

Godley ISD Athletics Emergency Action Plan



**Prepared by Nichole Harmon M.S.Ed, LAT, ATC
Godley ISD Sports Medicine**

This handbook is to provide coaches and administrators with an Emergency Action Plan for Godley ISD Athletics. Coaches and Administrators are advised to review the following guidelines in order to be prepared for severe weather or an emergency. Guidelines are in accordance with UIL and Texas State Law mandates and in conjunction with Godley Policies and Procedures.

Godley High School Address

9501 State Highway 171 Godley, Texas 76044

Godley Middle School Address

9401 State Highway 171 Godley, Texas 76044



Emergency Contact Information:

Nichole Harmon M.S.Ed, LAT, ATC(978) 995-8472
Danny Dudgeon, Boys Athletic Director (325) 669-6301
Mark Chauveaux Girls Athletic Director..... (817)- 243 - 6051
Rich Dear, Superintendent.....(817)- 592 - 4208
EMS.....911

AED Locations

Athletics Hallway between Weight Room and Aux Gym
1st floor Main Area outside home seating side doors
2nd Floor Main Arena by sections 101 - 102
2nd Floor of Stadium near concessions on both sides
AED on Outside of the Wild facing Baseball/Softball
Portable AED on AT Cart
Portable AED in Tennis Shed at Tennis Courts
Between the two JH gyms

CHAIN OF COMMAND*

Team Physician (if present)- Texas Orthopedic Associate's Group
Certified Athletic Trainer - Nichole Harmon M.S.Ed. LAT, ATC
Boys Athletic Director - Danny Dudgeon
Girls Athletic Director - Mark Chauveaux
Head Coach
Assistant Coach(es)
College Student Athletic Trainer's
High School AT Student Aide's
Other Student-Athletes

***The highest person in the chain of command that is present at the scene during a medical emergency automatically becomes the person in charge. The person in charge is the individual who makes the decision to activate EMS and should instruct others how to proceed once a decision has been made. The person in charge should remain with the injured student-athlete until EMS arrives and assumes responsibility for the injured student-athlete.**

Emergency Protocol

1. The first step in the Emergency Action Plan (EAP) is to establish the safety of the student-athlete and provide immediate care. Immediate care is provided by the most qualified member of the chain of command that is present.
2. If the situation is deemed a medical emergency, EMS should be activated by dialing 911. Activating EMS can be done by any person in the chain of command who is familiar with the area, knows the address of Godley High School, and can direct EMS to their location if needed. If transport is deemed necessary by EMS, the student-athlete will be taken to an ER at Texas Health Harris Methodist Hospital Cleburne, 201 Walls Dr, Cleburne, TX 76033, depending on parent/guardian's preference.
3. When talking to EMS provide the following necessary information:
 - Caller's name and telephone number
 - Address of victim's location & any specific instructions on how to get to them
 - Number of & condition of victims
 - Which, if any, first-aid treatment has been initiated
 - Any other information as requested by dispatcher
4. Retrieving any additional medical equipment can be done by anyone in the chain of command. Equipment will be available either on the sidelines at the location of the athletic event or in the Athletic Training Room.
 - If multiple events are happening at the same time, Contact the ATC.
5. The person in charge will need to designate a second person in the chain of command to contact the student-athlete's parents. Emergency contact information can be found on the Rank One application on all coaches' phones. If the student-athlete must be transported by EMS, coaches should attempt to send the insurance information with EMS.
6. If the student-athlete's parent or legal guardian is not present and the student-athlete must be transported by EMS a member of the school's staff that is in the Chain of Command will accompany the student-athlete to the hospital.

Emergency Procedures for Specific Locations

Godley High School Gymnasium's/Weight Room

1. Call 911 to activate EMS
2. Request EMS personnel to: 9501 State Highway 171 Godley, Texas 76044
3. "We have an injured person that needs emergency treatment"
4. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - a. Specific information to locate emergency scene:
 - From Godley city center: Head north on 171 N, look for Godley High School complex on the left-hand side, turn into school entrance closest to front of school and follow signage to the Gymnasium Entrance which is located on the front side of building closest to the main road. There will be a staff member who is a part of the chain of command waiting in the parking lot to lead EMS into the building to the spot where EMS is needed.

AED Location for Gymnasium's & Weight Room

- For the Aux Gym & Weight Room: On the wall in the athletic hallway that connects the two rooms
- For the Main Arena:
 - 1st floor - AED on wall outside the main doors on home seating side
 - 2nd floor - AED on wall by 101-102 seating section

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Godley Wildcat Stadium – Football/Track &Field

1. Call 911 to activate EMS
2. Request EMS personnel to: 9501 State Highway 171 Godley, Texas 76044
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - b. Specific information to locate emergency scene:
 - From Godley city center: Head north on 171 N, look for Godley High School complex on the left-hand side, you will go past the main school entrance and turn left into the Wild/Home Side Parking, you will go to the big black gates at the front side and there will be a staff member who is a part of the chain of command waiting that will lead EMS into the stadium.

AED Location for Wildcat Stadium

- Portable AED on athletic trainer cart
- AED on outside of the Wild on home side closest to baseball/softball side
- 2nd Floor of Stadium near concessions on both sides

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Godley High School Softball Fields

2. Call 911 to activate EMS
3. Request EMS personnel to: 9501 State Highway 171 Godley, Texas 76044
4. "We have an injured person that needs emergency treatment"
5. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - d. Specific information to locate emergency scene:
 - From Godley city center: Head north on 171 N, look for Godley High School complex on the left-hand side, turn into main school entrance and continue straight past to the stop sign after the fine arts center entrance, turn right and follow to the fence where Baseball Field is located. There will be a staff member who is a part of the chain of command waiting in the parking lot to lead EMS onto the field where EMS is needed.

AED Location for Softball Field

- AED on Outside of the Wild facing Baseball/Softball

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Godley High School Baseball Field

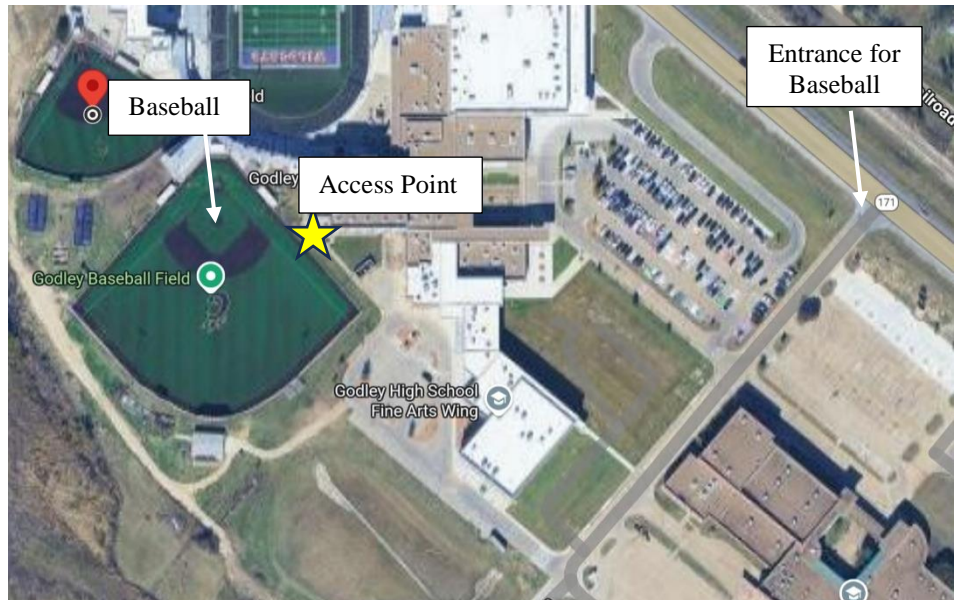
1. Call 911 to activate EMS
2. Request EMS personnel to: 9501 State Highway 171 Godley, Texas 76044
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - d. Specific information to locate emergency scene:
 - From Godley city center: Head north on 171 N, look for Godley High School complex on the left-hand side, turn into main school entrance and continue straight past to the stop sign after the fine arts center entrance, turn right and follow to the fence where Baseball Field is located. There will be a staff member who is a part of the chain of command waiting in the parking lot to lead EMS onto the field where EMS is needed.

AED Location for Baseball Field

- AED on Outside of the Wild facing Baseball/Softball

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Godley High School Tennis Courts/Practice Field

1. Call 911 to activate EMS
2. Request EMS personnel to: 7900 County Rd 1128, Godley, TX 76044
3. "We have an injured person that needs emergency treatment"
4. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - e. Specific information to locate emergency scene:

- From Godley city center: Head north on 171 N, look for Godley High School complex on the left-hand side, turn into main school entrance and continue straight between the high school and middle school up the road : The practice field will be the gravel parking lot on the right and the Tennis courts will be the paved parking lot on the right past the practice field. There will be a staff member who is a part of the chain of command waiting in the parking lot to lead EMS where EMS is needed.

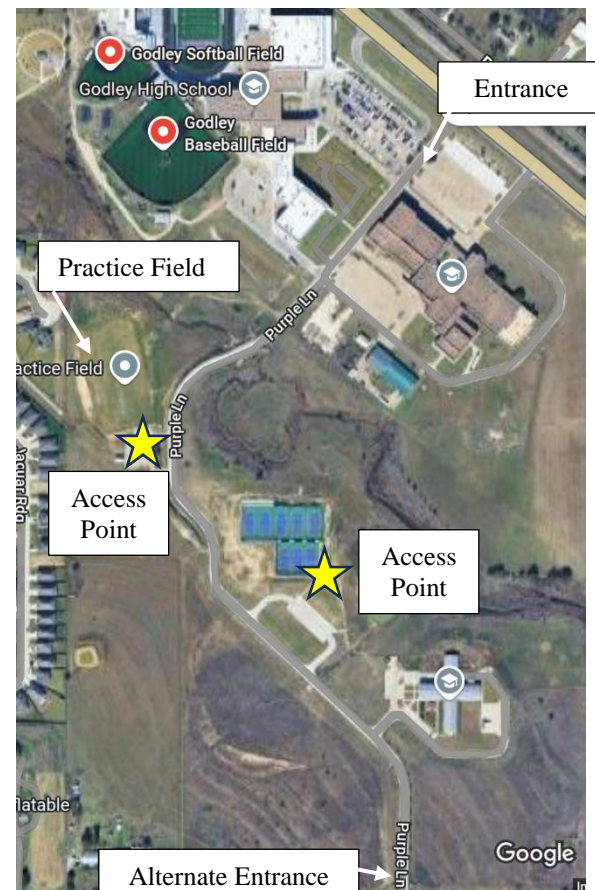
- Alternate Entrance from Head north on 171 N, turn right onto County Road 1128 and then take first right onto Purple Lane. The tennis courts will be past the AG building on the right in the paved parking lot, the practice field will be the gravel parking lot on the right past the Tennis courts. There will be a staff member who is a part of the chain of command waiting in the parking lot to lead EMS where EMS is needed.

AED Location for Tennis Courts/Practice Field

- AED located by the restrooms inside the AG building
- Portable AED in the Tennis Shed

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Godley Middle School Gymnasium/Weight Room

1. Call 911 to activate EMS
2. Request EMS personnel to: 9401 State Hwy 171, Godley, TX 76044
3. “We have an injured person that needs emergency treatment”
4. Provide EMS the following information
 - a. Name of person calling
 - b. Number of victims and their condition
 - c. First aid treatment initiated
 - d. Specific information to locate emergency scene:
 - From Godley city center: Head north on 171 N, look for Godley Middle School complex on the left-hand side, turn into main school entrance and continue straight to the stop sign after the fine arts center and turn left into the back parking lot behind the Middle School to the first door. There will be a staff member who is a part of the chain of command outside of the doors waiting for EMS that will lead EMS into the area where EMS is needed

AED Location for Gymnasium & Weight Room

- On the wall at the back between both gymnasiums

Notes:

- If a parent/guardian is not present and transport is deemed necessary, a staff member will accompany any student-athlete to hospital.
- Parents/guardians or next of kin should be notified immediately
- Have medical history information available
- Inform administration
- Complete appropriate documentation



Environmental & Safety Policies

Lightning

Chain of Command - The office of school administration, the athletic director, athletic coordinators, the game day administrator and the athletic trainer will work together to implement these policies at the time of the event. The athletic trainer shall have the authority to remove participants from athletic venues or activities when there are environmental concerns that may be a threat to a student-athlete or spectator safety.

Lightning Protocol

Detecting Lightning - If inclement weather is forecasted or sighted in the area, the Perry Weather Alert System (which is located at the football stadium) will alarm based on protocols set into the system. When lightning strikes within 10 miles of our location the system will sound for 5 seconds once followed with an announcement to evacuate the area. While there is lightning in the area, the light on top of the system will continue to flash. Once the area is cleared for return to activity the siren will sound again 3 times followed by an All-Clear announcement.

If Perry Weather fails or is unavailable, Weather-bug Spark Lightning app will be utilized to determine distance of lightning.

Suspension of Athletic Activities - As a minimum, the UIL strongly recommend that all individuals leave outdoor athletic sites and reach a safe shelter by the time a lightning strike has occurred 10 miles away from a sporting event. If there is inclement weather during a sporting event (practice, game, meet, tournament, etc.) the athletic trainer will issue a warning to the Head Coach when lightning is 15 miles out. **Activities will be terminated when lightning is 10 miles out**

*** If a cloud to ground lightning strike is spotted by anyone on the field of play, the storm is close enough to hit that location with lightning and all athletes, Godley ISD Staff, and spectators should seek safe shelter immediately.**

Safe Shelters- A safe location is any large, enclosed building with plumbing and/or electrical wiring that is used to ground the structure. The secondary safe location is in any vehicle with a hard metal roof, such as a personal vehicle or school bus. Do not touch the sides of the vehicle. While in the safe location, stay away from metal objects, phones and computers that have a land line (cell phones are acceptable)

Godley ISD Safe Shelters: The Wild, Main High School & Middle School Building

Places to avoid: Avoid any structure that has an exposed opening such as metal sheds and baseball/softball dugouts. Also avoid high places, open fields, trees, bleachers, metal fences and open water.

Resumption of Athletic Activities: Resumption of play occurs when lightning has not been detected for 30 minutes. Every time lightning is detected within the 10 mile or less range, the 30- minute clock will restart. The athletic trainer (or head coach) will use Perry Weather app to track the time till we are able to return to activity. During games the athletic trainer will work with the officials to keep track of the time. Both the coaches and the officials will make the final decision on whether the remainder of the game can be finished.

Environmental & Safety Policies

Heat Policy – Hot Weather Protocol

Extreme heat conditions are very common in the State of Texas, especially in the summer months. The Sports Medicine department at Godley ISD has developed a heat policy to ensure the safety of all student-athletes, staff and spectators during athletic events. High School and Middle school events will follow the recommended UIL District Guidelines. These guidelines will be strictly followed and failure to do so could result in serious injury/illness or death.

Practice or competition in hot and humid environmental conditions poses special problems for students. Heat stress and resulting heat illness is a primary concern in these conditions.

To decrease the risk of heat illness/emergencies

- Gradually acclimatize athletes – get them accustomed to working out in the heat. A gradual acclimatization for the student(s) to hot/humid conditions is recommended. We encourage gradual increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days for students to achieve acclimatization.

For Example:

Football: There is a 5-day acclimatization period required by UIL. The first 2 days only t-shirts, shorts and helmets are permitted. The next 3 days in helmets, shoulder pads and girdles only. For practice/break time allowances, frequencies, and other limitations, see UIL Fall Football Practice Regulations on the UIL website.

Cross Country: These athletes must always be monitored closely. Running distance should be increased gradually. Monitor weather conditions closely with staff Athletic Trainer as outlined below.

Volleyball & Basketball (indoor sports): Coaches should be aware that heat problems can occur indoors if athletes are not properly hydrated. If a coach chooses to practice outdoors, he/she should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They **MUST** be monitored very closely, and water should be readily available. The first 3-4 practices (indoors or out) should not be overly strenuous.

Track, Tennis, Baseball and Softball: The first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if athletes start workouts at 50% and ease in to a full 100%. This usually takes 2-3 weeks for track athletes.

Golf: The coach needs to monitor weather conditions daily. See temperature/humidity charts in next section.

- **Identify Susceptible Athletes:** Those athletes that are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
- **Uniforms:** Use lightweight, breathable jersey pants in hot weather months. Watch for athletes wearing extra clothing.
- **Allow Fluid Replacement:** Athletes should always have unlimited access to water. **DO NOT RESTRICT WATER AS A FORM OF MOTIVATION.**
- **Encourage a good diet:** Athletes **MUST** eat lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages in season.

Wet Bulb Globe Temperature (WBGT)

Wet Bulb Globe Temperature is the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities per the UIL. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers. Godley ISD Coaches and the Athletic Trainer will be responsible for monitoring WBGT year-round, but especially during the most typical “hot” months in Texas (May – September). Every coach should have access to the Godley ISD Perry Weather system that will provide an accurate WBGT at the current time. We are considered Texas UIL Class 3.

WBGT Activity Guidelines		
Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice. MANDATORY ONSITE RAPID COOLING ZONE (INCLUDING TUB OR TARP)
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

**Values in the above chart are WBGT measurements (not temperature or heat index measurements).*

UIL requires the WBGT to be taken 15 minutes prior to activity and then be actively monitored throughout practice to adjust as needed as the temperature changes.

When the WBGT is in the Yellow, Orange, and Red Zone's we are required to have a rapid cooling zone, this will be located by the weight room under the awnings to allow for shade. There will be a black tub filled with water and ice for urgent rapid full body immersion if someone experiences a heat illness or heat distress.

WBGT practice guidelines and limitations do not apply to UIL competitions, but it is recommended to monitor WBGT conditions prior and during the game and use appropriate emergency action plans in high temperature and humidity. It is advised to consider game time adjustments when experiencing high levels of WBGT readings.

Environmental Safety Policies Tornado Warning/Alert

More tornadoes strike Texas than any other state. They can occur at any time of year, including winter, but are most frequent from mid-March through May.

Tornado Watch vs Warning

A Tornado Watch means that conditions are favorable for a tornado to develop. It is meant to alert people to keep an eye on the sky

A Tornado Warning means a tornado is on the ground or circular rotation on doppler radar is indicating that the storm can create a tornado. If warning is given on TV, Radio or you hear warning sirens you must seek shelter immediately

In the event of a tornado alert, everyone will be told to vacate the field and bleachers.

Safe Shelter's will be:

High School Main Building

Middle School Main Building

Agricultural Center

The WILD

*Do not seek shelter in the gymnasiums - Large, open-span areas can be very dangerous even in weak tornadoes and should not be used for sheltering people.

Evacuate the premises as soon as a tornado warning has been issued for Johnson County.

Coaches will escort all athletes to locker rooms and follow the school's emergency weather protocol.

Spectators will be notified of the warning and advised to seek safe shelter Coaches and administrators on duty will escort visiting teams to safe shelter.

Remember, there is no such thing as guaranteed safety from a tornado.

Freak accidents happen; and the most violent tornadoes can level and blow away all but the most intensely fortified structures. Most of any tornado's damage track is much weaker and can be survived using sound safety practices.

Godley ISD Athletics Campus

The Wild
Stadium
Baseball
Softball
High School Weight Room
High School Aux Gym
High School Main Arena
High School Agility Room
High School Athletic Training Room
Middle School Aux Gym
Middle School Main Gym
Middle School Weight Room
Middle School Athletic Training Room
Tennis Courts
Practice Field

Medical Equipment Calibration Policy

Any medical equipment in the athletic department (including but not limited to AED's, Ultrasound, Combo Units, etc.) will be monitored regularly to ensure safe use and practice. No device shall be operated by a student without direct supervision of the athletic trainer.

Every year all AED's will be sent out to Cardio Partner's Service (or other similar company) 2 at a time to receive their annual service and any repairs, replacement of pads, or batteries as needed.

Every year any therapeutic equipment, such as Ultrasound/E-stim Combo Unit will be scheduled for annual calibration with Cornish Medical (or other similar company). If any errors or equipment malfunctions occur during the year the device will be removed and sent out for repairs