



EMERGENCY ACTION PLAN FOR KILGORE ISD ATHLETICS

Revised August 2025

Personnel Involved in Development

The following individuals were involved with the creation of this Emergency Action Plan:

La'Tamera Fry, LAT
Amanda Clark, LAT, ATC
Clint Fuller, Asst. Athletic Director
Michael Wood, Athletic Director

EMERGENCY ACTION PLAN (EAP) FOR ATHLETICS OVERVIEW

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 student athlete. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities personnel must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. 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 and efficiently.

Components of an Emergency Action Plan:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

Emergency Personnel:

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards should be maintained with the athletic director. All coaches are required to have CPR, First Aid, AED, and be familiar with this document and their role and responsibility in an emergency.

Roles of Emergency Team:

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, security, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

1. Establish scene safety and immediate care of the injured/ill individual: This should be provided by the most qualified individual on the medical team (the first individual in the chain of command).
2. Activation of Emergency Medical Services: This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.
3. Equipment Retrieval:
 - a. May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.
4. Direction of EMS to the scene:
 - a. One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.

Activating Emergency Medical Services

Call 9-1-1

Provide information

Name, address, telephone number of callers

Nature of the emergency (medical or non-medical)

Number of injured/ill individuals

Condition of individual(s)

First aid treatment initiated by first responder

Specific directions as needed to locate the emergency scene

Other information requested by the dispatcher

DO NOT HANG UP FIRST

*if non-medical, refer to the specified checklist of the school's non-athletics emergency action plan

Emergency Communication:

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

Medical Emergency Transportation:

Any emergency situation where there is loss of consciousness (LOC), or impairment of airway, breathing, or circulation (ABCs), or there is a neurovascular compromise should be considered a "load and go" situation and emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experiences doubt in their mind regarding the severity of the situation should consider a "load and go" situation and transport the individual.

Non-Medical Emergencies:

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan and follow instructions:

Activate the EAP:

Any loss of consciousness

Possible Spine Injury

Dislocation, Open Fracture, Displaced Closed Fracture

Difficulty or absent breathing or pulse

Uncertainty of if you have a medical emergency

Post EAP Activation Procedures:**Documentation:**

Documentation must be done by AT (or other provider) and coach immediately following activation of the EAP. Both an injury report and accident report form must be filled out.

Debriefing

A team composed of the AT, AD, coaches, and one or two other KISD employees not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

Conclusion:

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should **be reviewed at least once a year** with all athletic personnel and local emergency response teams. Thorough development and implementation of the emergency plan a KISD helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Staff Education:

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
 - a. Each coach will provide their signature to confirm they have read the documents and asked any potential questions
2. A copy of the relevant EAP will be in each medical kit which is to be kept with the coach at every practice/event.
3. A copy of the EAP will be posted on the wall in the athletic training room.
4. A copy will be posted by the AED for their area.

Rehearsal Strategy:

The athletic trainer will be responsible for reviewing the EAP annually and rehearsing it prior to each sport season. Coaches will be educated on the EAP prior to their first season of coaching during each academic year. The meeting will be a requirement for all coaches, of all levels, of each sport.

The meeting will be directed by the athletic trainer and will include a PowerPoint presentation for recent updates along with a hands-on portion. The hands-on portion will run through different scenarios to ensure the coaches understand the EAP. All coaches will be provided the opportunity to ask any and all questions and the athletic trainer will be responsible for ensuring a proper and adequate answer to all questions. All coaches must sign in to prove their attendance. The documentation of attendance will be stored with the athletic trainer.

The athletic director will be provided with a copy of the EAP and will be required to attend one of the meetings with the coaches and must sign in to prove attendance.

Chain of Command:

The athletic trainer or team physician should always act as primary care-givers at the site of the injury or accident (when on-site) and would manage the situation according to the following rank:

1. The highest person on the chain of command will be deemed the leader, and will stay with the injured athlete/coach/spectator to monitor their condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. Then security and an administrator should be notified that there is an emergency situation on campus.
2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call to 911 from a cell phone or office phone. EMS should be told what the emergency is, the condition of the athlete/coach/spectator and how to get to where the injured person is. Also, tell EMS that someone will meet them at the closest intersection on campus to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMERGENCY DISPATCHER HANGS UP FIRST.**

Chain of Command:

Team Physician:	Dr. Justin Bartley, M.D. FAAOS
Certified Athletic Trainer:	La'Tamera Fry, LAT, Amanda Clark, LAT
Athletic Director:	Michael Wood
Administrator	
Head Coach	
Assistant Coach	
Security	
Student Athletic Trainers	

Emergency Telephone Numbers
This list is only to be used in case of an emergency.

Emergency	911
Police department	911
Fire and Ambulance	911
CHRISTUS Good Shepherd Emergency Center-Kilgore	903-983-2492
Baylor Scott & White Texas Spine & Joint Hospital-Tyler	903-525-3300
Baylor Scott & White Texas Spine & Joint Orthopedic Clinic-Longview	903-295-6678
Poison Control Center	800-222-1222
Athletic Trainer - La'Tamera Fry	817-320-3408
Athletic Trainer - Amanda Clark	903-426-4869
Athletic Director - Michael Wood	903-985-1034

Emergency Equipment Locations

Athletic Training Kit, Emergency Bag, Biohazard/First Aid Kit on site for events covered by AT First Aid Kit located with a coach.

Located with AT for all covered events

R.E. Saint John Memorial Stadium Field House

Additional AED located in all buildings on campus

2. Nearest phone

- a. Athletic Trainer's personal cell phone when covering events
- b. Coaches' personal cell phones (with emergency numbers attached here)

3. Rescue Inhaler

- a. Athletes are responsible for their own inhaler and for bringing the inhaler with them to all practices/games
- b. Inhaler must be left with AT, student athletic trainer, or coach (labeled with name) during practices and games (not left in personal bag)
- c. Athletic Trainer may be given a backup inhaler by the athlete to keep as a backup in the med kit.

4. EpiPen a. Athletes are responsible for their own epi pen and for bringing their epi pen with them

- to all practices/games
- b. Epi pen must be left with AT, student athletic trainer, coach (labeled with name) during practices and games (not left in personal bag)
- c. Athletic Trainer may be given a backup Epi pen by the athlete to keep as a backup in the med kit.
- 5. Splints with AT during events or in Athletic Training Room
- 6. Spine boards/Cervical Collar
 - a. With AT during events or in Athletic Training Room
 - b. Provided by EMS upon arrival
- 7. Biohazard Materials
 - a. Red bags - in each med kit and in Athletic Training Room

GENERAL PLAN OF ACTION

1. Most medically qualified person will lead
2. Check the scene - is it safe to help?
3. Is the athlete breathing? Conscious? Pulse?
 - a. If NO instruct a person to call 911 - LOOK PERSON DIRECTLY IN EYES, SAY THEIR NAME (if known), and make sure they call! Check card for 911 call instructions for your location
4. Perform emergency CPR/First Aid
 - a. If severe bleeding - instruct individual to assist with bleeding control
5. Instruct coach or bystander to get AED
6. Instruct coach, security or bystander to control crowd
7. Contact the Athletic Trainer if they are not on scene
8. Contact parents if catastrophic incident that requires medical transportation
9. Contact Athletic Director (AD will notify the principal & superintendent)
10. Instruct coach or bystander to meet ambulance to direct to appropriate site
11. Assist with care as necessary
12. A coach, Athletic Trainer, or parent must accompany athlete to hospital - either in ambulance or follow by car
13. Document the event

R. E. ST. JOHN STADIUM

Emergency Personnel: Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

***AED is located on the wall closest to the door to the training room.**

Emergency Procedures:

- 1) Check the scene. Is it safe for you to help?
 - a) What Happened?
 - b) How many victims are there:
 - c) Can Bystanders Help?
- 2) Instruct coach or bystander to call 911 -Provide the following information
 - a) Who you are
 - b) General information about the injury or situation.
 - c) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions).
 - d) Any additional information
 - e) DO NOT HANG UP FIRST
- 3) Venue Directions
 - a) 600 Harris St, Kilgore, TX 75662
 - b) R.E. St. John is located on the corner of Harris St. and Simmons St. The entrance to the football field is at the Southwest corner of the stands by the tail gating area. Coming from Harris St., EMS will turn South on S. Martin and turn Right into the parking lot. EMS will drive through the Southwest gate then enter the gate to the football field.
- 4) Perform emergency CPR/First Aid
 - a) Check airway/breathing/circulation, level of consciousness, and severe bleeding.

i. If an athletic trainer is present they will stay with the athlete and provide immediate care.

ii. If an athletic trainer is not present, most qualified coaches (training/certifications) will stay with the athlete and provide immediate care. Instruct coach or bystander to get AED
- 5) Designate coach or bystander to control crowd
- 6) Contact the Athletic Trainer if not present on scene
- 7) Designate coach or bystander to meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene
 - c) Control injury site, limit care providers etc.
- 8) Assist AT and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 9) A coach, Athletic Trainer, or parent must go with the athlete to the hospital or follow in a car if not allowed in ambulance
- 10) Document event and debrief

**Emergency Plan: Kilgore H. S. Field House/ Practice Fields/
Multi-Purpose Facility**

Emergency Personnel:

Licensed athletic trainer and student trainer(s) on campus for practice and competition.

Emergency Communication:

Cellular phones carried by staff trainers:	La'Tamera Fry	817-320-3408
	Amanda Clark	903-426-4869

Emergency Equipment:

Supplies kept in the FH athletic training room (vacuum splints, AED (one located in field house and in the indoor) , Field Cart, Bleed Stop Kit) within the fieldhouse.

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system
- 911 call (provide name, address: KHS Field House, 909 School St. (closest roads are Thomas St., & Spell St., if asked), phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested) notify on site game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene. Send someone to the circle drive & someone to the School St., entrance.
- Scene control: Limit scene to first aid providers and have bystanders removed from scene.

Emergency Plan: Kilgore High School Gyms

Emergency Personnel:

Licensed athletic trainer and student trainer(s) on campus for practice and KPD/ Gregg County are also available for competition.

Emergency Communication:

Cellular phones carried by staff trainers:	La'Tamera Fry	817-320-3408
	Amanda Clark	903-426-4869

Emergency Equipment:

Supplies kept in the gym athletic training room (vacuum splints, AED, Bleed Stop Kit) between competition and practice gyms.

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, address: 711 N. Longview St., (enter the black top parking lot someone will be there to guide you inside), phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested).
- Notify on site game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Emergency Plan: Kilgore High School Tennis Courts

Emergency Personnel:

Licensed athletic trainer coaches, and/or student trainer(s) on campus for practice/game

Emergency Communication:

Cellular phones carried by staff trainers:	La'Tamera. Fry	817-320-3408
	Amanda Clark	903-426-4869

Emergency Equipment:

Supplies provided on field or located in Gym training room (vacuum splints, AED-located on the wall by the side door entrance, and other emergency equipment).

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, address: 820 N. Longview St., phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify head coach/game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Emergency Plan: Kilgore High School Soccer Practice Field & Track

Emergency Personnel:

Licensed athletic trainer and/or student trainer(s) on campus for practice/game

Emergency Communication:

Cellular phones carried by staff trainers:	La'Tamera. Fry	817-320-3408
	Amanda Clark	903-426-4869

Emergency Equipment:

Supplies provided on field or located in Gym training room or Field house (vacuum splints and other emergency equipment).

- **There is now an AED on the inside of the door to the boy's restroom, the signage should be on the door.**

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, address: 501 Fritz Swanson, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify head coach/game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Emergency Plan: Driller Field/ Stream-Flo Park

Emergency Personnel:

Licensed athletic trainer and/or student trainer(s) on site for practice/game. KPD is also available at the games.

Emergency Communication:

Cellular phones carried by staff trainers

La'Tamera Fry 817-320-3408

Amanda Clark 903-426-4869

Emergency Equipment:

Provided on the field and in the Training room on competition days.

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, address: 2100 S. Commerce St., phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested). Let the dispatcher know they are needed at the softball or baseball field and someone will meet them at the field.
- Notify head coach/game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Emergency Plan: KMS Athletics

Emergency Personnel:

Licensed/Certified athletic trainer on call.

Emergency Communication:

Cell phones carried by trainers: Amanda Clark 903-426-4869

Emergency Equipment:

Supplies kept in Athletic Training Room

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, KMS address, 455 Baughman Rd., Kilgore, TX 75662, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify on site game administrator
- Directions of EMS to scene - Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Additional Policies

Cardiac Arrest/Cardiac Event: Cardiac arrest is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It can come on suddenly or in the wake of other symptoms. Cardiac arrest is often fatal if appropriate steps aren't taken immediately.

What are signs and symptoms of a Cardiac Arrest/Cardiac Event?

- Sudden loss of responsiveness - The person does not respond, even if you tap them hard on the shoulders or ask loudly if they are OK. The person does not move, speak, blink, or otherwise react. No normal breathing - The person is not breathing or is only gasping for air. If you think the person may be suffering cardiac arrest:

1. **Ensure the scene is safe**
2. **Check for response**
3. **Call for help/Activate EMS**
4. **Check for breathing**
5. **Begin CPR**
6. **Use AED**

Continue CPR until relieved by paramedics/doctor or until pulse and breathing are restored.

Neck or Spine Injury:

1. If any athletes are thought to have a spine injury, spine mobilization should be maintained
2. Check the victim's Airway, Breathing, Circulation, and Pulse.
3. If the victim is not breathing, access the airway using a jaw thrust maneuver.
4. The victim is not to be moved until moved unless access to airway is needed ASAP. Victim must be placed in a supine position while maintaining spine mobilization.
5. Activate the EMS.

- If possible, a correctly sized rigid cervical collar should be placed on the athlete prior to moving. When moving a suspected spine-injured athlete, the head and trunk should be moved as a unit by securing the athlete to a long spine board. Lift and slide maneuver should be used to place the athlete on the long spine board. It is ideal that at minimum three (3) rescuers with preferably five to six (5-6) be in place to perform the procedure.

The athletic trainer, or highest person on the chain of command, controlling c-spine stabilization will be in command of the lift and slide maneuver and long spine board immobilization.

Once positioned onto long spine board, the athlete must be secured using spine board straps

Once the torso and legs are secured, the head should be secured. The Spine board comes with foam padding to place around the head. First make sure the side pieces are snug around the athlete's head. Once this is done, then strap the head in with the straps across the forehead and the chin. Then transport the athlete to the hospital.

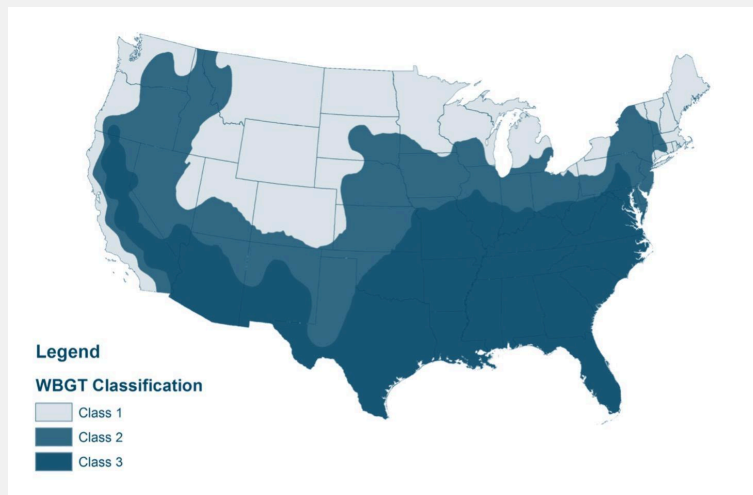
2024-2025 Recommended Heat Protocols and Procedures for Outside UIL Athletic and Marching Band Activities

In 2023, the UIL approved Wet Bulb Globe Temperature (WBGT) as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers.

The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke. The below table represents modified guidelines from the American College of Sports Medicine regarding:

- The scheduling of practices at appropriate WBGT levels
- The ratio of workout time to time allotted for rest and hydration at various WBGT levels
- The WBGT levels at which activities should be terminated

It is recommended that UIL member schools utilize WBGT to monitor practice and workout conditions and alter practices as outlined in the chart below based on recommendations from the American College of Sports Medicine.



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).*

WBGT Forecasting Resource

<https://convergence.unc.edu/tools/wbgt/>

1. Type your location/address in the white box or select a location on the map.
 - a. This should be specific to the exact location the practice or contest is located
2. Select "Texas UIL Class 3"
3. Click the "Submit" button at the bottom and scroll down the page to see the forecast.
4. Scroll further down the page to see the WBGT activity guidelines.

WBGT Means and Methods of Measurement when practices are outside in WBGT of 82.1 or higher

- It is recommended that schools utilize a scientifically approved instrument that measures Wet Bulb Globe Temperature (WBGT) or other scientifically proven method, such as an internet-based weather station software or application, to monitor the wet bulb globe temperature.
- If utilizing an on-site instrument, the instrument should be set up 30 minutes prior to practice and should be read 15 minutes prior to the start of practice. If utilizing an internet-based application, the WBGT should also be checked at the 15-minute mark prior to practice. In both cases, WBGT readings should be taken every 30 minutes during practice.
- When there's a change in WBGT from one level to the next, responsible modifications to practice activities should be made based on the above WBGT Activity Guidelines.
- It is recommended that schools record and keep on file the WBGT temperatures associated for outside practices.
- Practices are defined as the time period that a participant engages in a coach/director-supervised, school-approved sport or band conditioning-related activity. Practices are timed from when players report to the outside practice/workout area until the players leave the area.

Emergency Action Plans & Procedures for the Prevention of Heat Related Illness

- Each member school's emergency action plan must include procedures to address heat emergencies that include onsite rapid cooling using cold-water immersion or equivalent means.
- Rapid cooling zones must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in **wet bulb globe temperatures of 82.1 degrees or higher**. Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade. The presence of an employee or volunteer trained to administer cold-water immersion is recommended.
- Coaches and directors must adopt a heat injury prevention philosophy by promoting unrestricted access to water at all times and a student-athlete should never be denied access to water.
- Rest breaks must involve unlimited hydration intake and rest without any activity involved.
 - **including middle school**, may include reducing the length of quarters if agreed upon by both schools.

Competitions & Possible Modifications to Competitions

- WBGT practice guidelines and limitations do not apply to UIL competitions, but it is recommended that schools monitor WBGT conditions prior to and during the game and use appropriate emergency action plans for high temperature and humidity.

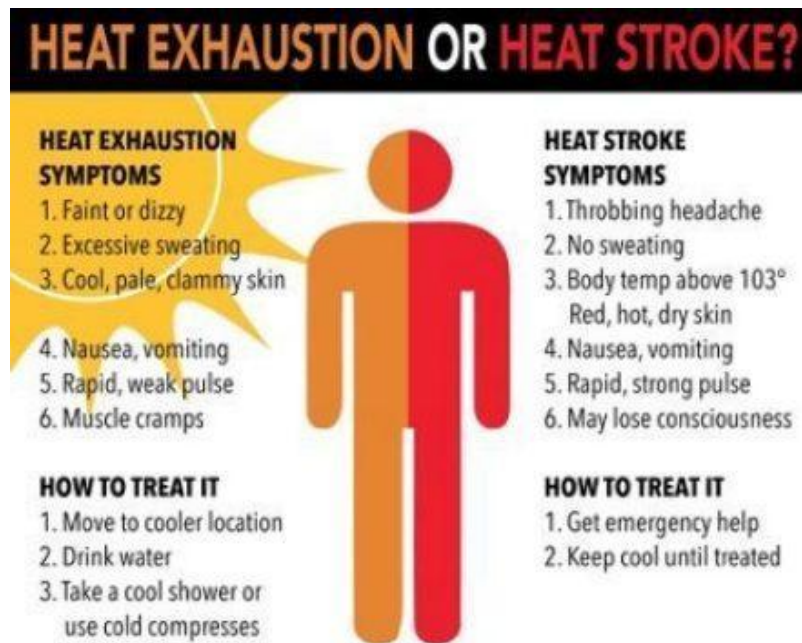
- Any contest played in **WBGT of 82.1 degrees or higher must** have a rapid cooling zone on site and available at all times to allow for full body, rapid cooling of athletes experiencing heat illness.
- It is recommended that additional appropriate and responsible modifications to contests are made as needed to keep participants safe.
- Modifications that potentially can be made include (but are not limited to the following):
 - Alteration of start times as possible to allow for participation in the best conditions possible
 - Allowing teams that are waiting to warm up access to air conditioned gyms or locker rooms until organized warmups begin.
 - Consider hydration and fueling strategies for participants on long pregame bus rides.
 - Unlimited access to cool water.
 - Shade structures/tents on the sideline to allow for athletes to get out of the direct sunlight.
 - Fans/Misters to allow for evaporative cooling.
 - Ice towels/sponges
 - Potentially using additional strategically placed official timeouts (possibly at 6-minute mark or halfway through each quarter) agreed upon by both coaches and officials prior to the start of the game. This would allow the quick stoppage of play and permit officials, athletes, and coaches to quickly hydrate and cool off.
 - Lengthening halftimes to allow for more complete cool down and hydration/refueling processes to occur.
 - Having resources that allow athletes to refuel at halftime by providing appropriate snacks
 - A modification, in addition to those listed above, for **sub-varsity contests**.

Heat Illness

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high and lead to various Exertional Heat Illness. It is important that parents, coaches, and athletes are aware of the various types of heat illnesses and prevention strategies that can be implemented.

Types of Exertional Heat Illness

Exercise-Associated Muscle Cramps: Acute, painful, involuntary skeletal muscle contractions that can occur during or after intense exercise. Muscle cramps can occur in hot or cool environments.



Heat Syncope: Heat Syncope is orthostatic dizziness or fainting which is a result of dehydration, venous pooling, or low blood pressure. Heat syncope typically occurs unacclimated or unfit athletes.

Heat Exhaustion: Heat Exhaustion is the inability to exercise effectively as a result of heat-induced symptoms causing cardiovascular insufficiency. The patient may present with an elevated core temperature which is below 105F. Symptoms include excessive fatigue, heaving sweating, dehydration, fainting, and collapse with minor cognitive changes (headache, dizziness, confusion) Exertional Heat Illness Prevention Methods

Exertional Heat Stroke: Exertional Heat Stroke is the most severe heat illness and is characterized by neuropsychiatric impairment and a core body temperature above 105F. The patient may present with hypotension, high respiration rate and/or decreased sweating. Symptoms include CNS dysfunction, aggressiveness, irritability, confusion, collapse, seizures, dehydration, vomiting, diarrhea, staggering and altered consciousness. EHS can progress to systemic inflammation and multi-organ failure if not recognized and treated rapidly

Exertional Heat Illness Prevention Methods

Adequate Hydration:

The athlete should arrive at practice and matches well hydrated to reduce the risk of dehydration

- Water or sports drinks should be readily available to the athletes at all times during practice (not just during water breaks). Drinks should ideally be served chilled in containers that allow adequate volumes of fluid to be ingested.
- Water breaks should be given at least every 30-45 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid.
- Water breaks should be given in the shade or a cool environment.
- Athletes should be instructed to continue fluid replacement in between practice sessions.

Gradual Acclimatization: Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athlete's time to build fitness levels and become accustomed to practicing in the heat.

Pre-Participation Exams: Athletes should have an annual medical screening to identify risk factors for heat illness.

Weigh-ins: Athletes that are identified as being at risk for heat illness or any athlete just starting to acclimatize or increase their level of activity should weigh-in before and after practice. Ideally, fluid loss during activity should be less than 2% of the athlete's body weight. The amount of fluid lost should be replaced by the next session of activity. Athletes should be encouraged to drink approximately 16 oz of fluid for each kilogram of fluid lost.

Illness: Athletes who are currently sick with a viral infection or have a fever should not participate until symptoms have resolved and they have had a chance to rehydrate. Even after symptoms resolve, the athlete may still be susceptible to exertional heat illness and should be closely monitored by a parent or coach during activity.

Sleep and Diet: Athletes should be encouraged to sleep at least 7 hours per night and eat a well-balanced diet prior to activity.

Dietary Supplements: Dietary supplements that contain stimulants or are known to cause dehydration or affect thermoregulation should be avoided. These include ephedrine and high doses of caffeine.

EHS - EXERTIONAL HEAT STROKE IS A MEDICAL EMERGENCY!

COOL FIRST - TRANSPORT SECOND

After initiating cooling, call 911 and contact an onsite medical provider (if available) in the event of a suspected exertional heat stroke.

Do not allow EMS to Transport until body temperature is at least 101 F

Fluid Guidelines

- **Before exercise – 2-3 hours before exercise** - 17-20 oz. of water or sports drink.
10-20 minutes before exercise - drink another 7-10 oz. of water or sports drink
- **During exercise** -
Drink early - even minimal dehydration compromises performance.
Drink often - every 10-20 minutes, at least 7-10 oz of water or sports drink.
To maintain hydration, remember to drink beyond your thirst. Optimally, drink fluids based on the amount of sweat and urine loss.
- **After exercise** - Within 2 hours, drink enough to replace any weight loss from exercise. Drink approximately 20-24 oz. of a sports drink per pound of weight loss.

2024-2025 KISD Cooling Zone Procedures

On May 13, 2024, the UIL Released new recommended Heat Protocols for the 2024-2025 School Year for Outdoor Athletics and Band Activities. Some of the highlighted changes include the following:

- **Change from using Heat Index to using Wet Bulb Globe Temperature (WBGT).**

WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers. The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke.

- **Emergency Action Plans & Procedures for the Prevention of Heat Related Illness**

Each member school's emergency action plan must include procedures to address heat emergencies that include onsite rapid cooling using cold-water immersion or equivalent means. Rapid cooling zones must be available for each outdoor athletic and marching band contest, practice, workout, or conditioning session that is held in **wet bulb globe temperatures of 80 degrees or higher**. Rapid cooling zones are required to have immediate availability of cold-water immersion tubs or tarps that can be filled with ice and water and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade. The presence of an employee or volunteer trained to administer cold-water immersion is recommended. Coaches and directors must adopt a heat injury prevention philosophy by promoting unrestricted access to water at all times and a student- athlete should never be denied access to water. Rest breaks must involve unlimited hydration intake and rest without any activity involved.

- KISD Athletic Trainers met regarding the Rapid Cooling Zones and have elected to purchase a portable system called Polar Life Pods. These Pods will be assigned to each Activity and the Coaches/Sponsors will be Educated/Trained on how to use the Pods and how to activate the KISD Emergency Action Plan in the event of a Heat Related Illness/Injury.



- KISD Emergency Action Plan (EAP) will be updated to include the following procedures:
 1. Coaches should take the following course from NFHS
<https://nfhslearn.com/courses/heat-illness-prevention-2>
 2. Always activate EMS should you have a Heat-Related illness that requires use of the Polar Life Pods.
 3. Notify KISD Athletic Trainers and Athletic Director as well.

Polar Life Pod® Cooling System Instructions

- a) Please Note: Follow your local protocol for evaluating the athlete or person before using this system. Evaluation should include, but not be limited to, evaluating the athlete's core body temperature, check for head or neck injuries, check for any other medical condition that should be addressed prior to using the Polar Life Pod®.**
- b)** Remove the athlete from direct sunlight if possible. Remove all outer clothing and equipment from the athlete.
- c)** Transport the Polar Life Pod® to the athlete, remove it from the bag and unroll it next to the athlete with the hood next to the athlete's head.
- d)** Roll the athlete onto their side away from the Polar Life Pod® and slide the Pod under the athlete. Repeat this, rolling the athlete the other direction and centering the athlete in the Polar Life Pod®.
- e)** Ensure the athlete's head is up inside the hood.
- f)** Place the Polar Life Pod® flotation pillow inside the hood with the raised neck support underneath the athlete's neck and the curved side towards the top of the hood. Carefully insert earplugs into the ear canals of the athlete.
- g)** Zip the Polar Life Pod® up halfway, securing the straps as you go. For smaller athletes fold the foot of the Polar Life Pod® under to adjust to their height allowing for more effective water distribution.
- h)** Begin pouring ice water into the Polar Life Pod® just to the side of the athlete. Avoid pouring ice water near the head or directly on the chest, if possible, to prevent airway complications. Pour enough ice water to immerse the athlete until there is chest, neck and partial head coverage (may use up to 30 to 60 gallons depending on athlete's size) Note: A small amount of leakage around openings and the zipper is to be expected.
- i)** While pouring water into the Polar Life Pod® supervise the athlete continuously. Always have an individual monitoring the athletes head and pillow to assure clear airways.
- j)** Secure the two remaining straps and zip the Polar Life Pod® up the rest of the way. *Note: In the rare case that the girth of the athlete is such that the zipper cannot be secured, simply place the sides of the Polar Life Pod® close to the athlete and secure them in place with the straps and proceed with standard filling instructions.*
- k)** During cooling, water should be continuously circulated or stirred to enhance the water-to-skin temperature gradient, which optimizes cooling. Have an assistant agitate the water during cooling by gently rocking the bag.
- l)** Monitor water temperature using the included water temperature gauge to ensure the water stays between 35-59° F. Add ice or cool water as required by simply unzipping the Polar Life Pod® and adding additional water a safe distance from the athlete's head. Warmer water may be drained off through the hose connection.

Cold Policy

Cold exposure can be uncomfortable, impair performance, and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion, and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.

Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30° – 50° F exposure may be as serious as a subzero exposure. For this reason, Kilgore ISD is developing a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow, or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try to stay dry. Layers can be added or removed depending on temperature, activity, and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss; therefore, the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

Wind Chill and precipitation will be the key determining factors for outdoor activities.

Key Terms and Definitions:

- **Cold Exposure -**

Breathing of cold air can trigger:

Asthma attack (bronchospasm)	Coughing
Chest tightness	Burning sensation in throat/nasal passage
Reduction of strength, power, endurance and aerobic capacity,	
Core body temperature reduction causing reduction of motor output	

- **Cold Recognition -**

Shivering is a means for the body to generate heat. Excessive shivering contributes to fatigue, loss of motor skills. With a drop-in core temperature, an athlete exhibits sluggishness, slowed speech, disorientation, numbness and pain in fingers, toes, ears, and exposed facial tissue.

- **Frostbite** - the freezing of superficial tissues, usually of the face, ears, fingers, and toes.

- **Hypothermia** - a significant drop in body temperature, occurring with rapid cooling, exhaustion, and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency. **(Call one of the staff athletic trainers)**

- **Wind Chill Factor** - the apparent temperature felt on exposed skin due to the combination of air temperature and wind speed.

Chain of Command:

The following chain of command will occur:

Notification of temperature

- Athletic Trainers will obtain a weather report from the National Weather service each day for workouts **as determined by weather.**
- The weather report will be given to the Head Coach (of involved sport) one hour prior to work out.
- The temperature of the day will dictate which protocol will be followed.
- Daily temperature reports will be on file in the Athletic Trainers office.
- Weather reports are not required on days where the temperature falls between 45° F and 90° F (relative humidity less than 70%).

Enforcement of Policies

- Head Coach (of involved sport)/Staff Athletic Trainer will monitor time of exposure
 - Staff Athletic Trainers will report any violations to the Athletic Director.
 - Athletic Director will meet with Head Coach (of involved sport)
- (Violation of policies will be reported to the Athletic Director in writing)

High School Athletic Cold Temperature Guidelines

- **Wind Chill Factor 32° F without precipitation:**
45 minutes exposure/ 5 minutes inside
Athletes must be in warm-ups with extremities covered
- **Wind Chill Factor 32° F with precipitation:**
30 minutes exposure/ 10 minutes inside
Dry clothing (socks, gloves)
Athletes must be dressed in warm-up with extremities covered
- **Wind Chill Factor 20° F without precipitation:**
45 minutes exposure/ 10 minutes inside
Athletes must be in warm-ups with extremities covered
- **Wind Chill Factor 20° F or lower with precipitation:**
All practices will be inside
No outside exposure
- **Wind Chill Factor 15° F (Dry):**
30 minutes of total exposure to chill factor
15 minutes inside
Dry clothing (socks, gloves)
Athletes must be dressed in warm-up with extremities covered
- **Wind Chill Factor of 10° F OR LOWER:**
No outside practices

Physical Education Cold Weather Policies:

- **Wind Chill Factor 40° F guidelines**
High School P.E. Class - 30 minutes outside exposure
Junior High P.E. Class - 20 minutes outside exposure
Elementary P.E. Class - 15 minutes outside exposure
 Students must have ability to cover all extremities while outside
- **Wind Chill Factor 35° F guidelines**
High School P.E. Class 20 minutes outside exposure
Junior High P.E. Class - 15 minutes outside exposure
Elementary P.E. Class - NO outside exposure
 Students must have ability to cover all extremities while outside
- **Wind Chill Factor 30° F guidelines**
NO OUTSIDE ACTIVITY AT ANY LEVEL
- **Wind Chill Factor 40° F or Lower with precipitation guidelines**
NO OUTSIDE ACTIVITY AT ANY LEVEL

Cold Policy—Games

- Weather report must be at 8am to allow for travel. The Athletic Trainer will give a report to the Athletic Director and Head Coach (of involved sport).
- Game field must be clear of ice at the time of the event
- Events are recommended for rescheduling if the wind chill is 10° F or less.
- Clothing recommendation: change wet clothing during half-time (i.e.: socks, gloves, t-shirts).

Cold Policy—School Cancellation and Travel:

School Day Cancellation— Full Day

- No travel or practice unless approved by the Athletic Director, Principal, and/or Superintendent.
- Athletic Trainers will be notified by the Athletic Director as soon as a decision is made.

School Day Early Dismissal—deteriorating weather conditions

- No travel or practice unless approved by the Athletic Director, Principal, and/or Superintendent.
<http://www.nws.noaa.gov/om/windchill/index.shtml>

NEW NWS WIND CHILL CHART

		Temperature (°F)																				
Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45			
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63			
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72			
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77			
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81			
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84			
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87			
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89			
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91			
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93			
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95			
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-96			
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98				

FROSTBITE OCCURS IN 15 MINUTES OR LESS

$$\text{WIND CHILL (}^{\circ}\text{F)} = 35.74 + 0.6215T + 35.75(V^{2.16}) + 0.4275T(V^{2.16})$$

WHERE: T = AIR TEMPERATURE (°F)
 V = WIND SPEED (MPH)

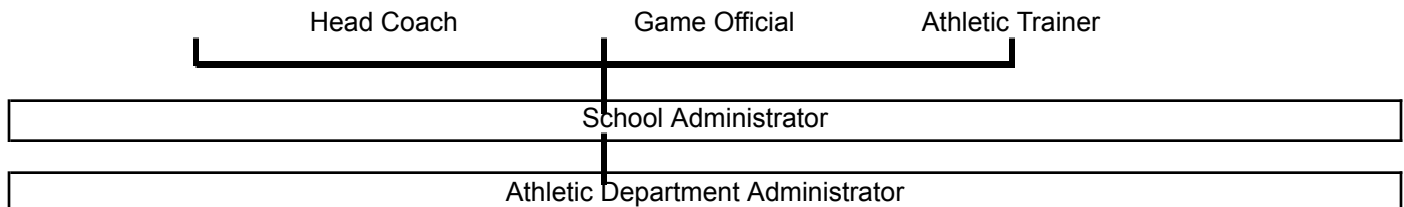
Lightning Policy

Background:

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the United States, the National Severe Storms Laboratory (NSSL) estimates more than 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

Prevention and education of our coaches are the keys to lightning safety. Education begins with information on lightning. The references associated with these guidelines are an appropriate resource. Prevention should begin long before any athletic event or practice is held. The following steps are recommended by the NCAA and NSSL to mitigate the lightning hazard.

Section I: Chain of Command



The Head Coach, Game Official, and the Licensed Athletic Trainer will co-command the implementation of the lightning policy before the contest starts.

Once the contest starts, the game official is responsible for the decision and has the authority to suspend an event.

The Game Administrator assumes the responsibility as spokesperson to participating teams, athletic director, school administrators, press box, and news media.

Section II: Designate A Weather Watcher

The Athletic Training Staff will actively obtain weather reports the day of the game and during the event. This information will be shared within the department and the Athletic Trainers will disseminate the information within the chain of command.

Section III: Monitor Local Weather Forecasts

All representatives in the "Chain of Command" are required to monitor local weather forecasts. The Athletic Trainers' offices of Kilgore ISD are able to access the National Weather Service at any time via the World Wide Web (www.noaa.gov). Be aware of the National Weather Service-issued (NWS) thunderstorm "watch" and "warning" as well as the signs of thunderstorms developing nearby.

A "watch" means conditions are favorable for severe weather to develop in an area.

A "warning" means that severe weather has been reported in an area and for everyone to take proper precautions.

http://submit.crh.noaa.gov/lmk/soo/presentations/lightning_files/frame.htm

Section IV: Define and List Safe Location

Define and List safe locations for participating athletic teams. (Table 1)

Primary Location

Any building normally occupied or frequently used by people.

Example: Building with plumbing and/or electrical wiring that acts to electrically ground the structure.

Avoid using shower facilities for safe shelter and or do not use the showers plumbing facilities during thunderstorms.

Secondary Location

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety.

A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle.

DO NOT TOUCH THE SIDES OF THE VEHICLE

Avoid being in or near:

High places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communications towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.)

When inside a building, avoid:

The use of the telephone, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside such as metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

Section V: “30-30” Lightning Safety Rules:

Suspension and Resumption of Athletic Activities

The key to a **lightning safety plan of action** is knowing the answer to the following two questions:

1. How far away am I (or the group for whom I am responsible) from a safe location?
2. How long will it take me (and/or my group) to get to the safe location?

These questions need to be answered before lightning storms threaten. By knowing the answer to the above questions, you will greatly increase your chances of not becoming a lightning strike victim.

The “30-30” Lightning Safety Rules:

Suspension of Play (Table 3)

To estimate the distance between you and a lighting flash, use the **“Flash to Bang”** method. The Flash to Bang method is the most reliable, easiest and most convenient way to estimate how far away lightning is occurring.

Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. Audible range of thunder is about 8-10 miles.

The premise upon which the Flash to Bang method is based is the fact that light travels faster than sound, which travels at a speed of approximately one mile every 5 seconds.

How to use Flash to Bang

Count the number of seconds, once lightning is sighted, until the thunder (bang) is heard. Divide by 5 to obtain how far away (in miles) the lightning is occurring.

Example: If an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away.

Play is suspended as the Flash to Bang method reaches 30 seconds. This indicates the lightning is at the 6-mile range.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, **no matter how far away**. This activity must be treated as a wakeup call to those monitoring inclement weather. The important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance to safer shelter.

As a minimum, the National Severe Storm Laboratory (NLSS) and NCAA Committee on Competitive Safeguards and Medical Aspects of Sports strongly recommend that by the time the observer obtains a FLASH TO BANG count of 30 seconds, all individuals should have left the athletics site and reached a safe structure or location. Athletic events may need to be terminated.

The existence of blue sky and the absence of rain are not protection from lightning. Lightning can and does strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike. Beware in large storms, the distance between successive lightning flashes was once thought to be 6 miles. Experts have revised that distance to 2-3 miles. That is just 10-15 seconds in the Flash to Bang count. Seeking shelter when the Flash to Bang count is less than 30 seconds may put you at risk, as the next successive lightning strike may be on you.

Pocket Perry

The **Pocket Perry** lightning detector will be used in addition to the “Flash to Bang” method of lightning monitoring in this lightning policy. The Licensed Athletic Trainer will monitor Perry Weather.

Even though technology and instrumentation have proven to be effective, they cannot guarantee safety. The Sky Scan will be used to enhance warning during the initial stages of the storm by detecting lightning in relation to the area of concern.

“30-30” Safety Rule: Resumption of Play

Resumption of play can continue only when lightning or thunder **has not** been detected for 30 minutes. **Every time** lightning or thunder is detected within 30 minutes, **the clock restarts**.

Speed of Texas Storms

A typical thunderstorm can travel up to 30 miles per hour. Experts believe 30 minutes allows for thunderstorms to be about ten to twelve miles from the area. This minimizes the probability of a nearby, and dangerous, lightning strike.

Bolt out of the Blue

Evidence of blue sky in the local area, or a lack of rainfall is not adequate reason to breach the thirty minute return to play rule. Lightning can strike far from where it is raining, even when the clouds begin to clear and show evidence of blue sky.

The “30-30” Rule

Criteria for suspension of activities-- By the time Flash to Bang count approaches 30 seconds, all individuals should already be inside a safe shelter.

Criteria for resumption of activities-- Wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving the safe shelter to resume activities.

Section VI: Obligation to Warn

- Stadium Announcements and Posted Awareness instructions (Pg 23)
- Stadium announcements shall be repeated over the public address system (Table 4)
- Colorful notices and safety instructions will be posted in visible, high traffic areas. (Table 5)
- Safety instructions for each KISD athletic venue will be posted to give the nearest location of the safe shelter.

Section VII: First Aid

- People who have been struck by lightning do not carry an electrical charge. Therefore, the first responder is safe to begin first aid procedures.
- When possible move the victim to a safe area.
- Activate EMS as soon as possible and remember that lightning strike victims who show signs of cardiac or respiratory arrest need emergency help quickly.
- Prompt first aid and CPR has been highly effective for the survival of lightning strikes.

Section VIII: Safety Position without shelter

- Kneeling fetal position with hands covering ears
- Feet must be together
- Make yourself as close to the ground as possible

Table I: Safe Shelter for Participating Teams

KHS-TENNIS:

Home Team Tennis locker rooms
Visiting Team-Tennis Office
Event Spectators-Personal Vehicle

KHS- Track/ Practice Soccer Field (LIGHTENING ONLY)

Boys and girls can take shelter in their respective locker rooms for lightening delays only, these buildings are not meant for protection from high winds or tornados.

KMS-TENNIS:

Home Teams-P. E. Locker rooms
Visiting Teams- Physical Education Gym
Event Spectators-Gymnasium Foyer/Personal Vehicle

R.E. St John Stadium- Football, Soccer, and Track:

Home Team—Home Locker room
Visiting Teams—Visitor Locker room
Event Spectators –Washroom Facilities or Personal Vehicle

Driller Park:

Home Team and Officials —Home Locker Room
Visiting Team— Officials Dressing Room
Event Spectators—Washroom Facilities or personal vehicle

Stream-Flo Park:

Home Team—Home Locker Room
Visiting Team— Women's Washroom Facilities
Event Spectators—Washroom Facilities or personal vehicle

*****Baseball, Softball dugouts, and soccer benches are unsafe during lightning storms. All players, student trainers, managers, and coaching staff should leave the field to the designated safe area.**

Table II: Public Address Announcement

Hazardous lightning has been monitored in the immediate area and this sporting event has been temporarily suspended. All team members have been advised to seek shelter in the designated safe location. This suspension will last a minimum of 30 minutes.

All spectators are advised to leave the stadium bleachers at this time. Stadium seating is an unsafe location for you to remain during the lightning storm. Event Spectator location here at **(Name of Site) is (location of safe place.)**

*****The safe place will be posted in each press box so that the announcer will have the safe location.**

Please seek this safe shelter at this time. Avoid high places and open fields. Do not seek shelter under trees, picnic shelters, and baseball or softball dugouts. Do not stand near a flagpole, light poles or metal fences.

The **(Name of safe place)** is a safe location; you may seek shelter inside the facility now. Do not remain outdoors, if you choose not to go to the designated safe area please return to a fully enclosed vehicle with a metal roof, with the windows rolled up. Do not touch the metal of your car during the lightning storm. This delay will be at least 30 minutes.

Thank You

<http://www.srh.noaa.gov/mlb/ltgsafety/slide23.html>

Table III: Posted Awareness Instructions

Personal Lightning Safety Tips

Practice and training increased athletic performance. Similarly, preparedness can reduce the risk of lightning hazards. Lightning is the most frequent weather hazard impacting athletic events. Baseball, softball, football, golf, swimming, soccer, tennis, track and field events... all these and other outdoor sports have been impacted by lightning. Advance planning is the single most important means to achieve lightning safety.

Spectator Safety: If you hear it (thunder), clear it!!! If you see it (lightning), flee it!!!

At the first sign of lightning or thunder, leave the event. Go to the designated safe place or your vehicle and take shelter there with your windows rolled up.

Avoid:

- Metal or wooden bleachers
- High places and open fields
- Going under trees
- Baseball or softball dugouts, picnic shelters, flagpoles, metal fences

Seek:

- Any building normally occupied or frequently used by people.
- Any vehicle with a hard metal roof (not a convertible) and rolled up windows

Do not touch the metal of the vehicle during the lightning storms

Wait 30 minutes after the last observed lightning or thunder before you leave shelter. Event administrators will signal a resumption of activities.

If lightning strikes nearby, you should:

- Crouch down with feet together
- Place hands on ears to minimize hearing damage
- Injured persons do not carry an electrical charge and can be handled safely.
- Apply First Aid procedures to a lightning victim if you are qualified to do so.

Call 911 or send for help immediately!

Care Flight Procedure

In the event that someone has to be care flighted from Kilgore High School Campus, the practice football field will be the landing pad.

- Activate EMS (If the SROs are present they can do this directly)
- Activate Fire Department (they will come set up wind gage for the care flight)
- Make sure area is clear: Minimum of 100 x 100 Area
- Send someone to direct Kilgore Fire Department to the correct location

Athletic Training Administration:

Athletic Paperwork:

Student athletes will submit all athletic paperwork for the subsequent year on Rank One by the given deadline the previous school year. Head coaches will create a roster and all completed paperwork to the Athletic Training Staff on or before the deadline.

Athletic Training Staff will retain high school physical packets and physical forms.

Athletes must have all of their paperwork submitted before they can participate in practice or athletics.

Policies and Procedures for Treatment of Injuries:

Once a student-athlete has been injured, he/she should be sent to the Athletic Training Room for evaluation.

Once evaluated, the Athletic Trainer will complete an Injury Report. The Athletic Trainer will submit an Injury Status Report either in written form or verbally to each head coach or designated assistant coach.

Should the Athletic Training Staff determine that an athlete will benefit from an orthopedic evaluation, this will occur on an appointment basis at the orthopedist's office. Any appointments will come from the Athletic Trainer. Once the team physician and/or Athletic Training Staff determines that an athlete should not participate in activity, the student athlete will not return to activity until the head coach receives a release from the Athletic Training Staff. Second opinions can be sought by the parent(s)/legal guardian.

Student-athletes who seek medical attention for any reason must bring a physician's note to the Athletic Training staff that explains the athlete's activity status. Should the athlete bring a physician's note to his/her coach, the student-athlete should be directed to take the note to the Athletic Training Staff before he/she is permitted to participate.

Communication:

Head coaches will submit a game schedule to the Athletic Training Staff a month prior to the beginning of their season.

Head coaches will submit an updated roster to Rank One two weeks prior to the beginning of their season (i.e. baseball: January 1st).

Head coaches will submit a practice schedule, including holidays, to the Athletic Training Staff at the beginning of the season.

The Athletic Training Staff must be notified of any changes in a team's schedule 48 hours in advance, or the activity may not be covered. Special circumstances, such as inclement weather, will be handled individually.

KISD Athletic Training Event Coverage

The Kilgore ISD Athletic Training Staff Coverage Requirements

- Home events that pertain to Kilgore High School
- District Events (i.e.: host district tournaments, district cross-country or track and field)
- Playoff Events Involving KISD Athletes/ Teams

Tournament Coverage for Individual Sports

- Athletic Trainers will be provided for KISD tournaments using KISD Facilities.

Summer Camps

- Each camp has the option to employ a licensed athletic trainer for each camp
- Camps can share the expense of the athletic trainer if the camps are at the same time, date and venue
- Kilgore ISD Athletic Training staff will be paid a no less than \$40.00 a hourly rate to cover camps

Non- KISD Playoff Games/Venues

- Athletic Training fee will be charged for the game set-up and coverage.
- Fee will be based on amount of coverage required- (\$40.00/hr- \$160.00 Minimum)

Proactive Safety Measures

Coaching Staffs:

Coaching is one of the most important safety procedures that we can control. Coaching techniques are very important to the safety of the athlete in any sport. However, with certain specialty sports (pole vaulting, high jump, diving, weight training, and gymnastics) it is very important that the coaching position is filled with a coach that has a specialty in the techniques of their sport. In these specialty sports we need a coach that can teach the proper safety techniques that are required of each sport. As a result, the number of major injuries should decrease.

Example: Pole Vaulting

Pole Vaulting is a track event that requires a person that has studied the sport of pole vaulting and knows how to teach the pole-vaulting techniques from the runway to the pit. Pole vaulting injuries lead track events with acute and critical injuries. Therefore, it is imperative the coach hired for this high-risk sport needs to have an extensive background in the teaching and coaching of pole vaulting. The coach must have the understanding and knowledge of the technical aspects of pole vaulting, as well as, the kinesthetics and demands on the body.

Addendum: Weather Services

The following are location to which you can attain weather information:

www.weather.com

Weather

www.intellicast.com

Intellicast

www.srh.noaa.gov/shv

National Weather Service

www.wfaa.com

Weather Network