

2023-2024
Swansboro High School
Athletics Department
Emergency Action Plan

Principal: Dr. Helen Gross
Athletic Directors: Kim Miller and Brett McFarland
Athletic Trainer: TBA
First Responder: TBA

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Introduction

An emergency action plan is a plan that explains the procedures needed to respond to an emergency situation. The purpose for an emergency action plan is to ensure that the appropriate response and treatment is provided to athletes or other persons involved in an emergency and/or life-threatening conditions. The emergency action plan created for Swansboro High School is specific to its area and athletic events.

Athletic injuries may occur at any time and during any activity; therefore, the sports medicine team and/or coaching staff must be prepared. The preparation needed to respond to an emergency involves formulation and implementation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate medical personnel, and continuing education in emergency medicine. 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. For this reason, proper preparation on the part of the sports medicine team and/or coaching staff is vital in enabling each emergency to be managed appropriately.

School Information

Principal: Dr. Helen Gross

Assistant Principals: Shawn Lovitt and Janelle Starlin

Athletic Directors: Kim Miller and Brett McFarland

Athletic Trainer: TBA

First Responder: TBA

School Address: Swansboro High School
161 Queens Creek Road
Swansboro, NC 28584

School Phone: 910-326-4300

School Fax: 910-326-1674

Fall Sports

Junior Varsity Football
Varsity Football
Varsity Men's Soccer
Junior Varsity Men's Soccer
Varsity Volleyball (Women's)
Junior Varsity Volleyball (Women's)
Cross Country (Men's & Women's)
Golf (Women's)
Tennis (Women's)

Winter Sports

Varsity Basketball (Men's & Women's)
Junior Varsity Basketball (Men's & Women's)
Swimming
Wrestling (Men's & Women's)
Indoor Track (Men's & Women's)

Spring Sports

Varsity Baseball
Junior Varsity Baseball
Varsity Softball
Varsity Soccer (Women's)
Junior Varsity Soccer (Women's)
Varsity Track & Field (Men's & Women's)

Year-Round Sports

Varsity Cheerleading
Junior Varsity Cheerleading

Golf (Men's)
Tennis (Men's)
Lacrosse (Men's & Women's)

Components of the Emergency Plan

There are three basic components of this emergency action plan:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment

Emergency Personnel

During athletic practices and competitions, the first responder to an emergency is typically a member of the sports medicine staff, most commonly a certified athletic trainer, a first responder, or coach. A team physician may not always be present at every organized practice or competition. Certification in cardiopulmonary resuscitation (CPR), certification in first aid, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning. The development of an emergency action plan needs the formation of an emergency team. The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, student assistants, coaches, managers, and bystanders.

Emergency Communication

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is an effective way to establish boundaries and to build rapport between both groups of professionals. Prior to the beginning of each fall season, the Swansboro-EMS Rescue Squad will receive a schedule of the football and soccer events. It is highly recommended that they be present during the scheduled events, but appropriate planning should be taken if they are absent due to their volunteer status. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with emergency medical system at the time of injury or illness is necessary. Access to a working telephone or other telecommunication device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be a failure in primary communication system. The most common method of communication is public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. It is important to know the proper way to care for and store the equipment as well.

Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

<p><u>Chain of Command</u> Athletic Trainer First Responder Athletic Director Administrator Head Coach Assistant Coach Other Athletes</p>

Roles within the Emergency Team

Roles of the emergency team may vary depending on numerous factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer. There are four basic roles within the emergency team:

1. Immediate care of the athlete
2. Emergency equipment retrieval
3. Activation of the Emergency Medical System
4. Direction of EMS to the scene

Immediate care of the athlete

The first and most significant role is the immediate care of the athlete. The most qualified individual on the scene should provide acute care in an emergency. Individuals with lower credentials should yield to those with more appropriate training.

Emergency equipment retrieval

The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student assistant, managers, and coaches are good choices for this role.

Activation of the Emergency Medical System (EMS)

The third role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.

Direction of EMS to scene

After EMS has been activated, the fourth role in the emergency team should be performed, directing EMS to the scene. One member of the team should be responsible for meeting first responders such as firefighters or rescue squad personnel as they arrive at the side of the contest and a second person

should direct Paramedics. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A student assistant, manager, or coach may be appropriate for this role.

Activating the Emergency Medical System (EMS)

Making the Call: 911 (if available)

Emergency Contacts

Swansboro EMS-Rescue Squad

640 West Corbett Avenue

Swansboro, NC 28584

Phone: 910-326-5132

(2) Basic Life Support Ambulances

Quick Response Vehicle

Swansboro Medical Center, Swansboro, NC

718 West Corbett Avenue

Swansboro, NC 28584

Phone: 910-326-5588

Swansboro Police Department

502 Church Street

Swansboro, NC 28584

Phone: 910-326-5151

Swansboro Fire Department

609 West Corbett Avenue

Swansboro, NC 28584

Phone: 910-326-5908

Onslow Memorial Hospital, Jacksonville, NC

317 Western Boulevard

Jacksonville, NC 28541

Phone: 910-577-2345

Emergency Room

Minor Emergency Care Center- Phone: 910-577-2382

Naval Hospital, Camp LeJeune, NC

100 Brewster Boulevard

Naval Hospital

Camp LeJeune, NC 28547

Phone: 910-451-3079

Providing Information

When providing information pertaining to an emergency, please include the following in your conversation:

- Name, address, telephone number of callers
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene, Ex. "come to the main entrance of the gymnasium"
- Other information as requested by the dispatcher

Transportation

Emphasis is placed at having an ambulance on-site at high-risk sporting events. The athletics director coordinates an on-site ambulance available for home varsity football and soccer games. Ambulances may be coordinated on-site for other special events/sports, such as major tournaments or NCHSAA regional or championship events. Consideration is given to the capabilities of transportation service available (i.e., Basic Life Support or Advances Life Support) and the equipment and level of trained personnel on board the ambulance. If an ambulance is on-site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. In the emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete.

Conclusion

The development and implementation of an emergency action plan to assist any athletic emergency is critical in providing the best quality of care for student-athletes. This emergency action plan is established specifically for Swansboro High School, and it should serve as a reference during a medical emergency. All athletic personnel should review this emergency action plan.

Athletic Administration Approval The athletics department of Swansboro High School will invest "ownership" in this emergency action plan. It will be reviewed at least once a year with all athletic personnel, along with CPR and first aid certification of all coaches and sports medicine staff.

Athletic Director:
Approved by: Ken Miller Date: 6/28/23

Athletic Trainer:
Approved by: Allen Ruppel MS LAT ATC Date: 6/28/23

Principal:
Approved by: [Signature] Date: 6/28/23

Football Stadium (Football, Soccer, Indoor/Outdoor Track, Cross Country, Lacrosse)

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on site for football and soccer competitions, stationed home sideline
- Ambulance on site for varsity football and soccer competitions, station home sideline by the field house gate entrance.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, crutches, FM Extractor, and biohazard supplies will be maintained on the home sidelines of the field during football and soccer competitions. All emergency equipment will be maintained in the track shed.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Administrator, Coach, or student.
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents. (Travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Administrator, Coach, Student
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be Administrator, Coaches or Students.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Football Stadium: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Gate is across from the field house and will be open for emergency access.

Directions to Football Stadium (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Gate is across from the field house and will be open for emergency access.

Gymnasium (Volleyball, Basketball, Wrestling)

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, crutches, splint kits, and biohazard supplies will be maintained on the home sidelines of the field during football and soccer competitions (school still needs to purchase emergency equipment). All emergency equipment will be maintained in the gymnasium athletic training room. The AED will be kept in the Athletic Department office.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Administrator, Coach, or student.
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents. (Travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Administrator, Coach, Student
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be Administrator, Coaches or Students.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Gymnasium: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the football field. First set of green doors on the gymnasium will be opened.

Directions to Gymnasium (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. First set of green doors on the gymnasium will be opened.

Baseball Field

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**
Mobile phone carried by athletic director
Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, crutches, and biohazard supplies will be maintained by the Certified Athletic Trainer onsite.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Baseball: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Baseball field is located on the right next to the soccer practice field. There is a road to the right behind the gymnasium before you reach the fieldhouse. Turn right and the baseball field is on the left. The gate is located on the first base dugout side.

Directions to Baseball (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Baseball field is located on the right next to the soccer practice field. There is a road to the right behind the gymnasium before you reach the fieldhouse. Turn right and the baseball field is on the left. The gate is located on the first base dugout side.

Softball Field

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit and AED will be maintained onsite during games and available in the gym Athletic Training room during practices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Softball: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Then take the second left into enter the senior parking lot. There is a gravel road located on the right side at the end of the parking lot. Drive down the gravel road. Bear to the right passing the football practice field on the left. Softball field is located next to the football practice field. The gate is located at the end of the first base sideline.

Directions to Softball (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Then take the second left into enter the senior parking lot. There is a gravel road located on the right side at the end of the parking lot. Drive down the gravel road. Bear to the right passing the football practice field on the left. Softball field is located next to the football practice field. The gate is located at the end of the first base sideline.

Tennis Courts

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, and biohazard supplies will be maintained in the Athletic Training room.

Additional emergency equipment will be maintained in the track shed.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Tennis: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. There is a road to the right behind the gymnasium before you reach the fieldhouse. Turn right and you will see the tennis courts.

Directions to Tennis: (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. There is a road to the right behind the gymnasium before you reach the fieldhouse. Turn right and you will see the tennis courts.

Soccer Practice Field

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, crutches, and biohazard supplies will be maintained on the home sidelines of the field during football and soccer competitions. All emergency equipment will be maintained by the Athletic Trainer onsite or stored in the track shed.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Soccer Practice Field: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Gate is right beside the field house and will be open for emergency access.

Directions to Soccer Practice Field (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Gate is right beside the field house and will be open for emergency access.

Football/Lacrosse Practice Field

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, AED, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained on the home sidelines of the field during football and soccer competitions. All emergency equipment will be maintained by the Athletic Trainer onsite during practice, except the AED which will be kept in the Athletic offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Football/Lacrosse Practice Field: 161 Queens Creek Road, Swansboro, NC 28584.

Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Then take the second left into enter the senior parking lot. There is a gravel road located on the right side at the end of the parking lot. Drive down the gravel road. The field is on the left.

Directions to Football/Lacrosse Practice Field (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584

Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Then take the second left into enter the senior parking lot. There is a gravel road located on the right side at the end of the parking lot. Drive down the gravel road. Bear to the right passing the football practice field on the left. The field is on the left.

Wrestling/Cheerleading Practice Room (Auditorium in Gymnasium)

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Fixed phone in coach's office in gymnasium: **910-326-7599**

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Wrestling/Cheerleading Practice Room: 161 Queens Creek Road, Swansboro, NC 28584. Take the first left into the school (yellow gate), continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Turn behind the gymnasium. There is an entrance that will take you straight to the room.

Directions to Wrestling/Cheerleading Practice Room (If Yellow Gate is Closed): 161 Queens Creek Road, Swansboro, NC 28584 Take the second left (where the light is). Take the first left (this connects to main entrance Road). Turn right at the stop sign. Continue straight to the traffic circle. Take the first right halfway around the circle. Drive straight back towards the field house. Turn behind the gymnasium. There is an entrance that will take you straight to the room.

Swansboro Middle School Main Gym- Off Campus Basketball

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Swansboro Middle School Main Gym 1240 West Corbett Ave., Swansboro, NC 28584.

Turn into the school and proceed to the large building at the end of the school (it is located near the traffic light). Access to the gym is at the end of the building.

Swansboro Middle School Annex Gym- Off Campus Basketball and Soccer

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Swansboro Middle School Annex Gym 1240 West Corbett Ave., Swansboro, NC 28584.

Turn into the school and bear right towards the sixth-grade wing. The second building immediately to your left is the annex gym. Access can be gained through the green double doors.

Swansboro Middle School Baseball- Off Campus Baseball

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Swansboro Middle School Baseball- Off Campus Baseball 1240 West Corbett Ave., Swansboro, NC 28584. Turn into the school and proceed to the large building at the end of the school (it is located near the traffic light). Turn right and enter the gate to the left that leads to the football and baseball fields.

Golfin' Dolphin – Men's and Women's Golf - Practice

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director

Mobile phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Golfin' Dolphin: 134 Golfin' Dolphin Drive, Cape Carteret, NC 28584. As you enter Golfin' Dolphin, continue pass the main building until you reach the driving range.

Star Hill Golf Course- Men and Women's Golf – Practice and Matches

Emergency Personnel:

- Certified Athletic Trainer, First Responder and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director

Mobile

phone carried by certified athletic trainer/first responder

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

1. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
2. Emergency equipment retrieval- student assistant, coach, or assistant coach.
3. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
4. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Star Hill Golf Course: 202 Club House Drive, Cape Carteret, NC 28584. After turning into the golf course, about 200 yards on the right is the Pro Shop and they will be able to give you more accurate directions to the emergency site.

Cape Carteret Aquatics and Wellness Center – Swimming Practice

Emergency Personnel:

- Certified Athletic Trainer and/or Coach, Assistant Coaches, Student Assistants on site for practices and competitions.
- Police Officer on side for basketball competitions, stationed home sideline

Emergency Communication:

Mobile phone carried by athletic director
phone carried by certified athletic trainer

Mobile

Emergency Equipment

Medical kit, crutches, splint kits, FM Extractor, and biohazard supplies will be maintained in the Athletic Training room. AED will be kept in the Athletic Offices.

Role of First Responders:

5. Immediate care of injured/ill athlete. Most qualified emergency personnel at the scene will assume this role.
6. Emergency equipment retrieval- student assistant, coach, or assistant coach.
7. Activation of the Emergency Medical System- Student or Coach
 - a. Direct EMT's onto field if on site.
 - b. Call 911, providing name, address, telephone number, number of individuals injured, condition of injured, first aid provided, and specific directions to site.
 - c. Notify on-site police officer and parents (travel cards in each kit have parent contact numbers).
8. Direct EMS to scene- Student or Coach
 - a. Open appropriate gates
 - b. Designate one to two people to "flag down" EMS and direct to the scene. May be students or Coaches.
 - c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Directions to Cape Carteret Aquatics and Wellness Center: 300 Taylor Notion Road, Cape Carteret, NC 28584. Turn into the center and enter the main entrance. They will direct you to the indoor pool area.

Hot Weather Guidelines

From the NATA Fluid Replacement Statement

Dehydration can compromise athletic performance and increase the risk of exertion heat injury. Athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity. Drinking behavior can be modified by education, increasing fluid accessibility, and optimizing palatability. However, excessive overdrinking should be avoided because it can also compromise physical performance and health. Practical guidelines regarding fluid replacement for athletes will be the following:

- Acclimatization will take place over 11 days
- Unlimited amounts of water will be made readily available
- It is recommended that 6-10 oz. of water be consumed every 20 minutes.
- Wet bulb temperatures will be taken on site by the Certified Athletic Trainer at the beginning of practice and every 30 minutes. NCHSAA WBGT Index guidelines will be implemented.

<u>WBGT Index (F)</u>	<u>Heat Index</u>	<u>Athletic Activity Guidelines</u>
>80	>80	<u>Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest / water breaks (5 min water / rest break every 30 min)</u>
80-84.9	80-90	<u>Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest / water breaks. (5 min water / rest break every 25 min)</u>
85-87.9	91-103	<u>New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 20 min) Have cold or ice immersion pool on site for practice.</u>
88-89.9	104-124	<u>All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest / water breaks. (5 min water / rest break every 15 min) Have cold or ice immersion pool on site for practice.</u>
90 or above	125 or above	<u>SUSPEND OUTDOOR PRACTICE</u>

Recognition of Heat Illness:

(a) *Heat Exhaustion*

1. The clinical criteria for heat exhaustion include the following:
 - Athlete has obvious difficulty continuing with exercise.
 - Body temperature is usually 101 to 104°F (38.3 to 40.0°C) at the time of collapse or need to drop out of activity.
 - No significant dysfunction of the central nervous system is present (e.g., seizure, altered consciousness, persistent delirium)
2. If any central nervous system dysfunction develops, such as mild confusion, it resolves quickly with rest and cooling.
3. Patients with heat exhaustion may also manifest:
 - Tachycardia (fast heart rate) and hypotension (low blood pressure)
 - Extreme weakness
 - Dehydration and electrolyte losses
 - Ataxia (loss of muscle control) and coordination problems, syncope (passing out), light-headedness
 - Profuse sweating, pallor paleness), prickly heat sensations
 - Headache
 - Abdominal cramps, nausea, vomiting, diarrhea
 - Persistent muscle cramps

(b) *Heat Stroke*

1. The two main criteria for diagnosing exertional heat stroke
 - Rectal temperature above 104°F (40°C), measured immediately following collapse during strenuous activity.
 - Central Nervous System dysfunction with symptoms and signs: disorientation, headache, irrational behavior, irritability, emotional instability, confusion, altered consciousness, coma, or seizure.
2. Most patients are tachycardic and hypotensive
3. Patients with heat stroke may also exhibit:
 - Hyperventilation
 - Dizziness
 - Nausea
 - Vomiting
 - Diarrhea
 - Weakness
 - Profuse sweating
 - Dehydration
 - Dry mouth
 - Thirst
 - Muscle cramps
 - Loss of muscle function
 - Ataxia

Management of Heat Illness:

(a) Activate EMS

(b) A primary goal of management of heat illness is to reduce core body temperature as quickly as possible. When exertional heat stroke is suspected, immediately initiate cooling, and then activate emergency medical system. Remember cool first, transport second'.

(c) Remove all equipment and excess clothing

(d) If appropriate medical staff is present, assess athlete's rectal temperature

(e) Immerse the athlete in a tub of cold water (the colder the better). Water temperature should be between 35 to 60 degrees F. Ice water is ideal but even tepid water is helpful. Maintain an appropriately cool water temperature. Stir the water vigorously during cooling

(f) Monitor vital signs (rectal temperature, heart rate, respiratory rate, blood pressure) and mental status continually. Maintain patient safety

(g) Cease cooling when rectal temperature reaches 101 to 102°F (38.3 to 38.9°C)

(h) If an immersion pool is unavailable or in cases of heat exhaustion, use these cooling methods:

- Place icepacks at head, neck, axillae and groin.
- Bathe face and trunk with iced or tepid water.
- Fan athlete to help the cooling process.
- Move athlete to a shaded or air-conditioned area if available near the practice site

Lightning Policy

Guidelines for Swansboro High School:

- The game official, athletics director, principal, or assistant principal will make the official call to remove individuals from the game field.
- The athletic trainer or coach will make the call to remove individuals from the practice field(s).
- A Strike Alert will be available at all events during weather threatening conditions, and it will be carried by a Certified Athletic Trainer, athletic personnel, or designee. Practice/Play will be suspended if lightning is detected within 10 miles.
- NFHS Thirty-minute rule is applied. Once play has been suspended, wait at least 30 minutes after the last flash of lightning is witnessed prior to resuming play.
- The athletic trainer or assistant coach will be the designated weather watcher, actively looking for signs of threatening weather.
- The athletic trainer, coach, or athletic director shall monitor weather using a Perry weather, Sky Scan, Weather Bug App, local forecast, or www.weather.com

- Safe Shelters for athletes at each venue are as follows:
 1. Football/Soccer/Cross Country/Track/Baseball/Tennis
 - Field House
 - Car/Bus
 2. Softball/Football Practice
 - Gymnasium
 - Car/Bus

Notes:

- The secondary choice for some venues is fully enclosed vehicle with a metal roof and the windows completely closed.
- Avoid shelter under trees, open fields, and spaces, and suspending the use of landline telephones during thunderstorms.

Pre-hospital care guidelines for triaging and treating lightning-strike victims:

The following first aid will be observed for lightning strike victims:

1. Survey the scene for safety
2. Activate EMS
3. If necessary, move lightning victim to a safe shelter
4. Evaluate airway, breathing, circulation, and begin CPR if necessary
5. Evaluate and treat for hypothermia, shock, fractures, and/or burns.

Cardiac Arrest Guidelines

From the Consensus Statement on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs.

Management of Sudden Cardiac Arrest (SCA)

The

American Heart Association (AHA) describes the 4 links in a “chain of survival” to emphasize the time-sensitive interventions needed to help victims of SCA. These links are the steps that need to be taken in managing SCA:

1. Early recognition of the emergency and activation of the EMS or local emergency response system: phone 911”
2. Early bystander CPR: immediate CPR can double or triple the victim’s chance of survival from ventricular fibrillation.
3. Prompt delivery of a shock with a defibrillator: CPR plus defibrillation within 3 to 5 minutes of collapse can produce survival rates as high as 49-75%
4. Early advanced cardiac life support (ACLS) followed by post resuscitation care delivered by health care providers

Emergency Preparedness

- All athletics personnel working with athletes are required to have a minimum cardiopulmonary resuscitation (CPR) certification.

- Target first responders (e.g., athletic trainers, first responders, coaches) should receive certified training in CPR and AED use.
- Sudden cardiac arrest should be suspect in any collapsed and unresponsive athlete.
- Young athletes who collapse shortly after having been struck in the chest by a firm projectile or by player contact should be suspected of having SCA from commotion cordis.
- A goal of initiating CPR within 1 minutes of collapse is strongly recommended.
- Access to early defibrillation is essential, and a target goal of less than 3-5 minutes from time of collapse to the first shock is strongly recommended.
- Review of equipment readiness and the EAP by on-site event personnel for each athletic event is desirable.
- Implementation of “Anyone Can Save A Life Program” with each athletic team. List of team personnel will be posted at each venue.
- COR and AED guidelines continue to be updated, so athletic personnel should stay well informed and practiced with the changing guidelines. Below are a few key changes (the AHA adult CPR guidelines apply to any child older than 8 years old):
 1. Elimination of lay rescuer assessment of circulation
 2. Recommendation of a universal compression-to-ventilation ratio of 30:2 for single rescuers and for all SCA victims in this group
 3. Chest compressions (“push hard and fast”) should be at a rate of 100 per minute, allowing for complete chest recoil and minimizing interruptions in chest compressions.
 4. CPR should resume immediately after initial shock delivery, beginning with chest compressions.
 5. Rescuers should not check the rhythm or pulse after shock delivery until 5 cycles (or about 2 minutes) of CPR have been performed
 6. Recommendations that EMS providers consider 5 cycles (or about 2 minutes) of CPR before defibrillation for unwitnessed arrest, particularly if the suspected time from collapse to arrival at the scene is more than 4-5 minutes.

Use and retrieval of Epi-Pen for Anaphylaxis (severe allergic reaction)

- Evaluate athlete for symptoms of anaphylaxis to include difficulty or absence of breathing, swelling of lips/face/eyes/tongue, difficulty swallowing, low blood pressure, dizziness, blueness around eyes or lips, sweating, hoarseness, nausea/vomiting/diarrhea, loss of consciousness
- Call 911 and activate emergency procedure
- Send designated person to retrieve Epi Pen located in Athletic Office or Nurse’s office
- Monitor victim until Epi Pen arrives
- Administer Epi Pen to victim (trained personnel only)
- Monitor victim until Emergency Services arrive and evaluate or transport victim

Asthma Guidelines

Parts of these guidelines were taken from the ***NATA Position Statement: Management of Asthma in Athletes.***

All athletes must receive pre-participation screening evaluations sufficient to identify the possible presence of asthma. In most situations, this evaluation includes only obtaining a thorough history from

the athlete. However, in special circumstances, additional screening evaluations (e.g., spirometry testing or the challenge testing) should also be performed because of the history alone is not reliable. Athletes with asthma should have a follow-up examination at regular intervals, as determined by the patient's primary care physician or specialist, to monitor and alter therapy. In general, these evaluations should be scheduled at least every 6-12 months, but they may be more frequent if symptoms are not well controlled. All athletes with asthma should have a rescue inhaler and spacer (if prescribed) readily accessible during games, practices, and conditioning. It is the student's responsibility to carry his/her inhaler.

Signs/Symptoms

Athletic staff should be aware of the major signs and symptoms suggesting asthma, as well as the following associated conditions:

- Chest tightness (or chest pain in children)
- Coughing (especially at night)
- Prolonged shortness of breath (dyspnea)
- Difficulty sleeping
- Wheezing (especially after exercise)
- Inability to catch one's breath
- Physical activities affected by breathing difficulty
- Use of accessory muscles to breath
- Breathing difficulty upon awakening in the morning
- Breathing difficulty when exposed to certain allergens or irritants
- Exercise-induced symptoms, such as coughing or wheezing
- An athlete who is well conditioned but does not seem to be able to perform at a level comparable with other athletes who do not have asthma.
- Family history of asthma
- Personal history of atopy, including atopic dermatitis/eczema or hay fever (allergic rhinitis)

Steps to Take During an Asthma Episode

1. Check peak flow
2. Assist athlete in taking medication (student should respond to treatment in 15-20 min)
3. Contact parent/guardian
4. Re-Check peak flow
5. Seek emergency medical care if the student has any of the following:
 - Coughs constantly
 - No improvement 15-20 minutes after initial treatment with medication and a relative cannot be reached
 - PEF in Red Zone (see below for PEF values)
 - Tough time breathing with:
 - Chest and neck pulled in with breathing
 - Stooped body posture
 - Struggling or gasping
 - Trouble talking or walking

- Stops playing and cannot start activity again
- Lips or fingernails are grey or blue

Using a Prescribed Inhaler

The athletic staff may assist a student-athlete in the use of a prescribed meter-dose inhaler (MDI) as follows:

- Remove the cap from the MDI and hold the inhaler upright
- Shake the inhaler
- Tilt patient head back slightly and have patient breath out
- Open mouth with inhaler 1-2 inches away (or mouth to spacer mouthpiece if spacer available)
- Press down on the inhaler to release the medication as patient starts to breath in slowly
- Patient breathes in slowly for 3-5 seconds
- Patient holds breath for 10 seconds to allow the medication to reach deeply into the lungs
- Repeat puffs as prescribed; waiting 1 minute between puffs may permit the 2nd puff to go deeper into the lungs.

(Since there are other types of inhalers other than MDIs, the athletic staff should become familiar with the various kinds of asthma treatments to assist with administering the medication in an emergency)

General Instructions for Using a Mechanical Peak Flow Meter

1. The moveable indicator is placed at the beginning of the numbered scale.
2. The patient stands or sits tall and straight.
3. The patient then inhales maximally.
4. The patient places his/hers lips tightly around the mouthpiece
5. The patient is told to “blast” the air out of his/her lungs and into the device. The patient then forcefully exhales as fast and hard as possible.
6. The value is recorded
7. Steps 1-6 are repeated 2 more times.
8. The highest number is marked as the value for that time.
- 9.

Peak Expiratory Flow (PEF) Zones for Asthma Management

Green Zone

- PEF values are between 80-100% of personal best
- No asthma management changes are necessary at this time

Yellow Zone

- PEF values are between 50-80% of personal best
- Caution is warranted; use of medication is required

Red Zone

- PEF values are less than 50% of personal best
- Danger: emergency action is needed, including medications or hospital visit

When to Refer to Emergency Room

If athlete is not responding to or is unable to use their MDI, the athletic staff should call for EMS (if not on-site or in-route). An athlete should also be referred rapidly to an emergency department for further evaluation and treatment if he/she is experiencing any of the following degrees of respiratory distress:

- A significant increase in wheezing or chest tightness
- Shortness of breath: a respiratory rate greater than 25 breaths per minute
- Inability to speak in full sentences
- Uncontrollable cough
- Significantly prolonged expiration phase of breathing
- Nasal flaring
- Sweaty
- Unable to lie down
- Paradoxical abdominal movement
- Mental status changes (anxious, confused, combative, drowsy)
- Signs of impending respiratory failure such as weak respiratory efforts, weak breath sounds, unconsciousness, or hypoxic seizures

Head Injury/Concussion Guidelines

- In the event an individual has suffered a serious head, neck, or spinal injury, trained personnel will remove protective equipment when safe prior to transport.
- Call 911 and treat for injuries. If CPR is necessary, to minimize cervical spinal movement use an appropriate face mask removal device, such as a Trainer's Angel or Anvil Pruner, to remove the face mask. The helmet itself will help to stabilize the head and limit movement of the neck.
- Any severe impact to the head that causes the jarring of the brain can result in a concussion.
- Signs/Symptoms of a concussion may include fluctuating levels of consciousness, balance problems, memory loss or concentration difficulties, headache, ringing in the ears, nausea
- Any athlete that sustains trauma to the head should be evaluated by the Certified Athletic Trainer if present for signs of a concussion
- The following is a list of 10 guidelines from the NATA to help prevent and manage concussions in youth, high school, and collegiate settings:
 1. If an athlete shows concussion-like signs and reports symptoms after a contact to the head, the athlete has at the very least, sustained a mild concussion and should be treated for a concussion. The terms "ding" and "bell ringer" are discouraged because they downplay the significance of the injury.
 2. In addition to the thorough clinical evaluation, formal cognitive and postural-stability testing is recommended to assist in objectively determining injury severity and readiness to return to play (RTP). NATA strongly recommends that youth leagues, high schools, colleges, and professional teams institute a testing program that incorporates baseline testing of athletes.
 3. Once symptom-free, the athlete should be reassessed to establish that cognitive and postural stability have returned to normal for that player.
 4. An athlete with a concussion should be referred to a physician on the day of the injury if he/she lost consciousness or experienced amnesia lasting for longer than 15 minutes.

5. Athletes who are suspected of having a concussion or head injury and/or experience symptoms should not return to participation on the day of the injury and must be evaluated by a Physician and cleared per NCHSAA concussion guidelines.
6. Any athlete with a concussion should be instructed in both physical and cognitive rest.
7. Because of an increased risk for future concussions, as well as for slowed recover, athletes with a history of 3 concussions should be advised that terminating participation in contact sports may be in their best interest and must be cleared by a Neurologist prior to RTP protocol initiation.
8. Athletes suspected of concussion or head injury MUST have the return to play (RTP) form completed by a doctor to begin the RTP protocol with a Certified Athletic Trainer. Once the six-day protocol is completed with the Certified Athletic Trainer, the forms will be turned into the Athletic Director to be filed. If at any time during the gradual return to play plan an athlete experiences return of concussion symptoms, they MUST return to Day 1 once the symptoms have cleared. ***NO PRACTICE/COMPETITION/STRENGTH TRAINING/CONDITIONING*** may be done with the athlete outside of the direction of the Certified Athletic Trainer until the 6-day protocol is complete.

