

Central East High School Sports Medicine Emergency Action Plan

Introduction:

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant of the emergency and/or life threatening conditions. The implementation of an emergency action plan will help ensure that the best care will be provided at all times.

As emergencies can happen and occur at any time and during any activity, the athletic department must be prepared. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately.

Components of the Emergency Action Plan These are the basic components of the plan:

1. Emergency personnel
2. Emergency communication
3. Emergency equipment
4. Roles of the first responder
5. Venue directions with map
6. Emergency action plan checklist for non-medical emergency

Emergency Plan Personnel

With athletic practice and competition, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a certified athletic trainer. The first responder in some instance may be a coach or other institutional personnel. Certification in CPR, first aid, prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, certified athletic trainers, student athletic trainers (both high school and college), emergency medical technicians, coaches, and possibly bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer.

When forming the emergency team, it is important to adapt the team to each situation and sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not be present.

Roles within the Emergency Team

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

Activating the EMS System Making the Call:

- Notify Central East High School Certified Athletic Trainer (by cell phone 559-905-5150)
- 911 or if using a campus phone dial 9-911
- Notify campus officials (administration, campus security)
- Telephone numbers for local police, fire department, and ambulance service

Providing Information:

- Name, address, telephone number of caller
- Nature of emergency, whether medical or non-medical
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific instructions as needed to locate the emergency scene
- Other information as requested by dispatcher
- Do not hang until told to do so by the EMS representative

Emergency Communication

Communication is the key to quick emergency response. Certified athletic trainers and emergency medical personnel must work together to provide the best emergency response capability.

Access to a working telephone should be fixed and assured. The communications should be checked prior to each practice or competition to ensure proper working order. At any athletic venue, home or away, it is important to know the location of a workable telephone.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Equipment should be in good operating equipment, and personnel must be trained in advance to use it properly. The equipment should be readily accessible and available when emergency situations arise.

Medical Emergency Transportation

Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting athlete. Any emergency situations where there is impairment in level of consciousness, airway, breathing, circulation, or there is neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment and transportation. In order to provide the best care to the injured, transportation to one of the local medical facilities is based upon the decision of the Paramedic/EMT personnel in communication with the associated local medical sites.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s individual survival may hinge on how well trained and prepared the athletic healthcare providers are. Through development and implementation of the emergency plan, the athletic department helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Approved by _____
Principal of Central East High School

Date: _____

Approved by _____
A.D. of Central East High School

Date: _____

Approved by _____
Head ATC of Central East High School

Date: _____

Emergency Plan: Central High School East-Athletic Training Room

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

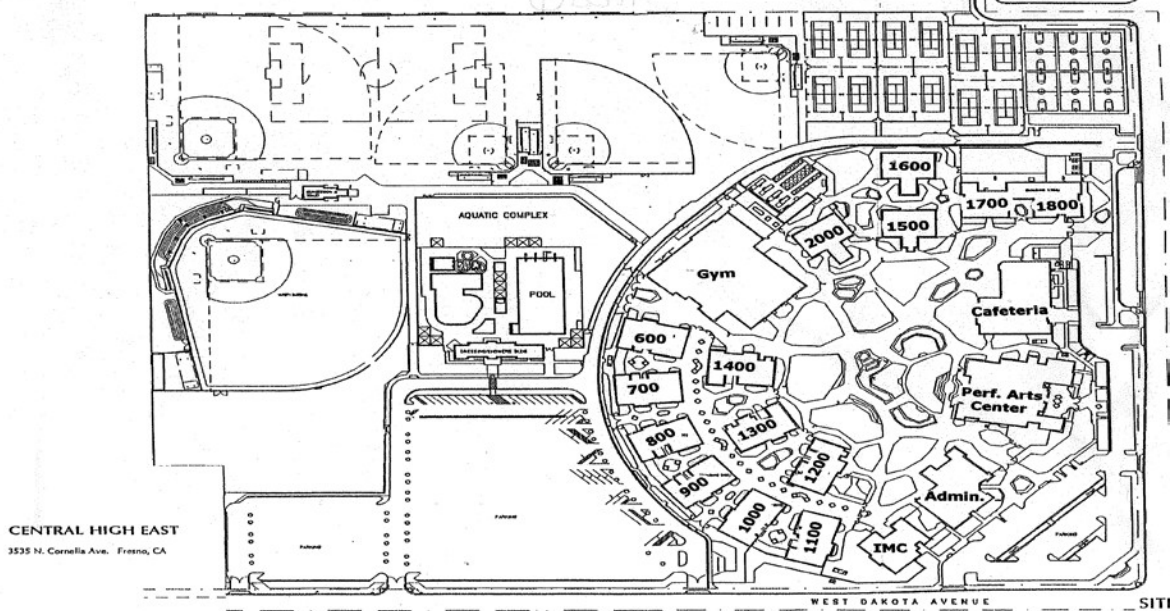
Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

1. Check scene for safety
2. Immediate care of injured or ill student-athlete
3. Activation of emergency medical system (EMS)
 - a. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
4. Emergency medical equipment retrieval
5. Direct EMS to scene
 - b. Unlock and open fire lane gate
 - c. Designate at least two individuals to “flag down” EMS and direct to scene
 - d. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Athletic Training Room

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, turn right on Dakota heading west. EMS can enter through the main parking lot heading north. The gymnasium is located to the right of the swim complex. Enter down hallway of main gym doors, athletic training room is located on the left-hand side at the end of the hallway.



Emergency Plan: Central High School East-Wrestling Room/Cheer Room

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

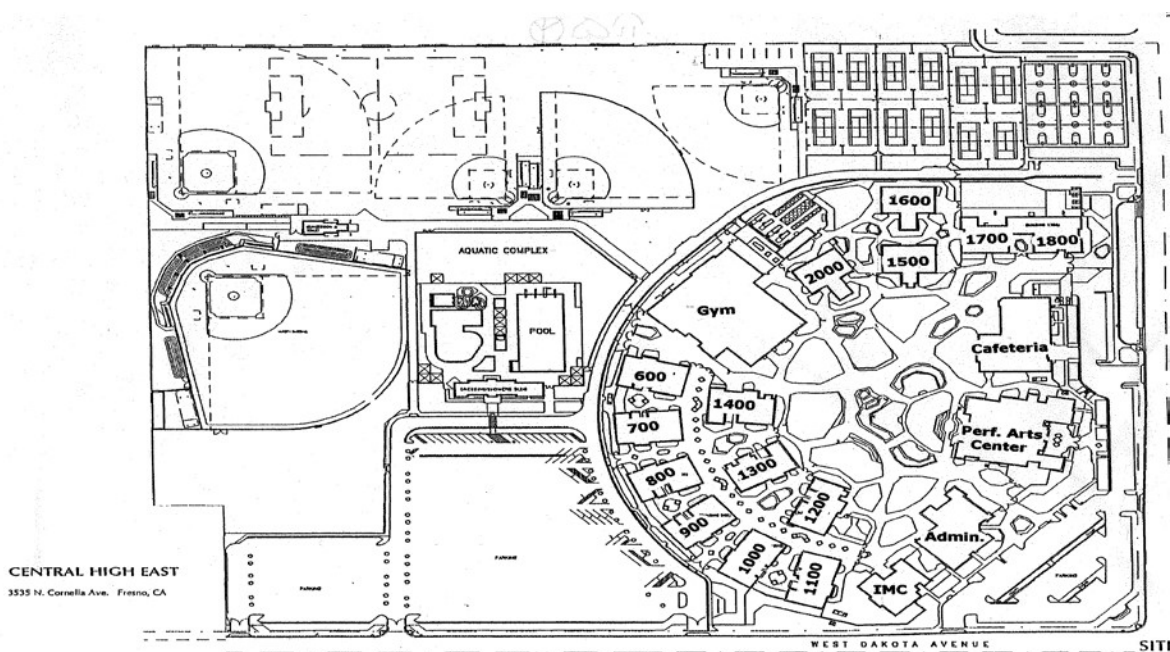
Roles of First Responder:

6. Check scene for safety
7. Immediate care of injured or ill student-athlete
8. Activation of emergency medical system (EMS)
 - e. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
9. Emergency medical equipment retrieval
10. Direct EMS to scene
 - f. Unlock and open fire lane gate
 - g. Designate at least two individuals to "flag down" EMS and direct to scene

- h. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Wrestling Room/Cheer Room

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, turn right on Dakota heading west. EMS can enter through the main parking lot heading north. The gymnasium is located to the right of the swim complex. Enter down hallway of main gym doors, wrestling room is located on the left-hand side at the end of the hallway.



Emergency Plan: Central High School East-Tennis Courts

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

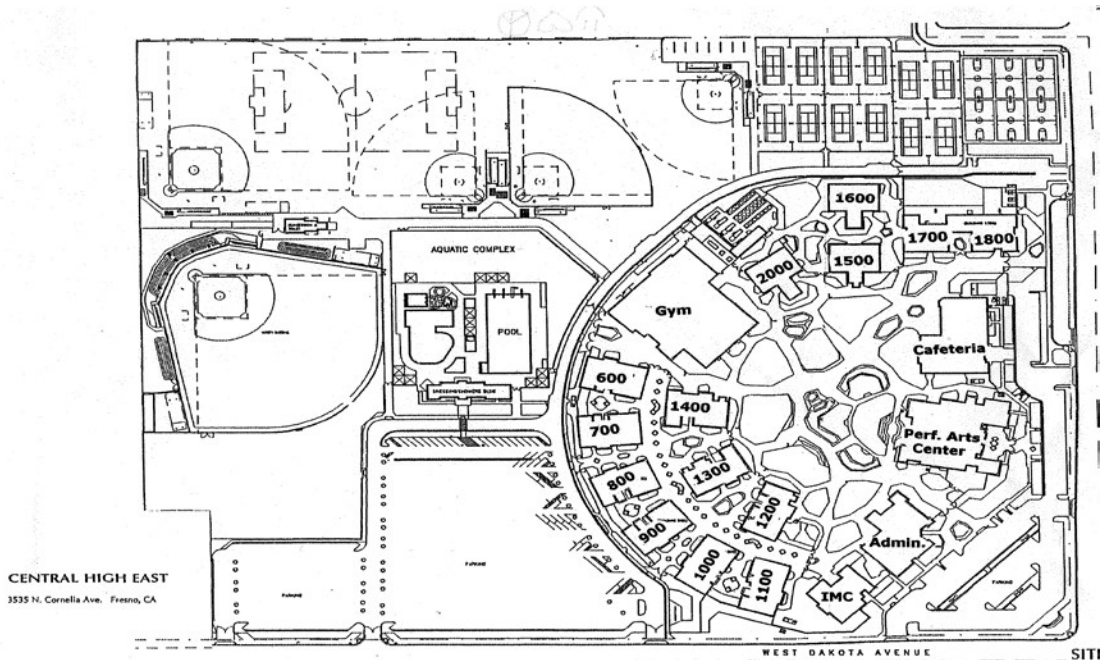
Roles of First Responder:

11. Check scene for safety
12. Immediate care of injured or ill student-athlete
13. Activation of emergency medical system (EMS)

- a. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
14. Emergency medical equipment retrieval
15. Direct EMS to scene
 - a. Unlock and open fire lane gate
 - b. Designate at least two individuals to “flag down” EMS and direct to scene
 - c. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Tennis Courts

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, enter campus on right by tennis courts. EMS can park immediately in front of tennis courts in the fire lane.



Emergency Plan: Central High School East-Baseball Fields

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

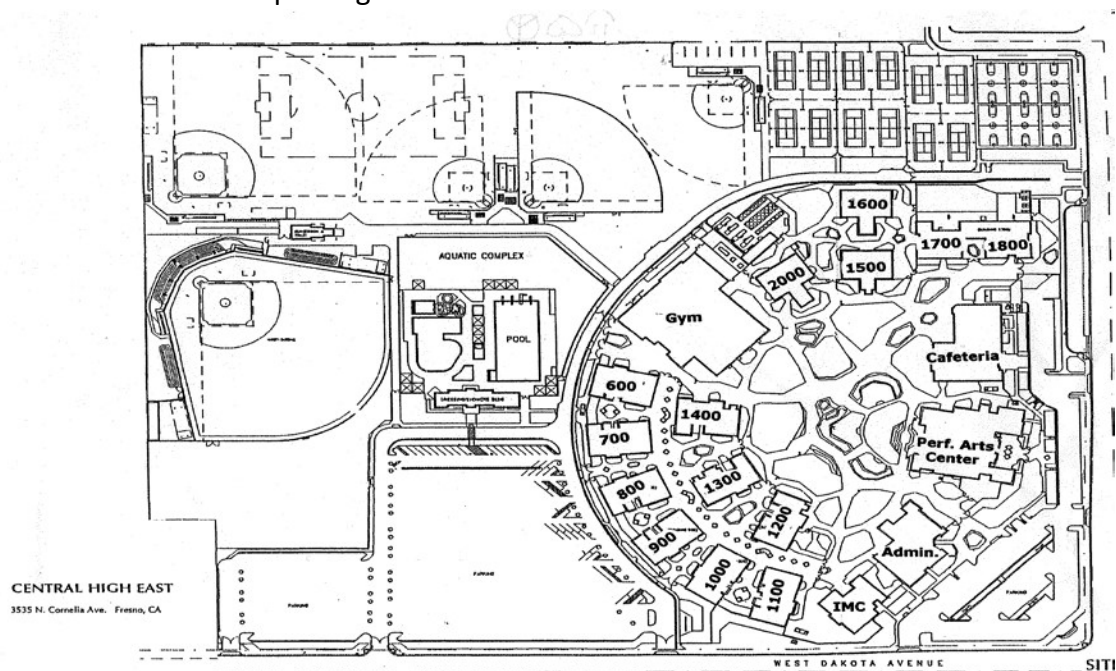
Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

16. Check scene for safety
17. Immediate care of injured or ill student-athlete
18. Activation of emergency medical system (EMS)
 - a. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
19. Emergency medical equipment retrieval
20. Direct EMS to scene
 - b. Unlock and open fire lane gate
 - c. Designate at least two individuals to “flag down” EMS and direct to scene
 - d. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Baseball Fields

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, make a right on Dakota heading west. The main parking lot will be present on your right. EMS can enter through the main parking lot and head north. The baseball field will be located on the left hand side of the parking lot.



Emergency Plan: Central High School East-Gymnasium

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

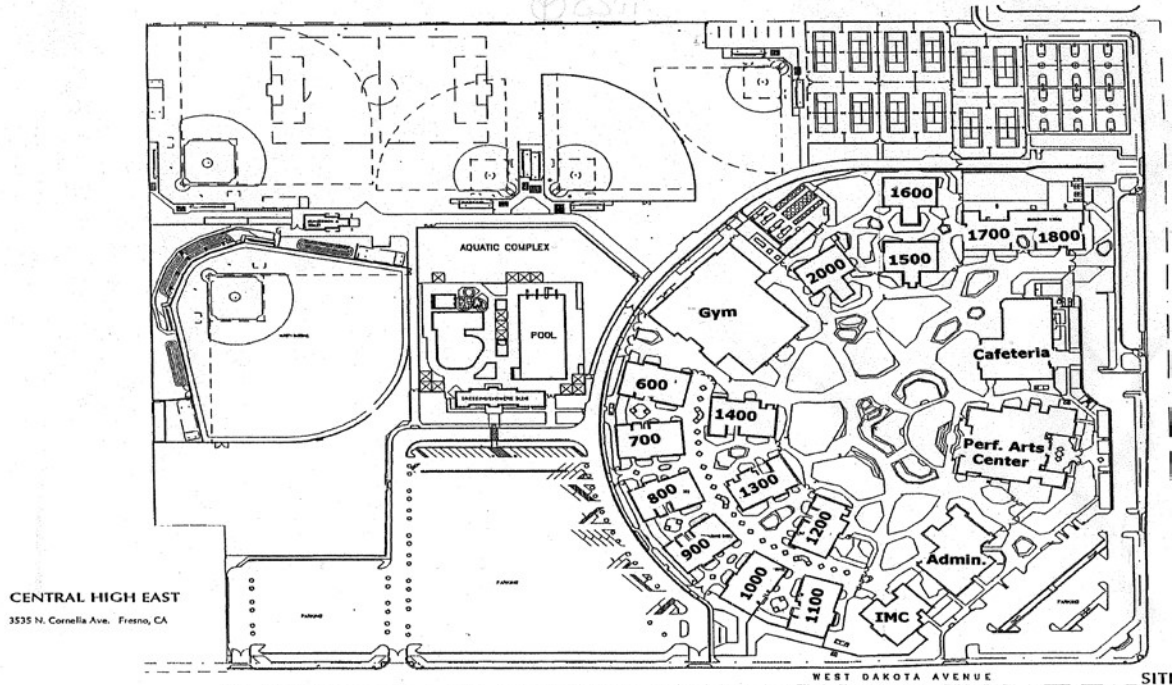
Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

21. Check scene for safety
22. Immediate care of injured or ill student-athlete
23. Activation of emergency medical system (EMS)
 - i. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
24. Emergency medical equipment retrieval
25. Direct EMS to scene
 - j. Unlock and open fire lane gate
 - k. Designate at least two individuals to “flag down” EMS and direct to scene
 - l. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Gymnasium

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, turn right on Dakota heading west. EMS can enter through the main parking lot heading north. The gymnasium is located to the right of the swim complex.



Emergency Plan: Central High School East-Softball Fields

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

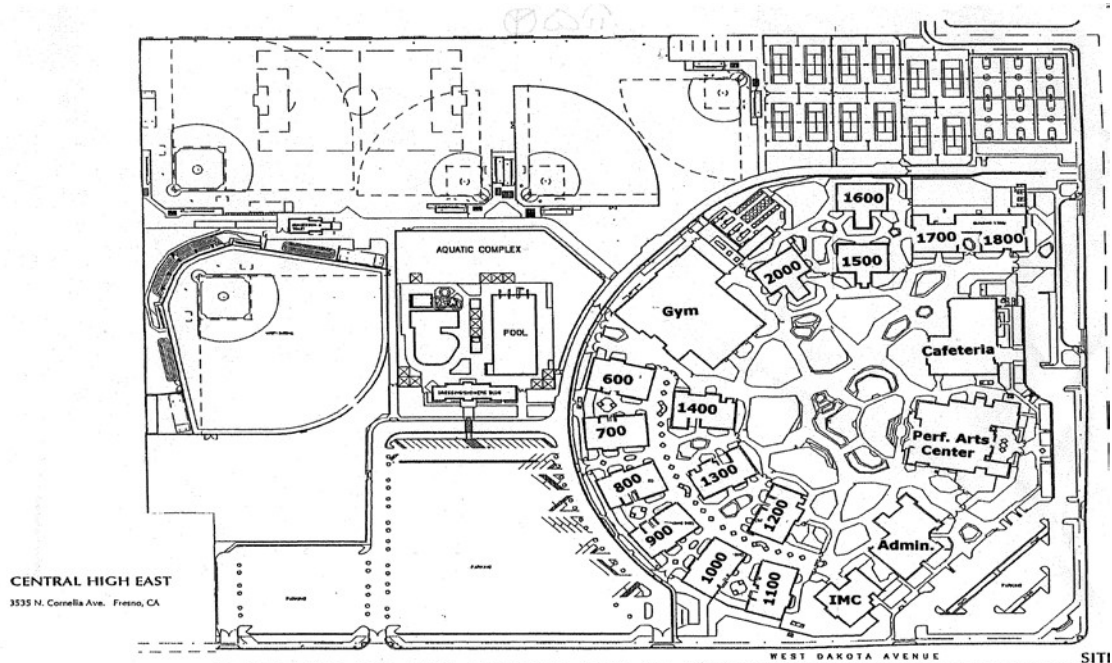
Roles of First Responder:

26. Check scene for safety
27. Immediate care of injured or ill student-athlete
28. Activation of emergency medical system (EMS)
 - a. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
29. Emergency medical equipment retrieval
30. Direct EMS to scene
 - b. Unlock and open fire lane gate
 - c. Designate at least two individuals to "flag down" EMS and direct to scene

- d. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Softball Fields

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, turn right on Dakota heading west. EMS will enter through the main parking lot heading north. The softball fields are located directly behind the swim complex.



Emergency Plan: Central High School East-Swim Complex

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: Main school office (559)276-0280; certified athletic trainer carries cellular phone (Cortney Avery 559-905-5150) (Brian Rand 559-306-9700)

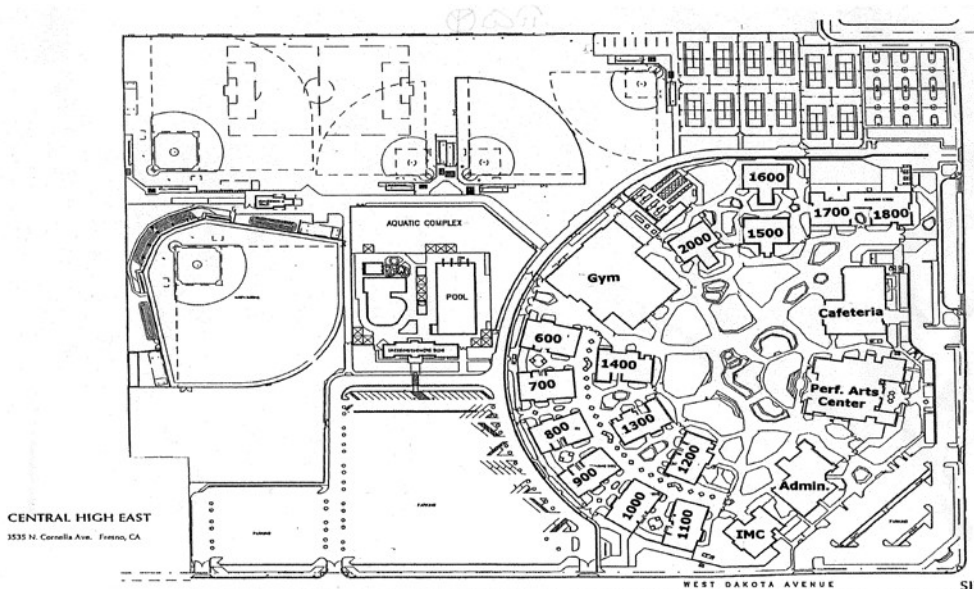
Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

31. Check scene for safety
32. Immediate care of injured or ill student-athlete
33. Activation of emergency medical system (EMS)
 - a. Call 911 is necessary (provide name, than Central High School East; 3535 N. Cornelia Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
34. Emergency medical equipment retrieval
35. Direct EMS to scene
 - b. Unlock and open fire lane gate
 - c. Designate at least two individuals to “flag down” EMS and direct to scene
 - d. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Swim Complex

The venue is located at 3535 N. Cornelia Ave (cross street Dakota). Take Cornelia south, turn right on Dakota heading west. EMS will enter through the main parking lot on the right hand side heading north. Swim complex will be located directly north of the parking lot.



Emergency
Plan: Central
High School

East-Daren Koligian Stadium (Football/Soccer)

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: certified athletic trainer carries cellular phone (Cortney Avery 559905-5150) (Brian Rand 559-306-9700)

Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

36. Check scene for safety
37. Immediate care of injured or ill student-athlete
38. Activation of emergency medical system (EMS)
 - a. Call 911 is necessary (provide name, than 4200 N. Grantland Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
39. Emergency medical equipment retrieval
40. Direct EMS to scene
 - b. Unlock and open fire lane gate
 - c. Designate at least two individuals to “flag down” EMS and direct to scene
 - d. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Football/Soccer Field

The venue is located at 4200 N. Grantland Fresno, CA 93722 (cross street Ashlan). Take Ashlan West until the street dead ends at Grantland. The stadium will be located on the right hand side. EMS can enter through the main parking lot gate.



Emergency Plan: Central High School East-Daren Koligian Stadium (Track Field)

Emergency Personal: certified athletic trainer on site for practice and competition, student athletic trainer(s), and additional sports medicine staff if available.

Emergency Communication: certified athletic trainer carries cellular phone (Cortney Avery 559905-5150) (Brian Rand 59-306-9700)

Emergency Equipment: All supplies held in athletic training room or at athletic practices and events; additional emergency equipment (trauma kit, splint kit, spine board) located in main athletic training facility.

Roles of First Responder:

41. Check scene for safety
42. Immediate care of injured or ill student-athlete
43. Activation of emergency medical system (EMS)
 - e. Call 911 is necessary (provide name, than 4200 N. Grantland Fresno, CA 93722; number of individuals injured, condition of injured, first aid treatment given, specific directions, and other information if requested)
44. Emergency medical equipment retrieval
45. Direct EMS to scene
 - f. Unlock and open fire lane gate
 - g. Designate at least two individuals to “flag down” EMS and direct to scene
 - h. Scene control (limit to emergency personal, athletic trainer and first aid providers)

Venue Directions: Track Field

The venue is located at 4200 N. Grantland Fresno, CA 93722 (cross street Ashlan). Take Ashlan West until the street dead ends at Grantland. The stadium will be located on the right hand side. EMS can enter through the main parking lot gate.



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