

• Updated: Yes	• Date updated: 7-22-24
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Haddam Killingworth High School

Athletic Department



Emergency Action Plan

Emergency Action Plan Haddam Killingworth High School

In case of an emergency: personnel responsibilities, locations of emergency equipment, and other emergency information such as 911 call instructions, addresses/directions to the venue, and a chain of command with important phone numbers have been listed here.

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EMERGENCY ACTION PLAN FOR ATHLETICS

OVERVIEW

Introduction

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

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

Components of an Emergency Action Plan

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

Emergency Personnel

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

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Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards should be maintained with the athletic director. **All coaches are required to have CPR, First Aid, and AED training certifications.**

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

The four basic roles within the emergency team are:

Establish scene safety and immediate care of the athlete:

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

Activation of Emergency Medical Services:

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

Equipment Retrieval:

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

Direction of EMS to the scene:

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

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Activating Emergency Medical Services

Call 9-1-1
Provide information
Name, address, telephone number of caller
Nature of the emergency (medical or non-medical)*
Number of athletes
Condition of athlete(s)
First aid treatment initiated by first responder
Specific directions as needed to locate the emergency scene (i.e. "use the south entrance to the school off Asylum St.")
Other information requested by the dispatcher
DO NOT HANG UP FIRST
<small>*if non-medical, refer to the specified checklist of the school's non-athletics emergency action plan</small>

Emergency Communication

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone. Please see page 10 for emergency communication guidelines for Haddam-Killingworth High School (HKHS).

Medical Emergency Transportation

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

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Non-Medical Emergencies

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

Post EAP Activation Procedures:

Documentation

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

Debriefing

A team comprising the ATC, AD, coaches, and must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should **be reviewed at least once a year** with all athletic personnel and local emergency response teams. Through development and implementation of the emergency plan, Haddam-Killingworth High School helps ensure that the athlete will have the best care provided when an emergency situation does arise.

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Staff Education

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
 - a. Each coach will provide their signature to confirm they have read the documents and asked any potential questions
2. A copy of the relevant EAP will be in each medical kit, which is to be kept with the coach at every practice/event, and posted at each respected venue.
3. A physical copy of the EAP will be kept in the athletic training room.

Chain of Command

The athletic trainer should always act as primary care-givers at the site of the injury or accident (when on-site) and would manage the situation according to the following rank:

1. Alex Krasniewski—Athletic Trainer
2. Dr. Lee Bloom—Team Physician (if present)
3. Specific Team's Head Coach
4. Assistant Coaches

In the event that a certified athletic trainer is not on-site at the time of injury the following chain of command would be used:

1. Head Coach
2. Assistant Coach(es)
3. School Nurse
4. Athletic Director

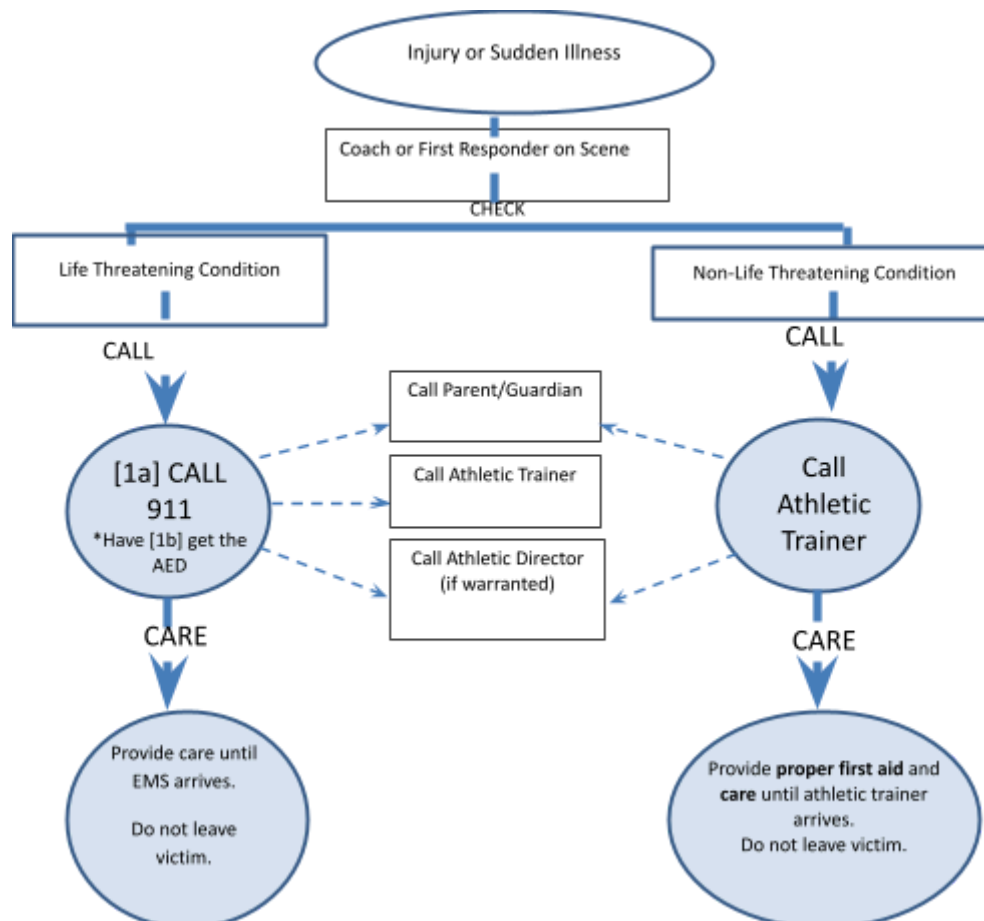
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Emergency Telephone Numbers

This list is only to be used in case of an emergency.

Off Campus Contacts	Phone Number
Emergency	911
Police department	(860) 345-2769
Fire and Ambulance	(860) 345-2500
Middlesex Hospital	(860) 358-6000

Title	Name	Office	Cell
Athletic Trainer	Alex Krasniewski	(860) 345-8541	(860) 916-7951
Athletic Director	Lynne Flint	(860) 345-8541	(203) 641-1354
Principal	Donna Hayward	(860) 345-8541 ext. 3301	
Team Physician			
Physical Therapist	Michele Grasso	(860) 345-2622	(860) 685-1490
Nurse		(860)-345-8541 EXT.3333	



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Emergency Situation Contact Tree

After the situation is controlled: Contact Athletic Trainer (if not on site); parents; Athletic Director

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

Emergency Equipment Locations

Emergency Equipment:

- Athletic Training Kit, Emergency Bag, Biohazard/First Aid Kit on site for events covered by ATC
 - First Aid Kit located with coach
1. AED
 - a. Located with ATC for all covered events
 - b. Additional AED in Field House lobby, between main gym and swimming pool
 - c. Additional AED located upstairs near main offices and auditorium
 - d. Additional AED located outside of weight room (far end of school, in old middle school)
 2. CPR mask/Bag valve mask
 - a. Located with ATC for all covered events
 - b. Face shields located in each coach's medical kit
 3. Nearest phone
 - a. Athletic Trainer's personal cell phone when covering events
 - b. Coaches' personal cell phones (with emergency numbers attached here)
 4. Rescue Inhaler
 - a. Students are responsible for bringing their inhaler to all practices/games
 - b. Inhaler must be left with coach (labeled with name) during practices and games (not left in personal bag)
 - c. Students who do not bring their inhaler to practice/competition are not permitted to participate that day**
 - d. Athletic trainer may be given a backup inhaler by the parent or child to keep as a backup in the med kit.
 5. Epi Pen
 - a. Students are responsible for bringing their epi pen with them to all practices/games
 - b. Epi pen must be left with coach (labeled with name) during practices and games (not left in personal bag)
 - c. Students who do not bring their epi pen to practice/competition are not permitted to participate that day**
 - d. Athletic trainer may be given a backup Epi pen by the parent or child to keep as a backup in the med kit.
 6. Splints
 - a. With ATC during events or in ATR
 7. Spine boards/Cervical Collar
 - a. Will be provided by EMS upon arrival
 - b. cervical collar will be with ATC during covered events, or in ATR
 8. Bio-hazard Materials
 - a. Red bags – in each med kit and in ATR

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b. Disposal Bin – in ATR

General Plan of Action

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

Haddam Killingworth High School Emergency Action Procedures

Activate the EAP:

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

Emergency Personnel:

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

Emergency Procedures:

- 1) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Who you are
 - b) General information about the injury or situation
 - c) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*).
 - VENUE-SPECIFIC DIRECTIONS DESCRIBED BELOW**
 - d) Any additional information
 - e) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a) Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with athlete and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
 - b) **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer for HKHS if not present on scene
- 6) Meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene
 - c) Control injury site, limit care providers etc.
- 7) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- 9) Document event and debrief

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Venue-Specific Directions: Indoors

VENUE: Field House/Swimming Pool

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance take a right at the fork in the road toward the back of the school and then turn left once you enter the parking lot. Access is through first set of double doors; field house is inside to the right, pool is to the left

VENUE: Weight Room

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a left at the fork in the road and continue left, through the parking lot towards the soccer field. Continue to building at far end of soccer field. Access is through the first set of doors facing the field

VENUE: Gym #2

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a left at the fork in the road and continue left, through the parking lot towards the soccer field. Access is through the first set of doors facing the soccer field; continue down the hall and the gym will be to the left.

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Venue-Specific Directions: Outdoors

VENUE: Softball

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, softball field will be directly to the right

VENUE: Tennis

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a right at the fork in the road towards the back of the school. Continue through the parking lot; tennis courts will be at the far end of the parking lot

VENUE: Baseball/Field Hockey

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: : After pulling into main entrance, take a right at the fork in the road towards the back of the school. Continue through the parking lot towards the tennis courts. Enter through gate between tennis courts and the school; the field will be straight ahead, behind tennis courts

VENUE: Football #1/Track

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a right at the fork in the road towards the back of the school. Continue through the parking lot towards the tennis courts. Enter through gate between tennis courts and the school; continue down the paved path and the field will be straight ahead and to the left

VENUE: Softball #2

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a right at the fork in the road towards the back of the school. Continue through the parking lot towards the tennis courts. Enter through gate between tennis courts and the school and continue past the baseball field; the softball field will be just beyond the baseball field

VENUE: Soccer #1

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a right at the fork in the road towards the back of the school. Continue through the parking lot to the far end of the tennis courts. Enter through gate between tennis courts and the bus garage; the field will be straight ahead

VENUE: Soccer #2

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a left at the fork in the road and continue left through the parking lot. The field will be straight ahead

VENUE: Football #2

ADDRESS: 95 Little City Rd, Higganum, CT 06441

DIRECTIONS: After pulling into main entrance, take a left at the fork in the road and continue along the straightaway; the field will be on your left

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Appendix A: Map of Property



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Appendix B: Heat Policy

Heat Related Policy

The Korey Stringer Institute puts out recommendations for acclimatization and accommodations for warmer days that practices or games will be played on. Presented below are the guidelines we will follow when it comes to heat related policies.

Heat Acclimatization: Occurs during the preseason/beginning of every season that involves being in a warmer temperature environment. Here are the guidelines for the initial acclimatization period.

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time

EHI and WBGT: Here is information presented from the Korey Stringer institute:

“A WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work:rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent EHS.

As environmental temperature and humidity increase, there is an increase in the heat stress that is placed on the exercising individual. Exercise in the heat causes athletes to rely on evaporation of sweat from the skin as the primary method of dissipating heat that is produced by the working muscles. As humidity increases, the ability to dissipate heat through evaporation is further hindered, thus causing the body to have an increased body temperature, which increases the risk of EHS.


When examining deaths that have occurred from EHS during American football, most of the deaths (~65%) have occurred during the month of August in the eastern quadrant of the US. In addition, over half of the reported deaths

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occurred during morning practices when humidity levels were high. These results show a direct correlation between increased temperature and humidity levels and risk of mortality as a result of EHS.”

Work/Rest and Water Consumption Table <i>Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)</i>							
Easy Work		Moderate Work		Hard Work			
<ul style="list-style-type: none"> Weapon Maintenance Walking Hard Surface at 2.5 mph, < 30 lb Load Marksmanship Training Drill and Ceremony Manual of Arms 		<ul style="list-style-type: none"> Walking Loose Sand at 2.5 mph, No Load Walking Hard Surface at 3.5 mph, < 40 lb Load Calisthenics Patrolling Individual Movement Techniques, i.e., Low Crawl or High Crawl Defensive Position Construction 		<ul style="list-style-type: none"> Walking Hard Surface at 3.5 mph, ≥ 40 lb Load Walking Loose Sand at 2.5 mph with Load Field Assaults 		<ul style="list-style-type: none"> The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr). NL = no limit to work time per hr. Rest = minimal physical activity (sitting or standing) accomplished in shade if possible. CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts. If wearing body armor, add 5°F to WBGT index in humid climates. If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index. If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index. 	
Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78° - 81.9°	NL	½	NL	¾	40/20 min	¾
2 (GREEN)	82° - 84.9°	NL	¾	50/10 min	¾	30/30 min	1
3 (YELLOW)	85° - 87.9°	NL	¾	40/20 min	¾	30/30 min	1
4 (RED)	88° - 89.9°	NL	¾	30/30 min	¾	20/40 min	1
5 (BLACK)	> 90°	50/10 min	1	20/40 min	1	10/50 min	1

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apc.army.mil. For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized. June 2004



CP-033-0404

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Under 82.0	Normal activities--Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each
87.0 - 89.9	Maximum practice time is two hours. 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 at least four separate rest breaks each hour of a minimum of four minutes each
90.0 - 92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice
Over 92.1	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

*heat information presented directly from <http://ksi.uconn.edu/>

Heat related emergency:

Heat illness occurs when the body temperature rises and exceeds a certain limit. A more severe case involves a temperature at or above 104F and involves nervous system dysfunction. In the event of a heat related event the following steps will be taken to provide the best immediate care for the athlete

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Emergency Communication

In any emergency situation that is deemed necessary, call 911. The Haddam ambulance department's number is (860) 345-2500. To contact the athletic trainer call (860) 916-7951

Emergency Equipment

There is a cold water tub stored in the shed at the near end of the track/football field. Cold water immersion the best way to lower the body temperature of the athlete, and this tub will be readily available on days where heat-related emergencies are possible. Tarps will be located in each fields shed and with the athletic trainer. In event of heat emergency, the athlete will be placed in the tarp and the team's water cooler will be dumped in.

If you are unable to move the athlete, cold ice packs and wet towels should be placed upon them as soon as possible, as well as removing extra clothing to help cool them off. Key ice pack placements include, but are not limited to: back of the neck, axillary (armpits), and inner thighs/groin. If possible, remove athlete from direct sunlight or provide sun cover.

Emergency Procedures:

1. Take vital signs of athlete including but not limited to temperature, blood pressure, heart rate, and check for nervous system dysfunction
2. If life-threatening heat illness is determined, perform techniques to cool the athlete (i.e. cold water immersion) until temperature reaches 102F. If no way to determine core temperature, the athlete will not be transported until visible signs of shivering (THIS WILL OCCUR FIRST BEFORE TRANSPORTING)
3. Call 911 (or instruct assistant coach or other responsible person to do so) and follow emergency protocol outlined above

*In the event of moving an athlete to the immersion tub, coaches or other athletes might be asked to assist with this process.

Appendix C: Lightning Safety

The keys to lightning safety are education and prevention. Education begins with learning appropriate lightning safety tips. Prevention of lightning injuries or casualties should begin long before any outdoor event. This section below will outline lightning safety terminology, procedures, and decision-making.

Outdoor Event Procedures – Haddam Killingworth High School

Prior to Outdoor Events

1. Establish a chain of command that identifies who is to make the call to remove individuals from a field. One person should be selected as the lead contact and should be selected by the head of the organization hosting the event. This can be the individual who reserves the field or a coach at the event.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous) on game/practice day. This person can be named earlier in the year for the entire year or on the day of the event by the hosting organization. See section below titled “Evaluating a Lightning Event” for information about determining if an event should be canceled.
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue.

Evaluating a Lightning Event

Timing of Lightning: Lightning strikes to individuals are rare but can be deadly. It is also the most consistent and significant weather hazard that may affect athletic participation. If at any point lightning strike occurs within 10 miles of the activity venue, activity is to be suspended until 30 minutes have passed since the last lightning strike. This will be determined by the Athletic Trainer via monitoring of The Weather Channel or the Weather Bug “spark” app, as well as local reports for storm warnings. The decision to delay practices or games will be announced by the Athletic Trainer via cell phone or face to face to each sport that is training/competing outdoors. Activity will be postponed or suspended if a thunderstorm appears imminent before or during an activity or contest (regardless of whether lightning is seen or thunder is heard) until the hazard has passed. Sign of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

Day of Event

1. For thunder, use the flash-to-bang count to determine when it is time to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure.
2. If activities are to be suspended, the hosting organization will contact visitors (i.e., teams or groups from other schools) to leave the field and seek shelter (see “Actions of Teams below”).
3. Make the following announcement to spectators via loudspeaker or megaphone: “Attention ladies and gentlemen, unsafe weather conditions have been detected. The game will be suspended until all lightning activity has passed. The National Severe Storm Laboratory recommends that during thunderstorms people should take shelter inside the school. If you do not choose to go inside the school, then go inside your vehicle with a solid metal roof as a safe alternative. If you are unsure of the appropriateness of your automobile, please seek shelter inside immediately.
4. Team point of contact will ensure the field is clear.
5. Once activities have been suspended, wait at least thirty minutes following the last occurrence of thunder or lightning flash within 10 miles before resuming activity or returning outdoors.

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Actions of Teams

When the decision has been made to delay participation, teams will report to a safe structure. A safe structure defined as “any building normally occupied or frequently used by people, i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure”. Teams will remain within these structures until thirty minutes after the last bolt of lightning has passed or the last sound of thunder was heard. For visiting teams/spectators (if applicable), individuals should report to their vehicle/team bus until all lightning has cleared.

On Site Storm and Emergency Shelters

Inside Events: All athletes and spectators should remain inside the school building.

Outside Events: All athletes and spectators should return to the closest entrance of Haddam Killingworth High School and stay inside. If the school is closed athletes and spectators should return to their buses or cars.

In the case of a Tornado all athletes and spectators need to enter the closest building with electrical or plumbing, staying away from doors or windows and get on your hands and knees, head to the wall with your hands covering your head and neck.