Sayre School Emergency Action Plan:

Sayre Athletic Complex

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 held at Sayre Schools. 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
Football Coach	Chad Pennington	(516)776-8166	Cpennington@Sayreschool.org
Boys Soccer Coach	Griffin Miller	(859)229-2373	Gmiller@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
Cross Country Coach	Stewart Stevens	(859)663-6564	SStevens@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	Stewart Stevens	(859)663-6564	Sstevens@sayreschool.org
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. Sayre School Gymnasium
   b. Sayre Athletic Complex
   c. If practicing/competing off site know the location 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:



Sayre Athletic Complex

300 Canebrake Drive, Lexington, KY 40509

EMS will enter the athletic complex on from either Lexington Fire Department Station 17 via I-75 South Exit 104 or Lexington Fire Department 18 via South Cleveland Road. Either department will turn onto Athens Boonesboro Road, then on to Canebrake Drive, followed by a right into the complex.

Equipment Locations:

Automated External Defibrillator (AED): Sayre Schools has an AED assigned to each athletic site. At the complex, the AED is located at the pavilion in the entrance to the women's restroom.

Splint Bag: A cervical collar, short arm vacuum splint, short leg vacuum splint, long arm vacuum splint, long leg vacuum splint, several structural aluminum malleable (SAM) splints, and slings are contained in a bright red bag. This bag is stored within the athletic training facility, but carried with the athletic trainer during athletic events and practices.

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



Splint Bag



Complex AED Location

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"

Hydration Stations:

Sayre School will provide hydration stations located around the athletic complex for practices, as well as on each sideline of competitive events. These stations will be include a cooler of water and radio for communication with Sayre Athletic Training Staff. Locations of these stations are outlined below.

1. Football Practice Facility- Located next to the bench on the sideline near the weight facility.
2. Baseball Field- Located at end of the bench in the home dugout.
3. Pavilion- Located on a blue table between the main building and the Alumni Deck.
4. Tennis Courts- Located on a chair in the corner of the front set of tennis courts.
5. Soccer/Lacrosse Fields- Located under the blue tent by the center field.



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).