



St. Benedict at Auburndale High School Athletics Emergency Action Plan

8250 Varnavas Dr. Cordova, TN 38016



Emergency Contact Numbers

Sarah Clos, Athletic Trainer ----- (319) 961-3134
 Ron Davis, Athletic Director ----- (901) 463-4140
 Chris Fay, President ----- (901)603-0025
 Dr. John Hyden, Team Physician ----- (901)356-5171
 Campus Security ----- (901)569-1095
 SBA Security ----- (901)832-7640
Ambulance, Fire, & Police ----- (901)458-3311 or 911

Info to be provided to EMS over phone:

- Name & phone number calling from
- Exact location of emergency & directions
- Type of injury/illness & condition of patient(s)
- Type of aid being provided
- Number of people involved
- Other info as requested by EMS
- **BE THE LAST TO HANG UP!!**

Emergency Care:

Check life threatening conditions...

- Consciousness – if unconscious, **Call 911 or (901)458-3311**
- Airway – is airway blocked?
- Breathing – can you see chest moving?
- Circulation - is there a pulse?
- Bleeding – is there severe bleeding?

Apply basic first aid as situation requires:

- **Adult CPR:** 30 compressions: 2 breathes (slow, do not force)
- **Bleeding:** direct pressure over injury; elevate over heart if possible; apply sterile dressing
- **Fracture:** splint
- **Neck injury:** prevent any movement of neck when applying; stabilize neck and head; do not allow patient to move
- **Back/spine injury:** prevent any movement of head, neck, or spine; do not allow patient to move

Anaphylaxis:

- **CALL 911 or (901)458-3311**
- **Signs/symptoms:** rash, swelling, wheezing, chest tightness, trouble swallowing or breathing, passing out
- **Using an Epi-pen:** inject in thigh; directions are on epi-pen; (1) in AT medical kit; (1) in nurse's office

Equipment and Supplies:

- **AED:** (1) travels with AT or in AT Room; (1) Gym Hallway between concessions and Coaches office; (1) Football field below press box
- **Splints:** in AT room during practice; on field during games; large red bag
- **Medical History:** Located in AT Room; or with AT or Coach

Using an AED:

If athlete is *unconscious*:

- Begin **CPR** (begin with **30 compressions then 2 breaths**)
- Continue CPR until person arrives with AED.
- Open AED and use the pictures as a guide for where to place pads. You must shave chest!
- AED will give spoken instructions on what to do.
- After AED use (whether a shock is given or not), continue CPR until EMS arrive or athlete wakes up.

Environmental Conditions:

Heat Injuries

- **Heat Syncope** (fainting) – dehydration, fatigue, tunnel vision, pale skin, low pulse rate, dizziness, fainting
- **Heat Exhaustion** – elevated temp, dehydration, dizziness, fainting, muscle cramps, pale skin, chills, cool/clammy skin, weakness
- **Heat Stroke** – elevated temp, dizziness, irrational behavior, confusion, hysteria, disorientation, staggering, seizures, loss of consciousness, hyperventilation, vomiting. *Cool athlete immediately in any way possible! **Call 911! Can lead to death!**

Heat Index $\geq 104^{\circ}\text{F}$, all outdoor activities must be suspended or moved indoors.
 AT has heat monitoring equipment when necessary.
Practices: AT has final say regarding heat precautions.
Games: Referees/umpires will be provided heat monitoring equipment/information and will have final say.

Lightning

- TSSAA states “when thunder is heard or lightning is seen”, play should be suspended for at least 30 minutes. If lightning is seen within that 30 min, clock resets.
- If lightning is detected by a monitoring device or app to be within 10 miles away, play should be suspended for at least 30 minutes.
- AT has lightning monitoring equipment when necessary.
- **Practices:** AT has final say regarding lightning precautions.
- **Games:** Referees/umpires will be provided lightning monitoring equipment/information and will have final say.

Directions to fields for EMS are on back on this EAP...



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Gymnasium

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to stop sign & turn left. Drive to stop sign & turn right. Gym main entrance is on left directly across from soccer field indicated by 4 glass doors. Rev. 3/8/23; 5/12/25

STORM SAFETY LOCATIONS: In the event of **severe weather**, teams and coaches should take shelter in locker rooms. Spectators should take shelter in hallways behind bleachers. In the event of a **fire**, have all players and spectators exit the gymnasium and wait in the parking lot until the scene is safe.

Soccer Field/Track

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to stop sign & turn left. Drive to stop sign & turn right. Soccer field double gate entrance is on right side at the end of the gate.

STORM SAFETY LOCATION: In the event of **severe weather or lightning**, evacuate all athletes and coaches to the gymnasium until weather permits returning to the soccer field. Visiting team can take shelter in gymnasium as well. Spectators should be encouraged to take shelter in their vehicles until weather permits returning to field.

Baseball Field

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to the stop sign & turn right. Drive to the next stop sign (3-way) & turn left. Baseball field is located on the right side of the road. There is a double gate that will accommodate emergency vehicle on the right side of road at the end of the fence.

STORM SAFETY LOCATION: In the event of **severe weather or lightning**, evacuate players and coaches from the field to the SBA locker room until weather permits returning to field. Visiting team and coaches should take shelter in restrooms. Spectators should be encouraged to take shelter in their vehicles.

Softball Field

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to the stop sign & turn right. Drive to the next stop sign (3-way) & turn left. Drive straight until you reach large parking lot. Softball field is located on right side behind maintenance shop. There is a double gate that will accommodate emergency vehicle on the right side of parking lot. After entering that gate, there is another double gate that enters softball field on right.

STORM SAFETY LOCATION: In the event of **severe weather or lightning**, evacuate players and coaches (home and visiting) from the field to the SBA indoor batting facility until weather permits returning to field. Spectators can take shelter inside Tully Fieldhouse or their vehicles.

Football/Lacrosse Field

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to the stop sign & turn right. Drive to the next stop sign (3-way) & turn left. Drive straight until you reach football stadium parking lot. There is a double gate that will accommodate emergency vehicles to the left on the fence lining the parking lot.

STORM SAFETY LOCATION: In the event of **severe weather or lightning**, move all players and coaches (home and visiting) from stadium to Tully Fieldhouse. Spectators should be encouraged to take shelter in their vehicles until weather permits returning to field.

Tennis Courts

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to the stop sign & turn right. Tennis courts are directly on right.

STORM SAFETY LOCATION: In the event of **severe weather or lightning**, players and coaches (home and visiting) should take shelter in gymnasium. Spectators should be encouraged to take shelter in their vehicles until weather permits returning to courts.

Dining Hall

EMS DIRECTIONS: From Varnavas Dr., turn into school main entrance by the ponds. Drive to the stop sign & turn left. Drive to next stop sign & turn left. Drive down in front of the school. Dining hall is inside the last entrance on the right.

STORM SAFETY LOCATION: In the event of severe weather, players and coaches should take shelter in the faculty dining room.