



Beaverton High School Athletic Emergency Action Plan

Introduction

Most injuries sustained during athletics or other physical activities are relatively minor. Therefore, athletic programs can develop a false sense of security over time because of the relatively low incidence of catastrophic injuries. However, potentially limb or life-threatening emergencies can occur at any time, at any level, without warning. These emergencies include but are not limited to: spine injuries, head injuries, severe bleeding, shock, gross deformity to bone or joint with or without loss of sensation and/or circulation, heat illness, cold exposure, lightning, exertional sickling, abdominal trauma, asthma with or without air quality concerns, and cardiovascular arrest.

The development, implementation, and practicing of an emergency plan will help ensure that all personnel are well prepared. This document will guide all individuals to act in a quick and coordinated fashion while appropriately managing emergencies.

Athletic directors will ensure that coaches, administrators, game management staff, & school safety personnel, are familiar with their individual roles in our emergency plan and have the necessary gate/building keys. Athletic directors are also in charge of documenting rehearsal and personnel training including AED/CPR & 1st Aid, concussion recognition and management, heat illness prevention, and other requirements. Athletic trainers will brief their team physicians, athletic training students, as well as visiting medical providers on the emergency plan including medical personnel, equipment, and venue specific procedures. The routine maintenance of the emergency equipment is the responsibility of the athletic trainer. However, the AEDs are inspected by the custodial staff monthly. If further maintenance is needed the Risk Management Loss Control Specialist for the district will coordinate the ordering of new pads, batteries, etc.

The most important roles are establishing safety of the scene and immediate care of the athlete. The most qualified individual on the scene should provide or direct all acute care in an emergency. Game management staff will limit access to the scene as well as move the teams and crowd away from the area. Game management should only allow parents near the scene and volunteer medical/first aid assistance from spectators at the discretion of the athletic trainer. Assistant coaches should continue to supervise the teams during the emergency. All media inquiries are to be directed to the athletic director. Coaches should remind athletes to refrain from posting medically related events on social media. Athletic trainers and administrators shall complete all documentation of the emergency response. In catastrophic events, school administrators shall be in charge of collecting and storing potential evidence as well as coordinating a debriefing in association with local EMS personnel as desired by the response team. This debriefing may include an evaluation of the emergency response.

EMS activation should be done as soon as the situation is deemed an emergency. When in doubt- call! **There is no charge for the service unless a patient is transported.** Athletes will not be transported without a parent/guardian or school district employee in accompaniment. Activating the EMS system may be done by anyone on the team. School resource officers have a direct connection to dispatch and may be helpful in summoning EMS rapidly.

As an OSAA member school we follow their Lightning Safety Guidelines. "Practice and competitions should be immediately suspended as soon as lightning is seen or thunder is heard. All athletes, coaches, officials and spectators should seek safe shelter during severe weather. Play should not resume for at least 30 minutes after the last lightning strike or thunderclap." If games are cancelled due to lightning, coaches are in charge of ensuring athletes are kept on the bus until the end of the delay. Lightning evacuation plans may also be useful in evacuating for other hazardous events such as suspicious packages, significant property damage, gas leaks, weapons, and/or vehicles on course.

We also follow the OSAA heat index policy and practice models ensuring heat acclimatization.



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Medical providers and applicable coaches should be aware which of their individual athletes have disclosed that they are sickle cell trait positive. To prevent exertional sickling, these athletes should not be pushed when fatigued and might need practice modifications.

In the event of extreme cold we will follow the school district's inclement weather policy that states if schools and facilities are cancelled so are athletic and activity practices and events. When school is open during extreme cold, we will take into account the influence of air temperature and wind speed by using wind-chill guidelines. Participation decisions depend on the length of anticipated exposure and availability of facilities and interventions for rewarming if necessary. The Prevention and Risk Management Process, Environmental Assessment Recommendations included in the NATA Position Statement on Environmental Cold Injuries shall be used in planning activity. Conditions should be constantly reevaluated for change in risk, including the presence of precipitation. In the event of substantial snow fall, athletic directors will work with transportation and facilities to ensure emergency routes are not hampered by snow banks during snow removal.

We monitor Air Quality via the EPA AirNOW mobile device application and follow the recommendations in the OSA Memorandum from 9/5/17, "Recommendations for Outdoor Sporting Events Based on Air Quality and Visibility." Coaches should be aware that symptoms in asthmatics may not worsen until the day after exposure to impaired air quality.

As mandatory reporters we will report any suspected signs of child abuse/neglect.

It is important to note that the scope of practice of athletic trainers is limited to the physically active. In the event of an emergency to a spectator, care would be limited to basic first aid. Team physicians (present during Varsity football games) would likely be called upon to act and/or EMS summoned.

The Emergency Action Plan should be posted online. A written copy of the emergency plan should be with each team's participation paperwork. A copy of the emergency plan may also be in the athletic trainer's kit and posted in the athletic training room. The emergency plan should be reviewed annually with athletic department staff, school resource officers, local fire department, and EMS transporting agencies. A copy may be forwarded to the nearest hospital emergency department. At the athletic trainer's discretion, such as when EMS providers are standing by at football games or when we have new site supervisors, we will run through an EAP "time out" specifying the role and location of all personnel, communication, entrance and exit routes, necessary keys, nearest hospital, and location of emergency equipment verifying that it is in good working order.



Beaverton High School Athletic Emergency Action Plan

Beaverton High School Stadium (Turf, track and grass field)

13000 Sw 2nd St Beaverton, OR 97005

Emergency Communication: Cell phone or school resource officer is preferred to activate EMS as location does not have a landline. Personnel with event radios can also call a custodian or principal in the main building to call 911. Lastly, the closest telephone to the field is located in the Athletic Training room with additional landlines in the weight room office and coaches office/locker room.

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions: From Farmington rd. turn onto Erickson St. Take the second left into the stadium complex. Alternate route: Going east on Farmington, turn right on Stott, which will lead into the stadium parking lot.

Field Access: Access to turf/track at North end of visitor's bleachers. ~~Access to grass field from east end of parking lot by Stott street entrance.~~

Emergency Personnel & Responsibilities: Coaches trained in 1st aid & CPR on site. Athletic trainer on campus for most home events. If AT is not on the field or track they will be located in training room or contacted via cell phone at 503 544 7801. Team physician present at varsity football games.

Athletic Trainer &/or Team Physician: Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Coaches, Site Supervisor & Athletic Director: Supervise teams, assist in controlling the emergency scene from outsiders, unlock any gates necessary and arrange for clear passage of EMS personnel and vehicles.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in athletic training room. Vacuum splints located in red duffle bag with AT. Coaches will also have athlete medical information and emergency contacts available.

AED locations: The closest AED is located in a lock box next to the stadium's West access gate. This can be accessed with the "athletics" key CB11. (This AED is only available March-August) In red plastic box with AT. Additional AED's located in front of main gym and main office.

Evacuation Plan: In the event of an evacuation for lightning or other adverse event, athletes, coaches, officials, & spectators will be relocated to the main gym. The only other suitable safe shelter for lightning in the area is the snack shack/bathroom facility which likely will be too small to accommodate multiple teams of athletes. Alternatively, athletes and spectators can evacuate to school busses and fully enclosed cars provided windows are up and they avoid contacting any metal while inside the vehicle. Should a lightning emergency occur during a long off campus road run, athletes and coaches shall proceed to the nearest business. When lightning is in the forecast long distance teams will practice on campus.



Beaverton High School Athletic Emergency Action Plan

Beaverton High School Main Building (Gymnasium, Wrestling room, and Weight room)

13000 SW 2nd ave Beaverton, OR 97005 Main access from Stott St.

Emergency Communication: Cell phone or school resource officer is preferred to activate EMS as location's landlines are all behind locked doors. Lastly, the closest telephone is located in the training room or the coaches offices.

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions to Building: Going East on Farmington: turn right on Stott st and take the second right into the parking lot. Going West on Farmington: Take a Left on SW main Ave and right on 2nd street. For access to back gym and weight room, continue from Stott into the back parking lot.

Weight room access: From South parking lot use door located just next to the covered area.

Wrestling room access; From South parking lot stairs can be accessed through the third door from the covered area. Alternate access can be made from the doors located underneath the covered area and using the stairs to the right. **There is no ADA access to the wrestling room.**

Duties & Responsibilities:

Athletic Trainer: Athletic trainer on campus for most home events. If athletic trainer is not on the courts, fields or track they will be located in athletic training room or contacted via cell phone at 503-544-7801. Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Athletic Director/ Coaches: Supervise teams, assist in controlling the emergency scene from outsiders, unlock any gates necessary and arrange for clear passage of EMS personnel and vehicles.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in athletic training room. Vacuum splints located in red duffle bag with athletic trainer. Coaches will also have athlete medical information and emergency contacts available.

AED locations: in red plastic box with AT. Additional AEDs are at the Main gym front entrance and main office entrance



Beaverton High School Athletic Emergency Action Plan

Beaverton High School Cafeteria

13000 sw 2nd st Beaverton, Or 97005

Emergency Communication: Cell phone or school resource officer is preferred to activate EMS as location does not have an unlocked landline. The closest telephone is located upstairs in the staff room to the left of the stairwell.

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions: From Farmington Rd, turn onto Stott St. Take first right into parking lot. Back doors cannot be opened from the outside. Main doors are located through the breezeway.

Elevator Access: From the main entrance, the elevator is located past the stairway and to the left.

Duties & Responsibilities:

Athletic Trainer: Athletic trainer on campus for most home events. If athletic trainer is not on the courts, fields or track they will be located in athletic training room or contacted via cell phone at 503-544-7801. Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Athletic Director/ Coaches: Supervise teams, assist in controlling the emergency scene from outsiders, unlock any gates necessary and arrange for clear passage of EMS personnel and vehicles.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in athletic training room. Vacuum splints located in red duffle bag with athletic trainer. Coaches will also have athlete medical information and emergency contacts available.

AED locations: An AED is located at the cafeteria main entrance door. Additional AEDs are at the gymnasium main entrance, main office entrance and in red box carried with athletic trainer.



Beaverton High School Athletic Emergency Action Plan

Beaverton High School Erickson street complex (Baseball/softball stadium, ~~Tennis Courts~~)

13000 SW 2nd St. Beaverton, OR On the corner of 2nd street and Erickson

Emergency Communication: Cell phone or school resource officer is preferred to activate EMS as location does not have a landline. Personnel with event radios can also call a custodian or principal in the main building to call 911. Lastly, the closest telephone to the field is located in the west annex room 403 (art room).

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions to tennis courts: From Farmington Rd, turn onto Erickson.

Directions to JV Soccer Field/Softball field: From Farmington Rd, turn onto Erickson. Turn right onto the parking lot next to the tennis courts and straight through the gate onto the field.

Directions to Baseball Field: From farmington turn onto Erickson and take a right on second street. Turn left though the gate directly behind the baseball stadium. From this direction, the ambulance cannot get onto the field.

Duties & Responsibilities:

Athletic Trainer: Athletic trainer on campus for most home events. If athletic trainer is not on the field or track, they will be located in athletic training room or contacted via cell phone at 503-544-7801. Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Coaches/Athletic Director/Assistant Coaches in ADs absence: Supervise teams, assist in controlling the emergency scene from outsiders, unlock any gates necessary and arrange for clear passage of EMS.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in athletic training room. Vacuum splints located in red duffle bag with athletic trainer. Coaches will also have athlete medical information and emergency contacts available.

AED locations: The closest AED is located in a lock box next to the football stadium's West access gate. This can be accessed with the "athletics" key CB11. (This AED is only available March-August) An AED is carried in a red plastic box with AT. Additional AEDs are located in the student based health center, auditorium entrance and main office entrance.

Evacuation Plan: In the event of an evacuation for lightning or other adverse event athletes, coaches, officials, & spectators will be relocated to the batting cages/art room. The only other suitable safe shelter for lightning in the area are the interior dugouts. Alternatively, athletes and



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spectators can evacuate to school busses and fully enclosed cars provided windows are up and they avoid contacting any metal while inside the vehicle.

Batting Cages

13000 SW 2nd St. Beaverton, OR On the corner of 2nd street and Erickson

Emergency Communication: Cell phone or school resource officer is preferred to activate EMS as location does not have an unlocked landline. Lastly, the closest telephone to the cages is located in the west annex room 403 (art room).

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions to batting cages: From Farmington Rd heading East: Turn Right on Erickson. From Farmington Rd heading West: Turn left on Erickson. Cages are located behind the garage doors.

******Batting cages are in room marked “401 Auto Shop”******

Duties & Responsibilities:

Athletic Trainer: Athletic trainer on campus for most home events. If athletic trainer is not on the field or track, they will be located in athletic training room or contacted via cell phone at 503-544-7801. Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Coaches/Athletic Director/Assistant Coaches in ADs absence: Supervise teams, assist in controlling the emergency scene from outsiders, unlock any gates necessary and arrange for clear passage of EMS.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in athletic training room. Vacuum splints located in red duffle bag with athletic trainer. Coaches will also have athlete medical information and emergency contacts available.

AED locations: The closest AED is located in a lock box next to the football stadium’s West access gate. This can be accessed with the “athletics” key CB11. (This AED is only available March-August) AED is carried by AT in red plastic box. Additional AEDs are located in the Student based health center, auditorium entrance and main office entrance.



Beaverton High School Athletic Emergency Action Plan

Beaverton Swim center (THPRD Facility)

12850 sw 3rd St. Beaverton, OR 97005

Emergency Communication: The closest telephone is located at the front desk.

The individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, what type of care, if any, is being provided to the patient, and stay on the phone with EMS dispatch until instructed to hang up.

Directions: From Farmington Rd: Turn South onto Main ave, then right in 3rd st. **Venue Access:** The pool is located straight through the front doors past the check in desk.

Duties & Responsibilities:

Lifeguard/Coaches: Enter pool for water rescue. In the absence of athletic trainer render appropriate medical care to the best of their knowledge and direct what type of additional aid and resources are needed. Coaches: Supervise teams and assist in controlling the emergency scene from outsiders.

Athletic Trainer: Render appropriate medical care and direct what type of additional aid and resources are needed. Contact Risk Management if EMS is summoned.

Please note in the event of a water rescue (coaches or lifeguard enters pool) EMS must be summoned according to Swim Center Policy.

Athletic Director/Assistant Coaches: Assist in controlling the emergency scene from outsiders and arrange for clear passage of EMS personnel and vehicles.

Emergency Equipment: Teams have medical kits available. Extra supplies and emergency equipment located in front office. Coaches will also have athlete medical information and emergency contacts available.

AED location: In pool main office.

** Please note this plan was compiled in association with THPRD employees.

In the event of an emergency Beaverton HS personnel will defer to the swim center's EAP:



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EMERGENCY ACTION PLAN

- Call 911 for sudden illness
- Call 911 for any emergency requiring medical, police, or fire.
- Call 911 for accidents when no parents are in the building
- Call 911 When the ERP procedure specifies
- **WHEN IN DOUBT, CALL 911**
- As incident reports must be completed immediately followed by the incident. Staff may use the "add notes" feature to add information to the existing incident report.

Respond with:

1. Type of Emergency (Medical; Fire; Police)
2. Name and Address of Facility
3. Phone Number of Facility
4. Explain what is being done at the present time
Never hang up the phone before they do.
Anytime an emergency arises CALL 911 then your Center Supervisor

As lifeguards your ability to respond in emergency situations will be part of your evaluation and failure to act may result in disciplinary action, up to and including termination.

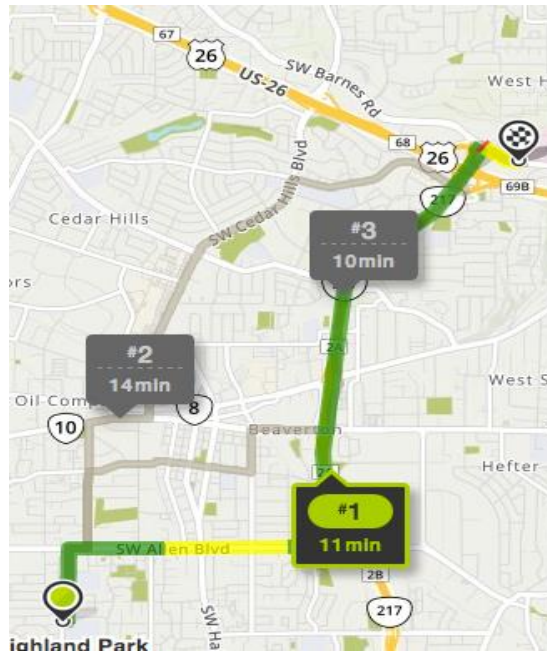
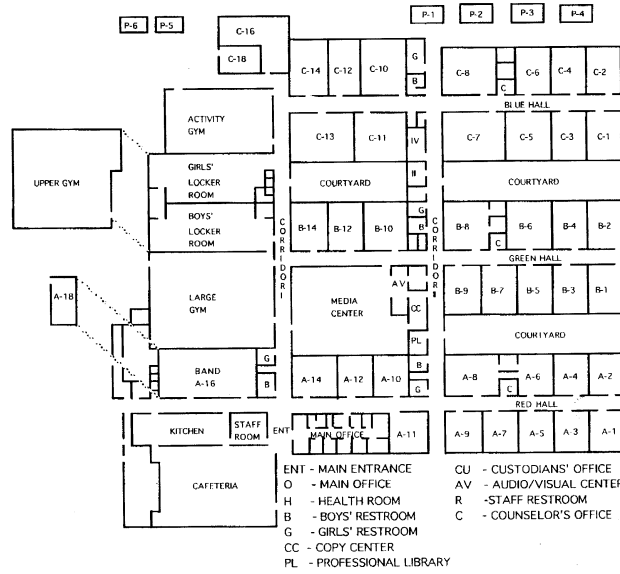
In the event of a serious injury or drowning situation:

1. The guard who spots the emergency will alert the other guards with three (3) sharp whistle blasts and go immediately to aid victim.
2. The Receptionist will, with the authority of the Head Guard, call emergency 911. *At the Aquatic Center, the Head Guard calls 911.*
3. The extra guards will immediately see that the remaining guests are being safely guarded and give any assistance to the rescuer. Should the situation arise where the rescuer needs assistance and remaining swimmers are too numerous for the guards to safely supervise, CLEAR THE POOL!
4. If available, an extra guard or responsible guest may go outside and direct the emergency crew when they arrive.

Highland Park Middle School (Basketball)

7000 SW Wilson Ave Beaverton, OR 97008

Beaverton High School Athletic Emergency Action Plan



Directions From Highland Park to St Vincent's medical center: Start out going North on Wilson ave 2. Turn right in SW Allen blvd 3. Merge onto OR 217 N via ramp on left toward Portland 4. Take Barnes Rd exit toward hospital 5. Keep right to take Barnes rd E ramp. 6. Turn right on Barnes Rd

Highland Park Middle school



Beaverton High School Athletic Emergency Action Plan (Basketball)

7000 SW Wilson Ave Beaverton, OR 97008

Emergency Communication: Telephones are located in all of the school gymnasiums. Alternatively, cell phones may be used.

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions: From SW Allen Blvd, turn onto SW Wilson Ave. Ambulance access is in the front of the main building.

Gym Access: From the main entrance, gym is straight down the main hallway and to the left.

Duties & Responsibilities:

Coaches: Render 1st Aid Care to the best of their knowledge and training. Assist in controlling the emergency scene from outsiders and arrange for clear passage of EMS personnel and vehicles. Supervise teams and assist in controlling the emergency scene from outsiders. Contact Risk Management if EMS is summoned.

Emergency Equipment: Teams have medical kits available. Coaches will also have athlete medical information and emergency contacts available.

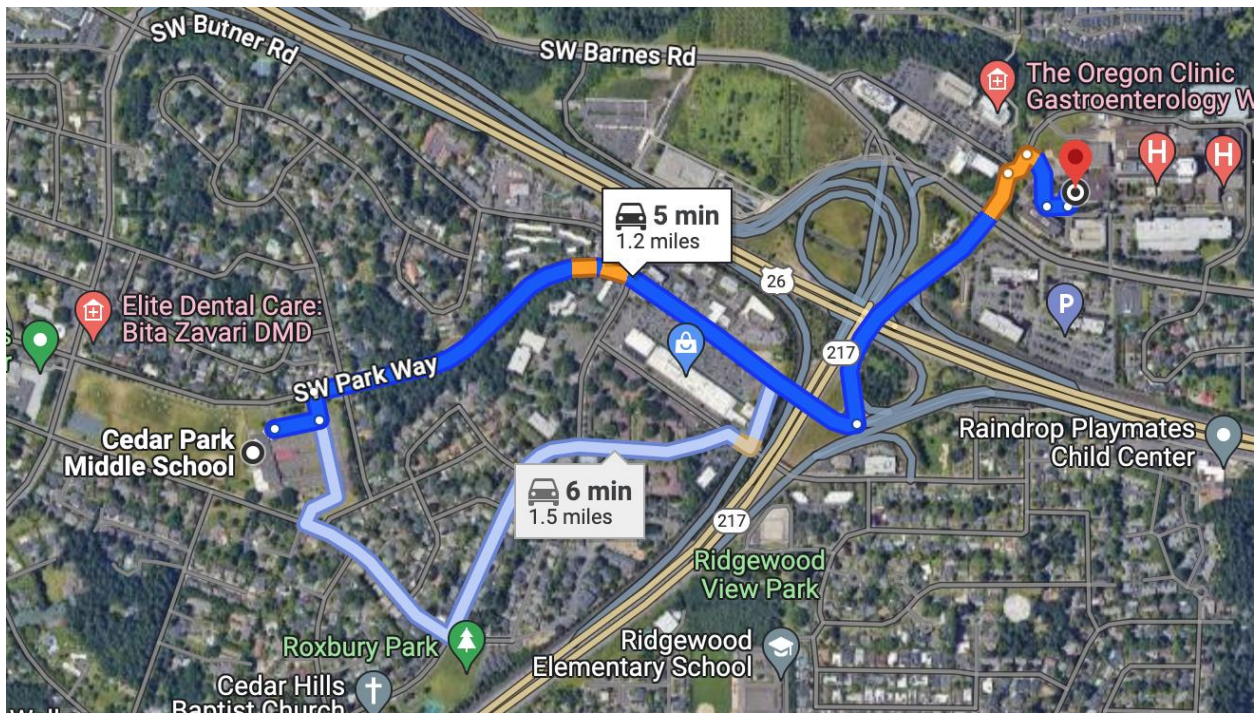
AED locations: AED is located In the hallway at the intersection of corridor 1 and red hall (A hall). It is within 25 feet of main gym door

Beaverton High School Athletic Emergency Action Plan



Cedar Park Middle School (Fields and tennis courts)

11100 SW Park Way Portland, OR 97225



Directions from Highland Park to St. Vincent's medical center: 1. Head East on SW Park way 2. Turn left onto SW Baltic ave 3. Turn right on Barnes Rd 4. Turn left on SW Monterrey pl



Beaverton High School Athletic Emergency Action Plan

Cedar Park Middle School (Fields and tennis courts)

11100 SW Park Way Portland, OR 97225

Emergency Communication: There is a landline in the main office, but the building will not be accessible after 4:30pm. Cell phones may be used

Individual calling 911 will need to provide their name, the nature of the emergency, the address at which they are located, and what type of care if any is being provided to the patient. Stay on the phone with EMS dispatch until instructed to hang up.

Directions: From Hwy 26: Turn south on Cedar hills blvd then turn left on Park way. From Canyon rd: Turn North on Cedar Hills blvd, then turn right on Park way. For Tennis courts turn off of Cedar hills blvd onto Berkshire.

Duties & Responsibilities:

Coaches: Render 1st Aid Care to the best of their knowledge and training. Assist in controlling the emergency scene from outsiders and arrange for clear passage of EMS personnel and vehicles. Supervise teams and assist in controlling the emergency scene from outsiders. Contact Risk Management if EMS is summoned.

Emergency Equipment: Teams have medical kits available. Coaches will also have athlete medical information and emergency contacts available.

AED locations: There is an AED located in the main office foyer.

Evacuation location: The main building will not be accessible after 4:30pm. Athletes and spectators can evacuate to school busses and fully enclosed cars provided windows are up and they avoid contacting any metal while inside the vehicle.

