EMERGENCY ACTION PLAN

Scott Middle School Tennis Court

1901 S. Mirick Ave, Denison, TX 75020

A serious injury is considered any condition that may result in permanent disability or loss of life. These injuries include, but are not limited to: loss of life, paralysis, head injuries, heat illness, severe bleeding, cervical neck injury, and cardiac arrest.

EMERGENCY PERSONNEL: Certified athletic trainers by the BOC/ licensed athletic trainers by the State of Texas, team physician, EMS available by calling 911, student trainers.

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| District Athletic Trainer: Christian Cabello, LAT, ATC | (903) 617-9090 |
| District Athletic Trainer: Dana Payne, LAT, ATC | (580) 775- 3049 |
| Boys Coordinator: Todd Anthony | (580) 980-1054 |
| Girls' Coordinator: Tifney Kelly | (469) 396-8016 |

EMERGENCY EQUIPMENT: **Automated External Defibrillator (AED) located on the green shed between the tennis courts.** Splints (vacuum, SAM, etc.) spine board, oxygen and airway controls, crutches, and universal precautions (gloves, gauze, etc., for wound control) located in the fieldhouse athletic training room.

TYPES OF EMERGENCY SITUATION:

All emergency situations can be divided into two main categories: life-threatening or nonlife-threatening.

- Nonlife-threatening injuries are those injuries/conditions that a certified athletic trainer can treat and transport, if needed, to the emergency room.
- Life-threatening injuries are those injuries/conditions that need immediate care to prevent loss of life/limb and need the activation of the emergency medical service (EMS).
- In the event a certified athletic trainer is not on site, the responsibility for determining to activate EMS is a member of the athletic staff.

ACTIVATION OF EMERGENCY MEDICAL SERVICE (EMS)

The decision to activate the emergency medical service (EMS) should be made by the athletic trainer. If there is not an athletic trainer, then a member of the athletic staff should activate EMS by dialing 911.

INFORMATION NEEDED WHEN DIALING 911 (EMS)

- What emergency service is needed (ambulance, fire, police)
- Name, address, telephone number of caller
- Nature of emergency (Cardiac, fracture, neck injury, etc.)
- Number of patients(s) or condition of patient(s)
- First aid being provided
- Specific directions as needed to locate scene (See below)
- Any other information as requested by dispatcher

NEXT STEPS

- Continue to provide emergency care until EMS arrives and be prepared to provide pertinent information to EMS (care given, nature of injury, any important medical history, etc.)
- **EMS should access the tennis court by using the Brock St. entrance.**
- **Someone should stand outside the entrance to the Tennis Courts to wave down and direct EMS to the emergency.**
- **Make sure that EMS has clear access to the emergency, doors may need to be unlocked.**
- The athletic trainer and athletic director should be notified of any student who is transported or sent to the emergency room as soon as possible.

# Heat Related Illnesses

Early intervention is key in saving lives! Students should be monitored closely during activities in the heat and should be removed from play before reaching significant impairment. Please review the below signs and symptoms of various heat illnesses and familiarize yourself with how to treat them.

Equipment needed: Cold Tub, Tarp, Ice, Water, Thermometers.

Cold tubs should be filled with water, ice should be left beside it and dumped on the student once they've been placed in the pool. Once inside, students should be fully covered with their heads above water. If students are in and out of consciousness, do not let go of the student or leave the student unattended in the water.

Tarps are used when cold tubs are not available. Tarps and two coolers of ice and water, should be set up in the event that cold tubs are not accessible. Place the student

in the tarp, then put water and ice on top of them, rock the student back and forth to activate the cooling effect.

When to place in a cold tub: Students should be placed in a cold tub when they are complaining of feeling dizzy, light headed, “about to pass out,” stumbling over as they are walking, incoherent speech, mental decline, or losing consciousness.

When to call 911: **COOL FIRST, CALL SECOND.** Once a student has been placed in the cold tub, call 911 if the student has passed out and not regained consciousness or the student is not showing improvement in signs or symptoms listed above.

| Heat Illness Signs and Symptoms and Subsequent Management | |
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| Heat Cramp - Sign and Symptom<br>● Cramping that occurs in active muscles<br>● Cramping in the abdominals and legs most common | Heat Cramp - Management<br>● Rest in a cool place<br>● Gentle stretching and massage muscle<br>● Drink water |
| Heat Syncope - Sign and Symptom<br>● Weakness<br>● Fatigue<br>● Fainting | Heat Syncope - Management<br>● Lay athlete down in a cool shady area<br>● Drink water<br>● Athlete is NOT allowed back to activity<br>● Should be seen by athletic trainer/physician |
| Heat Exhaustion - Sign and Symptom<br>● Rapid weight loss (water)<br>● Muscle cramps<br>● Nausea/vomiting<br>● Headache<br>● Reduced sweating (clammy skin)<br>● Dizziness/fainting<br>● Fatigue/Dizziness | Heat Exhaustion - Management<br>● Treat heat exhaustion as an emergency<br>● Call for emergency medical assistance and move patient to shade/cool building<br>● Remove clothing and immerse patient in ice/cold water<br>● Place ice bags over pulse points (armpits, groin, and neck)<br>● If conscious give water |
| Heat Stroke - Sign and Symptom<br>● No sweating<br>● Hot, dry skin<br>● Nausea/vomiting<br>● Seizures<br>● Disorientation<br>● Loss of consciousness | Heat Stroke - Management<br>● Heat stroke is life threatening<br>● Call for emergency medical assistance and move patient to shade/cool building<br>● Remove clothing and immerse patient in ice/cold water<br>● Place ice bags over pulse points (armpits, groin, and neck<br>● Do NOT give water. |

In the event of a catastrophic injury, no member of the athletic staff, including students, should comment to any media outlet.

Contact info:

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| Athletic Trainer Christian Cabello Office: 903-462-7083 | Cell: 903-617-9090 |
| Athletic Trainer Dana Payne Office: 903-462-7188 | Cell 580- 775- 3049 |
| Athletic Director: Brent Whitson Office: 903-462-7082 | Cell: 214-558-0402 |
| Assistant Athletic Director: Aaron Bach Office: 903-462-7084 | Cell: 214-478-7807 |
| Assistant Athletic Director: Dana Waddle Office: 903-462-7326 | Cell: 903-815-4740 |

Athletic Office: 903-462-7620