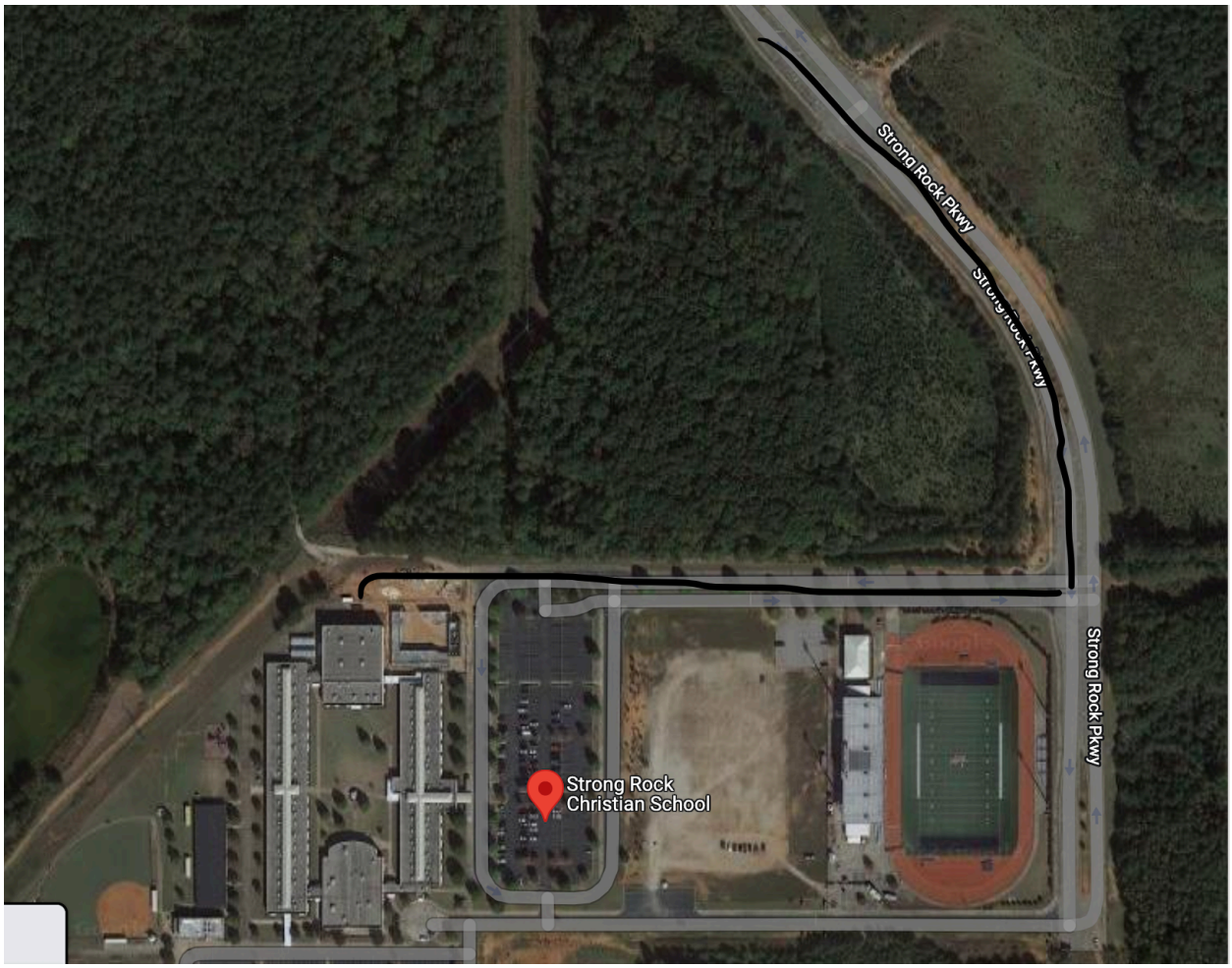
- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock Pkwy
Strong Rock Pkwy
Strong Rock Christian School

Practice Field/ Cross Country Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.340834, -84.133907

This is the plan for a medical emergency at the Practice field

Cross country must run using the buddy system and alert coach incase of emergency

Directions:

- There will be coaches and administration showing path
- Take the second entrance into the school
- Make the first left and immediate right
- A coach or admin will move safety cones to allow room for ambulance up on the sidewalk

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (Sideline with AT or concession stand)
    - Retrieve med kit
    - Splint bag
    - Spine board
    - Helmet bag

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at second entrance of school
    - At curbside making room for ambulance

- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock
Christian School
Strong Rock Pkwy

Baseball/Softball field Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.338207, -84.132030

This is the plan for a medical emergency at the Baseball/softball field

Directions:

- There will be coaches and administration showing path
- Take the second entrance into the school
- Make the first left and follow road straight towards fields
- A coach or admin will move safety cones to allow room for ambulance up on the sidewalk

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (Sideline with AT or concession stand)
    - Retrieve med kit
    - Splint bag
    - Spine board
    - Helmet bag

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at second entrance of school
    - At curbside making room for ambulance

- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock
Christian School
E
Pkwy
Hardknox Baseball

Lower Practice field Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.338207, -84.132030

This is the plan for a medical emergency at the Lower Practice field

Directions:

- There will be coaches and administration showing path
- Take the second entrance into the school
- Make the first left and follow road towards baseball field
- A coach or admin will move safety cones to allow room for ambulance down the trail to the field

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (Sideline with AT or in baseball concession stand)
    - Retrieve med kit
    - Splint bag
    - Spine board
    - Helmet bag

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at second entrance of school
    - At curbside making room for ambulance

- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock
Christian School

Cafeteria Emergency Action plan

4200 Strong Rock Pkwy, Locust Grove, GA 30248

GPS coordinates 33.342295,84.128371

This is the plan for a medical emergency in the Cafeteria

Directions:

- There will be coaches and administration showing path
- Take the second entrance into the school
- Make first left then immediate right
- Drive to the first awning and meet coach/administrator

Response team:

- Immediate care of Athlete (Athletic trainer or first responder)
    - Establish scene safety
    - Check ABCs
    - Provide CPR or First Aid if needed
    - Activate EMS if needed

- EMS Activator (Administrator on duty or Police on duty)
    - Calls 911
    - Provide CPR or first aid if AT or first Responder is not present
    - Give your name and exact location
    - Address
    - Athletes age/gender (# of patients)
    - Description of Emergency
    - Condition of patient
    - Care already given

- Emergency Equipment Retrieval (Coach or Student aide)
    - Retrieve AED (On the wall walking towards high school side)
    - Retrieve med kit
    - Splint bag
    - Spine board

- Flag person (Coach, parents, administrators)
    - Meet Ambulance at entrance
    - At curbside making room for ambulance

- Scene Control (Deputy or Administrator)
    - Limit emergency scene to those providing first aid and move bystanders away from area

Contact Information:

Athletic Trainer: Jimmy Bradberry- (404)-754-7615

Athletic Director: Gary Schofield- (404)-825-8730

Deputy: Jimmy Higginbotham- (678)-910-0565


Strong Rock
Christian School

Heat Emergency Action Plan

Recognizing heat illnesses:

- Heat stress – “I feel hot and uncomfortable.”
  - Core temperature remain within normal range
  - May have decreased exercise performance
- Heat exhaustion – “I feel confused and nauseous.”
  - Core temperature ranging 38-40 °C
  - Mild dehydration, profuse sweating, thirst, nausea, vomiting, headache
- Heat stroke – “I’m dying.”
  - Core temperature > 40 °C (>104F) + end organ dysfunction
  - Usually profound dehydration
  - Delirium, vertigo, syncope, seizures, shock

Risk factors:

- Hot and humid weather
- Poor preparation – not heat acclimatized, poor hydration status, lack of sleep, poor fitness
- Excessive physical exertion – insufficient rest/recovery between bouts of intense exercise
- Insufficient access to fluids and opportunities for rehydration during activity
- Multiple same-day sessions
- Overweight/obese
- Current or recent illness
- Chronic illness or medication use that puts you at risk for decreased exercise heat tolerance
- Clothing or equipment that leads to excessive heat retention

Prevention:

- Consumption of fluids before, during, and after activity
  - To minimize sweat-induced, body-water deficits: 9-12yo - 3-8oz every 20 minutes, teenagers - 1-1.5L per hour
  - > 1 hour of exercise, consider electrolyte-containing sports drinks
- Avoid or limit activity if a player is acutely ill
- Education
- Enforcement
- Have an emergency action plan in place

Steps to surviving a heat stroke:

1. Recognize it immediately
2. Get an accurate core temperature with a rectal thermometer
3. Use the best cooling modality available to you, preferably cold water immersion
4. Cool First, Transport Second

Steps to handle heat illness at the stadium:

1. Recognize athlete is in distress
2. Call Athletic Trainer and 911
3. Move athlete into the athletic training room under bleachers
4. Have another adult remove all unnecessary people from scene
5. Remove all unnecessary clothing
6. Drape athlete appropriately for privacy
7. Position athlete on side with top knee and hip flexed
8. Athletic Trainer will insert rectal probe
9. Place athlete in cold tub with ice and water; stir and add ice throughout the cooling process
10. Wrap a towel under athletes arms and hold to ensure an upright position
11. Monitor Vitals
12. COOL BEFORE TRANSPORT -Do not transport athlete until rectal thermometer reaches 101

Steps to handle heat illness at the middle school soccer field:

1. Recognize athlete is in distress
2. Call Athletic Trainer and 911
3. Move athlete to the cold tub outside the business concession stand
4. Have another adult remove all unnecessary people from scene
5. Remove all unnecessary clothing
6. Position athlete on side with top knee and hip flexed
7. Athletic Trainer will insert rectal probe
8. Place athlete in cold tub with ice and water; stir and add ice throughout the cooling process
9. Wrap a towel under athletes arms and hold to ensure an upright position
10. Monitor Vitals
11. COOL BEFORE TRANSPORT -Do not transport athlete until rectal thermometer reaches 101

Steps to handle heat illness at all other practice and game venues: (TACO method)

1. Recognize athlete is in distress
2. Call Athletic Trainer and 911
3. Move athlete to a shaded location/indoors
4. Have another adult remove all unnecessary people from scene
5. Remove all unnecessary clothing
6. Position athlete on side with top knee and hip flexed
7. Athletic Trainer will insert rectal probe

8. Open tarp and place athlete in the middle with head propped up
9. Add ice and water to submerge athlete
10. Monitor Vitals
11. COOL BEFORE TRANSPORT -Do not transport athlete until rectal thermometer reaches 101

Pitfalls:

- Delayed treatment or no care at all – more concerning at the high school level if athlete is thought to be “wimping out”
- Inaccurate temperature assessment or misdiagnosis
- Using cooling methods that are inferior to cold water immersion
- Immediate transport without adequate cooling versus waiting for transport to start treatment

Heat Stroke survival is 100% when body temperatures are brought under 104F within 30 minutes of onset.

Cardiac Emergency Action Plan

1. Learn the Early Warning Signs:

• Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
• Unusual chest pain or shortness of breath during exercise
• Family members who had sudden, unexplained and unexpected death before age 50
• Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
• A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2. Learn to Recognize Sudden Cardiac Arrest:

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him!

Steps to handle cardiac arrest:

1. Look listen and feel for a pulse
2. Call 911 (or ask a bystander to call)
3. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push hard and fast in the center of the chest. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
4. If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock. (Know where your nearest AED is based on your venue specific EAP listed above.)