

HUENEME HIGH SCHOOL ATHLETICS EMERGENCY ACTION PLAN



VERSION: 2024-2025

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Medical Emergencies

The following injuries are **medical emergencies** and require **immediate medical attention**:

- Blockage or stoppage of airway, breathing, or circulation
- Loss of consciousness
- Seizure
- Severe bleeding
- Severe fracture, dislocation, or deformity
- Cervical spine injury
- Heat illness (loss of consciousness, disorientation, confusion, altered mental state, etc.)
- Diabetic or sickle cell emergencies
- Severe asthma attack or allergic reaction

Order of Contact

In the case of medical emergencies, the order of contact is as followed:

- **Certified Athletic Trainer**
 - **Austin Falin: 443-404-0696**
- **Emergency Medical Services: 9-1-1**
- **Administration**
 - **Athletic Director - Pablo Gallegos: 805-901-3798**
 - **Assistant Principal of Athletics - Jose Pastor: 818-390-4234**
 - **Principal - Brenda Bravo: 805-200-6839**

Local Hospital Information

- St. John's Regional Medical Center
 - Distance and Time: 5 ½ miles, ≈ 15 minutes
 - Address: 1600 N Rose Ave, Oxnard, CA 93030
 - Phone: 805-988-2500
- Ventura County Medical Center
 - Distance and Time: 12.2 miles, ≈ 25 minutes
 - Address: 300 Hillmont Ave, Ventura, CA 93003
 - Phone: 805-652-6000

Roles in Emergency Action Plan

- **Certified Athletic Trainer**
 - Is nationally certified as an athletic trainer, and is trained in emergency care
 - Assesses the athlete and determines if emergency medical services are needed
 - Makes sure the athlete is not moved until they are sure no serious injury has occurred
 - Instructs coaches and other personnel to activate emergency medical services (911) if needed

- Provides first aid and/or CPR until EMS emergency medical services arrives
- **Coaches/Administration**
 - Notifies athletic trainer of emergency or non-emergency injury
 - Calls emergency medical services if instructed to by the athletic trainer
 - Facilitate retrieval of AED or splint bag if instructed to by the athletic trainer
 - Assists the athletic trainer in CPR/AED use if individual is CPR certified
 - Gives clear directions to access site of emergency to emergency medical services
 - Flag down emergency medical services at appropriate entrance, and ensure they have a clear pathway to the injured student athlete
 - Responsible for crowd control, including parents/guardians of student athlete who may be in distress

IF THE STUDENT ATHLETE’S PARENTS/GUARDIANS ARE NOT PRESENT, A COACH OR ADMINISTRATOR MUST ACCOMPANY THE STUDENT ATHLETE IN THE AMBULANCE TO THE HOSPITAL, AND PROVIDE UPDATES TO THE PARENTS/GUARDIANS

911 Phone Guidelines

When dialing 911 please have all the following information available to give to the dispatcher:

- Location of the athlete including landmarks, road names, building number, etc.
BE AS SPECIFIC AS POSSIBLE!
- Location of where ambulance will be met by designated person to aid in directions
- Your name and title
- As much information about the athlete as possible:
 - Name, sex, age, current condition, mental status, medical history, allergies & current medications (if known), current care being given to them, etc.
 - Example: *“My name is *insert name* and I have a student athlete in need of immediate medical attention at Hueneme High School on the football field. The athlete is a 16 year old male football player named *insert name* suffering from sudden cardiac arrest, and is still unresponsive. CPR is being given by our athletic trainer and an AED is being retrieved at this time. The address of the school does not provide access to the field. Please continue down South C street and turn right into the gate just beyond the parking lot. Once through go past the tennis courts on your left. A coach will be there to give you directions.*

AED Locations

There are 4 AEDs located on campus. The locations of the AEDs are as followed:

Front Office: When entering from the quad, to your right against the far wall

Main Gym: When entering from the quad, to your right outside of the girl’s restroom

Pool: Inside of the coaches office along the left wall

Field House: Inside of the coaches office to your immediate right

Maps & Directions

The following pages have site specific directions for EMS to arrive at each athletic venue. Please become familiar with your specific site.

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Track & Field Map & Directions



Directions

Continue down South C street and turn right into the gate just beyond the parking lot, but before the tennis courts. A coach will be there to guide you. Once through the gate go south past the tennis courts to the field. Another gate will give you access to the field, which will be open with a coach there to direct you.

Tennis Courts Map & Directions



Directions

Continue down South C Street. To access the tennis courts, there are three gates on your right. A coach will be standing on the side of the road next to the gate that will provide direct access to the student athlete.

Pool Map & Directions



Directions

Continue down South C Street and turn right before the tennis courts. A coach will be at that gate to direct you. Follow his/her's directions down to another gate that leads to the swimming pool. That gate will provide you direct access to the pool, and a coach will be there to guide you.

Weight Room Map & Directions



Directions

Continue down South C Street and turn right into a gate that is right before the tennis courts. Once through continue straight, there will be another gate on your right that will be opened. A coach will guide you to give you direct access to the gym.

Gym & Locker Rooms Map & Directions



Directions

Continue down South C Street and turn right into the parking lot. In that parking lot is a gate that will be open to let you onto school grounds. Continue straight once you are through the gate. A coach will be outside the boy's locker room (1), the gymnasium (2), or the girl's locker room (3) to help guide you to the student athlete.

Varsity Baseball Field Map & Directions



Directions

Proceed down South F Street and turn left into the gate. A coach will be standing at that gate to wave you in. He/she will direct you to access the field and the student athlete.

Varsity Softball Field Map & Directions



Directions

Proceed down South F Street. There is a door that accesses the field from the street. A coach will be standing there to wave you on. Going through the door will provide you direct access to the student athlete

JV Baseball/Softball Field Map & Directions



Directions

Proceed down South C Street and turn right into the gate. A coach will be standing at the gate to wave you in. Continue straight and on your left will be the JV field. You will be able to drive straight onto it to access the student athlete.

Cheer/Wrestling Mat Room Map & Directions



Directions

Proceed down South C Street and turn right into the gate that is right before the tennis courts. Continue straight past the pool on your right to another gate. A coach will be standing at this gate to give you directions. The mat room is the first building on your right once you go through that gate.

Athletic Training Room Map & Directions



Athletic Training Room Directions

Continue down South C Street and turn right into a gate right before the tennis courts. Continue straight to the next gate that is on your right. Once through the athletic training room is around the corner of the "R" building.

Emergency During Travel

The following injuries are **medical emergencies** and require **immediate medical attention**:

- Blockage or stoppage of airway, breathing, or circulation
- Loss of consciousness
- Seizure
- Severe bleeding
- Severe fracture, dislocation, or deformity
- Cervical spine injury
- Heat illness (loss of consciousness, disorientation, confusion, altered mental state, etc.)
- Diabetic or sickle cell emergencies
- Severe asthma attack or allergic reaction

Report the emergency to the host athletic trainer immediately. If there isn't a host athletic trainer, report it to the host administration/coaches.

If Emergency Medical Services (EMS) is called:

- Coaching staff will work with the host athletic trainer, administration, and coaches to provide access to EMS
- A coach will keep the rest of the athletes calm and away from the medical emergency
- A coach will make contact with the athlete's parents/guardians and keep them updated on the status of the athlete and EMS
- Contact the Hueneme athletic director and athletic trainer about the situation

IF THE STUDENT ATHLETE'S PARENTS/GUARDIANS ARE NOT PRESENT, A COACH MUST ACCOMPANY THE STUDENT ATHLETE IN THE AMBULANCE TO THE HOSPITAL, AND PROVIDE UPDATES TO THE PARENTS/GUARDIANS

Lightning Safety

According to the CIF "Emergency Conditions - Lightning" a lightning policy should be established within a venue's emergency action plan.

In the event that lightning occurs within 10 miles or when thunder/lightning is seen or heard:

- Lightning procedure will be implemented
- Seek lightning safe facilities, which is a fully enclosed building with both plumbing and wiring
- **Concessions, dug outs, pavilions, standing under trees, equipment sheds, and tents are not considered lightning safe**
- If a fully enclosed building is not available, people should go inside a car or bus with the windows fully closed and doors shut.
- No outdoor activities are to be resumed until 30 minutes after the last sign of lightning/thunder was observed. For every sign observed, the 30 minute timer will reset

Hot Weather Safety

Heat Acclimatization:

Preseason shall begin with a heat acclimatization period for all student athletes in all sports.

- **Prior to participation, all student athletes must obtain a preparticipation physical examination from a physician (MD or DO)**
- For every 6 days of consecutive practice, 1 day of complete rest (no conditioning, walk-throughs, weightlifting, etc.) must be provided
- Days of which athletes do not participate due to any reason do not count towards the heat-acclimatization period
 - E.G - if an athlete does not start until Day 3 of the acclimatization period, they must start at Day 1 while everyone else is on Day 3
 - E.G - if an athlete completes Day 1, but misses Day 2 and Day 3; they must complete Day 2 while the rest of the team is on Day 4

14 Day Heat Acclimatization Period:

Heat Acclimatization

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 (not included as practice 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, conditioning, and weight-room activities are Included as part of practice time

Secondary School Guidelines

Preseason Heat-Acclimatization Guidelines for Secondary School Athletics. Journal of Athletic Training. 2009;44(3):332-333.

All outdoor sports at Hueneme High School will operate under the following guidelines. Wet Bulb Globe Temperature (WBGT) is the gold standard when it comes to measuring heat stress. WBGT takes into account ambient temperature, humidity, wind speed, sun angle, direct sunlight and cloud cover. The athletic trainer is responsible for communicating with coaches/administrators and employing these guidelines.

Cat 1	Activity Guidelines
< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Heat Emergency Protocol

Exertional heat stroke (EHS) is a life threatening condition that can be fatal unless promptly recognized and treated. Signs and symptoms that separate EHS from heat exhaustion include: loss of consciousness, disorientation, confusion, and/or altered mental state. When an EHS occurs, the most effective form of treatment is cold water immersion. The following guidelines will be used in place of EHS:

- Coach notifies the athletic trainer that there is a potential heat emergency at their location
- Athletic trainer arrives at the scene and assesses the athlete. In case of EHS, the emergency action plan is activated
- Athlete is transported to the cold tub located outside of the field house
- Once inside the cool tub, ice will be poured into the cold tub until it reaches a temperature of 50 F
 - If rectal temperature is unable to be obtained, the student athlete will remain in the cold tub for 20 minutes according to next best practice
- Once the athlete's core body temperature reaches 102 F, or 20 minutes have past, the athlete may be transported by EMS

CIF Air Quality Index (AQI) Statement

The following are recommendations put in place by the CIF on their position statement titled, "CIF Sports Medicine Advisory Committee Statement on Air Quality and Sport Participation".

Healthy athletes are at increased risk for inhaling pollutants in the air because:

- Physical activity increases ventilation and the number of pollutants that are inhaled
- During physical activity, air is often inhaled directly into the mouth, bypassing the nasal filtration system
- Deep inhalation diffuses pollutants into the bloodstream more quickly during exercise
- Athletes with a medical condition such as asthma or a cardiac condition are at an increased risk

With recent severe fires within the state of California, both regional and statewide authorities have often established alerts to cancel sports events or practices because of local risk. CIF recommends following these guidelines:

AQI 100-150

- Shorten or cancel outdoor athletic events (practices or competitions)
- Removing athletes with pre-existing lung or heart conditions from practice or competition

AQI 150 or more

- Reschedule activity or move it indoors. Prolonged exposure and heavy exertion should be avoided

Athletic Trainer Contact Information

Austin Falin, MS, ATC

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