Sayre School Emergency Action Plan :

Adjunct Locations

Purpose:

This Emergency Action Plan (EAP) is the protocol on how to manage all emergency situations and injuries that may occur during sports practices/games and any other large sporting events hosted by Sayre Schools at off campus locations. The purpose of the EAP is to specify the roles of each individual person to guarantee the most appropriate immediate treatment following a severe injury. This document will outline the activation of Emergency Medical Services (EMS), exact protocol for injury management, and information regarding documentation and parental/guardian notification. All policies and procedures detailed within this document are evidence-based; developed with systemic review, clinical expertise, and practical application.

This EAP has been developed by Langston Asiatico, LAT, ATC; and will be posted in all athletic facilities, as well as electronically available to the entire athletics staff.

Personnel/Emergency Contacts:

Position:	Name:	Phone:	Email:
EMS	-	911	-
Athletic Trainer	Langston Asiatico	(270) 300-4926	lasiatico@sayreschool.org
Athletic Director	Richard Little	(859)213-0703	Rlittle@Sayreschool.org
MS Girls Lacrosse Coach			
MS Girls Soccer Coach			
Asst. Athletic Director	Rob Goodman	(859)621-5296	Rgoodman@Sayreschool.org
Boys Golf Coach			
Boys Basketball Coach			
Football Coach	Chad Pennington	(516)776-8166	Cpennington@Sayreschool.org
Boys Soccer Coach	Griffin Miller	(859)229-2373	Grilled@Sayreschool.org
MS Boys Soccer Coach	Robbie Goodman Jr.	(859)494-6941	Robgoodmanjr@aol.com
Girls Soccer Coach	Mike McKinney	(859)229-3200	Mmckinney@Sayreschool.org
Volleyball Coach	Leigh Nahra	(859)265-0606	Lnahra@Sayreschool.org
MS Volleyball Coach	Leigh Nahra	(859)265-0606	Lnahra@Sayreschool.org
Cross Country Coach	Brad Murphy	(859)797-6596	Bmurphy@Sayreschool.org
Girls Golf Coach	Ron Wetzel	(512)673-8943	Rwetzel@Sayreschool.org
MS Boys Basketball Coach	Robbie Turner	(859)576-8171	CoachTurnerSayre@gmail.com

Girls Basketball Coach	Eric Kinder	(859)421-6451	Ekinder@Sayreschool.org
MS Girls Basketball Coach	Brad Murphy	(606)207-2082	Bmurphy@Sayreschool.org
Wrestling Coach	William Green	(859)492-6157	Wgreen57@msn.com
Swim Coach	Rollie Mills	(859)576-6189	Rmills@Sayreschool.org
Dive Coach	Jamie Palumbo	(859)338-0900	Jpalumbo@Sayreschool.org
Baseball Coach	Kevin Clary	(859)983-5252	Kclary@Sayreschool.org
Boys Lacrosse Coach	Adam Reel	(443)223-6479	Areel@Sayreschool.org
MS Boys Lacrosse Coach	Jon Simon	(513)310-4648	Jsimon@Sayreschool.org
Girls Lacrosse Coach	Anna Cook	(619)990-7592	Acook@Sayreschool.org
Track Coach			
Tennis Coach	Charles Matthews	(270)791-1547	Cmatthews@Sayreschool.org
Cheer Coach			

Roles of Personnel:

ROLE	PRIMARY	SECONDARY
Treatment of Athlete	Athletic Trainer	EMS
EMS Activation	Athletic Director	Head Coach
Equipment Retrieval	Head Coach	Assistant Coaches
Crowd Control	Assistant Coaches	Parents/Guardians
Meet and Guide EMS	Athletic Director	Head Coach
Contact Parents/Guardians	Head Coach	Head Coach
Accompany Athlete	Parents/Guardians	Assistant Coaches
Documentation	Athletic Trainer	Head Coach

Activating EMS:

I. Give specific directions to the athletic site.
   a. North Lexington Family YMCA
   b. Tates Creek Golf Course
   c. Lafayette High School
   d. Tower Hill Sports
   e. Next Level Sports
   f. The Yard
   g. Champions Lexington LLC
   h. Transylvania University Track If
   i. at another location know the address

II. Describe location of the athlete within the athletic facility.

III. Inform EMS of the type of situation to expect: suspected injury or illness.

IV. Inform EMS of student athlete condition and current care: conscious/unconscious, bleeding, fracture, AED applied (# of Shocks), CPR, or splinting.

V. Do **NOT** hang up on EMS!

Specific Site Directions:

A. **North Lexington Family YMCA-** 381 W Loudon Ave, Lexington, KY 40508
   - *EMS will enter the facility from Lexington Fire Department Station #4 on West 3rd Street via a right on to Newtown Pike and a right on to West Loudon Ave.*

B. **Tates Creek Golf Course-** 1400 Gaines Way Dr, Lexington, KY 40517
   - *EMS will enter the facility from Lexington Fire Department Station #8 on Clearwater Way via Route 4 and a right on to Greentree Rd then a right on to Gainesway Dr.*

C. **Lafayette High School-** 401 Reed Ln, Lexington, KY 40503
   - *EMS will enter the facility from Lexington Fire Department Station #11 on Harrodsburg Rd via a left on to Clays Mill Rd then a left on to Reed Ln.*

D. **Tower Hill Sports-** 3025 Blake James Dr, Lexington, KY 40509
   - *EMS will enter the facility from Lexington Fire Department Station #8 on Clearwater Way via a right on to Richmond rd and then Man o' War Blvd then a right on to Old Todds Rd.*

E. **Next Level Sports-** 340 Richmond Ave, Lexington, KY 40502
   - *EMS will enter the facility from Lexington Fire Department Station #8 on Clearwater Way via a left turn on to Richmond Rd then a right on to Richmond Ave.*

F. **The Yard-** 117 Westhampton Dr, Lexington, KY 40511
   - *EMS will enter the facility from Lexington Fire Department Station #13 on Leestown Rd via a left on to Leestown Rd then a right on to West Hampton Dr.*

G. **Champions Lexington LLC-** 2061 Lexington Rd, Nicholasville, KY 40356
   - *EMS will enter the facility from Nicholasville Fire Department via a right on to Main Street then a right on to Lexington Rd.*

H. **Transylvania University Track-** 555 West 4th Street, Lexington Ky, 40508
   - *EMS will enter the facility from Lexington Fire Department Station #1 via 4th Street and a right into the complex.*

Equipment Locations:

Automated External Defibrillator (AED): Per Kentucky state law each public building is required to have an AED accessible to the public. When using an adjunct location for a Sayre School practice/competition it is the responsibility of the head coach to familiarize themselves with the location of this device. EMS will also have one available with their team upon arrival.

Splint Bag: Structural aluminum malleable (SAM) splints and slings are provided for coaches in their medical travel kits. EMS will have cervical collars and larger splints available upon arrival.

Spine Board: Emergency Medical Services will supply the spine board and spider straps for stabilizing a spine injury upon arrival to the scene.

CPR/AED Policy:

Athletic training staff must possess current CPR/AED professional rescuer certification. All Sayre School sponsored coaches must possess current CPR/AED certification for the lay responder. Recertification is mandatory every two years. Coaching certifications are the responsibility of the athletic director.

Athletic training staff are the first responders and are obligated to take over care until EMS personnel arrive. All necessary equipment such as gloves, CPR shields, etc. should be readily available. The AED will be retrieved by the head coach as the AT staff will be assisting in patient care, and the athletic director will be activating EMS. If an athletic trainer is not present, (i.e., Off-site practices, weekend practices, etc.) the head coach becomes the first responder and is responsible for care until EMS personnel arrive. All coaching staff should have knowledge of AED placement as they will be the ones retrieving it as needed. If the head coach is providing care, an assistant coach will be instructed to retrieve emergency equipment.

Emergency Signals:

Emergency signals will be used to provide instructions from the first responder to emergency personnel in the event of an emergent injury or illness. These signals are depicted below with a brief description of their instruction.



"Retrieve AED"



"Activate EMS"



"Retrieve Splints"

Emergency Conditions:

In the event of an injury, the athletic trainer will take primary control of the situation and make all decisions regarding the care of the athlete. Responsibility for management of a student/athlete will not be given to parents or other health care providers; persons with medical knowledge not employed by the school may help but will not be given complete oversight during emergent situations. All injuries that require medical care must be reported to the Director of Athletics and the student/athlete's parents. During practices and events not covered by the athletic trainer it will be the responsibility of the coaches to provide basic medical care, i.e. CPR/AED and activating EMS as needed.

Cardiac Event

A cardiac event is a sudden, sometimes temporary, cessation of function of the heart.

- Assess airway, breathing, and circulation.
- EMS should be activated if not on site, and AED retrieved.
- Chest compressions and ventilations immediately performed at a 30:2 ratio.
- Turn on AED, attach pads, and follow prompts. (Check for pacemaker below left collar bone)

Cervical Spine Injury

A cervical spine injury is a trauma to the vertebral column and/or spinal cord.

- First responder maintains cervical spine in neutral position and directs others.
- Assess airway, breathing, and circulation, as well as motor and sensory function.
- EMS should be activated if not on site.
- Spine board will be used to transport the injured student athlete, a log-roll or lift may be necessary depending on position.

Exertional Heat Stroke

Exertional Heat Stroke is when core body temperature is above 104 degrees Fahrenheit.

- Athlete will be moved to a shaded area or inside and submerged in a tub of ice water.
- EMS should be activated if not on site.
- Body temperature should be assessed and if it is below 102 degrees Fahrenheit EMS will be permitted to take the student athlete to an emergency care facility for a full assessment.

Environmental Emergency

Personnel should monitor weather conditions and cancel events if the safety of students is in question. The following list of weather conditions and safety procedures are to be followed in cases of severe weather:

- Lightning/Thunder- If lightning is seen or thunder is heard play must be immediately suspended. Athletes and coaches seek shelter in locker rooms at the pavilion and spectators should be directed to their cars. Play/practice may be resumed when there has been no lightning or thunder for 30 minutes.
- Emergency Weather Situations- If weather conditions become severe and/or include tornado warnings, students and coaches are to seek shelter in the bathroom areas of the locker rooms and remain there until the threat has passed. Spectators that cannot be adequately protected in the pavilion should be directed to the Red Roof Inn or the Days Inn located at the turn onto Canebrake Rd.

- Extreme Heat- Wet bulb globe thermometry (WBGT) readings are to be taken and recorded prior to events and every 30 minutes when exceeding 87.0°. The following practice modifications should be made to protect student-athletes from heat related illness:
    - WBGT 87-89.9°: Mandatory 10-minute water breaks every 30 minutes. ○ WBGT 90-91.9°: Equipment removal for sports with extra pads/clothing. ○ WBGT > 92°: Cancel outdoor practices or relocate to a cooler environment (indoors).

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