Sayre School Emergency Action Plan:

Sayre School Gymnasium

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; it 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
Asst. Athletic Director Boys Basketball Coach	Rob Goodman	(859)621-5296	Rgoodman@Sayreschool.org
MS Boys Basketball Coach	Jason Nahra	(859)494-2819	Jnahra@sayreschool.org
Volleyball Coach	Leigh Nahra	(859)265-0606	Lnahra@Sayreschool.org
MS Volleyball Coach	Leigh Nahra	(859)265-0606	Lnahra@Sayreschool.org
Girls Basketball Coach	Eric Kinder	(859)421-6451	Ekinder@Sayreschool.org
MS Girls Basketball Coach	Leslie Jones	(205)529-3260	Ljones@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 Documentation	Parents/Guardians Athletic Trainer	Assistant Coaches 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 School Gymnasium

194 North Limestone, Lexington, KY 40507

EMS will enter the school for the gymnasium from Lexington Fire Department Station 1 on East Third Street via North Martin Luther King Boulevard. They will make a right turn onto Pleasant Stone Street followed by an immediate right turn into the parking lot adjacent to the gymnasium.

Equipment Locations:

Automated External Defibrillator (AED): Sayre Schools has an AED assigned to each athletic site. In the gymnasium the AED is located left of the bleachers on the side with the second floor near the main entrance.

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.



Gymnasium AED Location



Splint Bag

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"

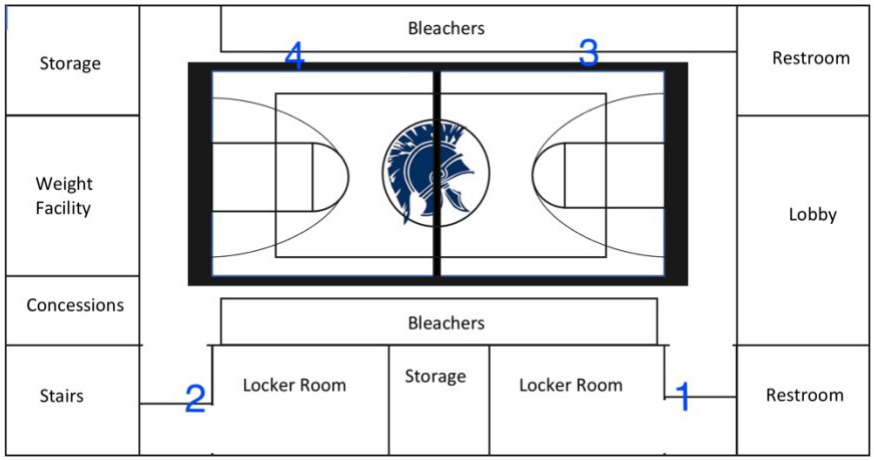


"Retrieve Splints"

Hydration Stations:

Sayre School will provide hydration stations located within the gymnasium for practices, as well as on each sideline of competitive events. Location of these stations are outlined below.

1. Girls Locker Room- Water fountain/bottle refill station
2. Boys Locker Room- Water fountain/bottle refill station
3. Sideline Cooler- Games only
4. Sideline Cooler- Games only



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:

- Emergency Weather Situations- If weather conditions become severe and/or include tornado warnings, students and coaches are to seek shelter in their respective locker rooms and remain there until the threat has passed. Spectators will be instructed to take shelter in the bathroom areas of the gymnasium.