

**Central Davidson
High School EAP**



Central Davidson High School
Emergency Action Plan

TABLE OF CONTENTS

Introduction/Purpose	3
Emergency Numbers	4
Emergency Contacts	5
Emergency Phone Tree	6
Plans for Acute Care	7-10
• Activating EMS and Emergency Transport	7
• Responsibilities of Personnel	8-9
• American Heart Association BLS Cardiac Event Algorithm	10
Heat & Humidity Guidelines	11
Hydration Guidelines	12
Heat Advisory Policies	13
Wet Globe Bulb Temperature and Heat Indexes	15
Recognition and Treatment of Exertional Heat Illnesses	16-19
• EHI: Dehydration	16
• EHI: Heat Exhaustion	17
• EHI: Heat Cramps	18
• EHI: Exertional Heat Stroke	19
Lightning/Inclement Weather Policies	20
Concussion Guidelines	22-25
Treatment/Management of Spinal Cord Injuries	26-27
Available Equipment	28
Maps	29-30
Site Specific EAPs	31-39
• Gymnasium	31
• Multipurpose Room & Weight Room	32
• Tennis	33
• Small Practice Field	34
• Spartan Community Stadium	35
• Baseball Stadium	36
• Large Practice Field	37
• Softball Field	38
• Cross Country Course	39

Central Davidson High School Emergency Action Plan

PURPOSE

Emergency situations can arise at any time during athletic events. Expedient action must be taken to provide the best possible care to the athlete in case of an emergency or life threatening condition. The emergency plan will help ensure that the best care can be provided.

The emergency plan should be reviewed at least once a year with all athletic personnel. It is very important that the athletic department invests “ownership” in the emergency plan in order to ensure that the athletes will have the best care provided when an emergency situation does arise.

In the academic year of 2014-2015, more than 7,800,000 high school students were participating in athletic programs in the United States. Participation in these activities benefits the student athletes by complementing an education program, teaching valuable lessons for practical situations, and fostering success in later life. However, many of these activities involve the risk of injury. As a result, approximately 715,000 sport-related and recreation-related injuries occur in the US school settings each year. Although most of these injuries are minor, serious injuries can happen suddenly and without warning regardless of the type of activity and level of performance. When these emergent situations happen during any sporting event, appropriate and timely response must be implemented to provide the best possible outcome for the student.

Here at Central Davidson High School, we take the responsibility of providing the best possible care to our student athletes. This Emergency Action Plan was developed to help ensure that the student-athletes receive consistent and appropriate care while participating in sporting events. This plan includes identifying essential emergency personnel, training in cardiopulmonary resuscitation (CPR) and Automated External Defibrillator (AED) use, having a communication plan in place, and coordinating efforts with the local Emergency Medical System (EMS).

Although the information in this plan is structured for athletes at Central Davidson, it can also be used to treat/resuscitate spectators, administration, and/or coaching staff.

Central Davidson High School
Emergency Action Plan

EMERGENCY NUMBERS

Emergency.....911

POLICE

Davidson County Sheriff's Dept.....474-2645

Lexington Police Dept.....242-3305

FIRE DEPARTMENT

Central Fire Dept.....248-4320

HOSPITALS

Lexington Memorial Hospital.....248-5161

Forsyth Medical Center.....718-2011

Baptist Hospital.....716-2011

Center for Disease Control.....1-800-311-3435

Carolina's Poison Control.....1-800-848-6946

National Weather Service.....1-919-515-8209

Central Davidson High School
Emergency Action Plan

EMERGENCY SCHOOL CONTACTS

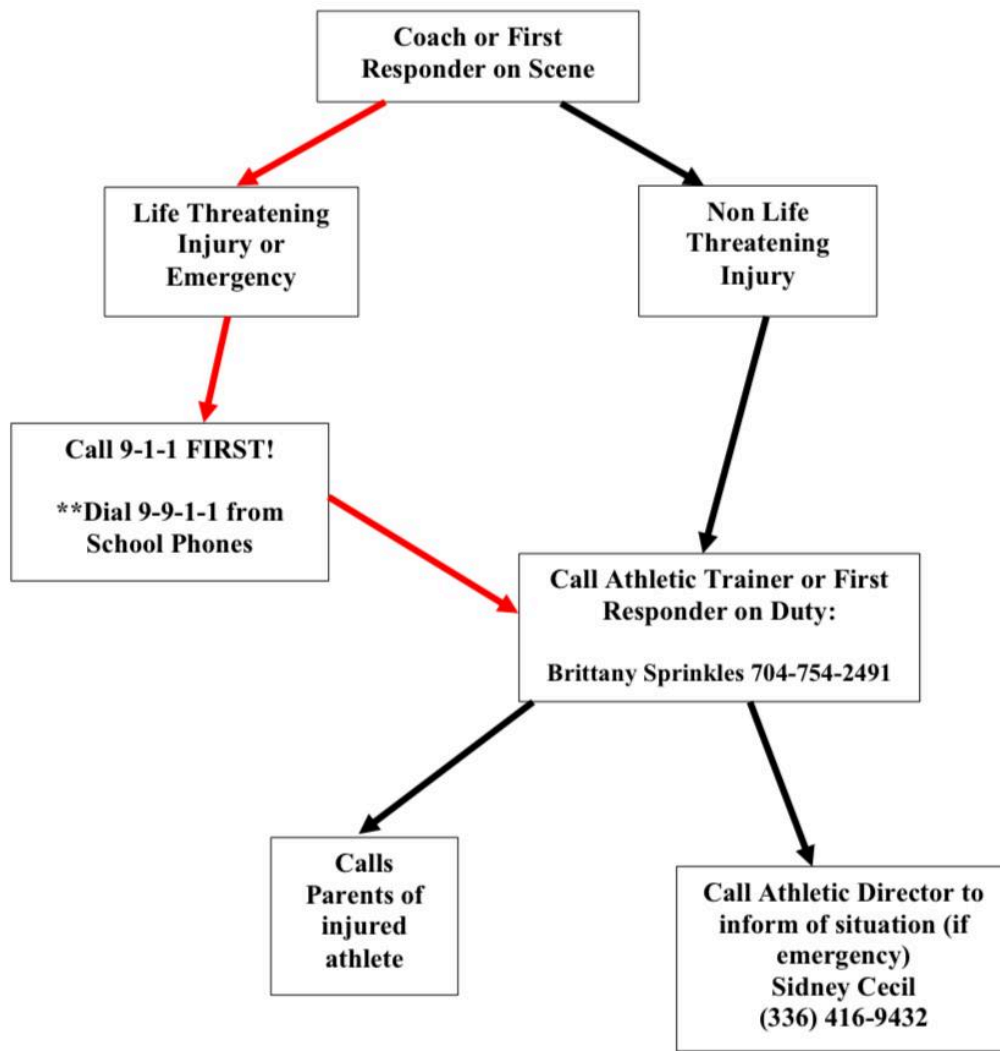
Central Davidson High School 336-357-2920
Ryan Ochier Athletic Director 386-983-5501
Heather Horton Principal 336-528-0082
Tonia Maxcy Assistant Principal 336-782-0063
Jeff Everhart Assistant Principal
Caroline Craven Certified Athletic Trainer 336-899-4240
Officer Hegler SRO 336-470-1951

DAVIDSON COUNTY SCHOOL

Dr. Gregg Slate Superintendent 336-242-5501
Dr. Shon Hildreth Human Resources 336-242-5678
Brad Sweatman Transportation 336-242-5569
Joe Tysinger Maintenance 336-242-5650
Drew Hackett County Athletic Director 336-309-0892

Central Davidson High School
Emergency Action Plan

Emergency Phone Tree



Central Davidson High School
Emergency Action Plan

PLAN FOR ACUTE CARE IN EMERGENCY SITUATIONS

EMS AND EMERGENCY TRANSPORTATION GUIDELINES

Davidson County EMS will be provided schedules of all CDHS sporting events. The athletic director is responsible for providing these. Davidson County EMS will be present at all home CDHS Varsity Football games. In the event that they are not present when a serious injury occurs, activate the system by calling 911 as quickly as possible.

When an athlete has been severely injured or requires activation of the EMS system, it is recommended by CDHS administration that the athlete be transported by EMS to a local hospital. When the athlete's parents/guardians are present, they may choose alternate transportation. In severe emergencies, the student may be taken to the closest hospital for stabilization or a hospital recommended by EMS.

AED Locations

On the Central Davidson High School campus, there are 3 AEDs. They are marked by a red heart with a white lightning bolt on the map at the end of this plan.

These are located:

- At the front entrance of the school, mounted in an AED box on the wall beside the entrance to the main office (Epi-Pens also in this AED box)
- Mounted in an AED box on the back wall of the gymnasium (Epi-Pens also in this AED box)
- Non-mounted "mobile" AED will be with the athletic trainer (AT) at practices and games, but may be found in the Athletic Training Room if AT is not present.

LAND LINE LOCATIONS

Although there are many phones located on Central Davidson High School campus, for emergency purposes. They are marked by a phone symbol on the map at the end of this plan.

Main Office- 336-357-2920

AD's Office- 336-357-2920 Ext 7591

Football Coaches office- 336-357-2920 Ext 75

Men's Basketball Coaches office- 336-357-2920 Ext 75

Athletic Training office- 336-357-2920 EXT 75

Central Davidson High School
Emergency Action Plan

PLAN FOR ACUTE CARE (continued) ACTION PLAN

The first qualified responder present will lead the efforts to resuscitate/treat the student athlete. This person will be referred to as the FIRST RESPONDER in this plan.

- The FIRST RESPONDER should be designated before each sporting event.
- This person should be a coach, athletic trainer, or administrator trained in CPR (AMA or ARC) and the use of an AED.
- Head and assistant coaches need to know and familiarize themselves with the location of the closest AED and telephone. This can be a cell phone, but signal and amount of charge remaining would need to be checked prior to the event.
- All coaches are recommended to have current certification in CPR, AED usage, first aid, blood borne pathogens (BBPs), and disease transmission training.
- In the case that a physician or physician's assistant (PA) is among the first responders, they can assume the role of leading the CPR, but school personnel familiar with this EAP should remain in team leader role.
- When in doubt, call 911 and initiate EMS. TIME IS ESSENTIAL IN A TRUE EMERGENCY.
- Once EMS has arrived on the scene, charge of the athlete's care may be handed off to them.

First Responder Responsibilities: Athletic Trainer (if present) or Coach

1. Assess athletes following the American Heart Association Basic Life Support (BLS) algorithm (included on page 9) and Red Cross First Aid skills. Obtain student medical history and emergency treatment consent form kept in each coach's athlete binder. If a student has collapsed and is unresponsive, assume Sudden Cardiac Arrest (SCA) and follow the attached algorithm on page 9.
2. Identify the person to activate EMS (call 9-1-1 or notify them if EMS is present) a. Davidson County EMS will be present at all home varsity football games.
3. Identify the person to retrieve emergency equipment such as an AED or other necessary First Aid supplies if needed.
4. Lead/Coordinate CPR efforts if appropriate until EMS personnel are present to assume care.
5. Identify the person to direct EMS to the scene.
6. Identify the person to handle crowd control. Only persons Involved In the care of the injured athlete should be present.
7. Identify the person to contact parents. This person should retrieve student's emergency information that all coaches are required to have on hand. They should share this information with the person designated to call EMS.

Responsibilities of person activating Emergency Medical System: Administrator or Athletic Director

1. Call 9-1-1 Immediately (must dial 9-9-1-1 from school phones for outside line)
2. Be prepared to give as much information as possible:
 - a. Your name, address, telephone number of caller
 - b. Nature of emergency (why you are calling)
 - c. Condition of the athlete (breathing, pulse, level of consciousness, etc...)
 - d. Treatment being provided by first responder
 - e. Location of athlete (specific locations on campus)
 - f. Site specific directions to get to athlete
 - g. Any additional information needed by dispatcher
3. After ending the call, report back to the Athletic Trainer that EMS has been activated and is on the way.

Central Davidson High School Emergency Action Plan

Responsibilities of a person retrieving emergency equipment: Asst. coach or Athletic Training Student Aide

1. If AED is required, retrieve AED first and return to the scene IMMEDIATELY notify FIRST RESPONDER that the AED is present.
2. All teams have a first aid kit, but additional supplies such as splints or slings can be obtained from the athletic training room on the CDHS campus (may be with the ATHLETIC TRAINER during a sporting event or football practice).

Responsibilities of person directing EMS to the scene: Athletic Director

1. Request additional help if more than one person is needed (opening gates/flagging down approaching EMS personnel)
2. Go to the entrance where EMS should enter, be sure gates are unlocked and open. If the area is not easy to locate, have several people in strategic areas to "Flag Down" EMS personnel and direct them to the scene.

Responsibilities of person doing crowd/scene control: SRO and/or Designee

1. Limit scenes to necessary personnel. Move bystanders away.
2. If CPR is in progress, there will need to be several people available to do chest compressions, etc... Determine a couple of people trained in CPR that can assist. Have them standing nearby to assist the person doing compressions if necessary.
3. If parents/family are present, have someone stand with them for support. Do not try to remove family, but do not allow them to hinder care of the athlete.

Responsibilities of the person contacting parents: Coach/Asst. Coach

1. Obtain Information to relay to parents. Emergency contact information and emergency treatment forms are kept in the first aid kit or coach's binder.
2. Information needed to share may include:
 - a. Your name
 - b. Brief description of event leading to the emergency
 - c. Current condition
 - d. Treatments being administered
 - e. Other pertinent information (any questions parent may ask)
 - f. Which hospital the student will be transported to
3. Be prepared to give parents directions to the hospital If needed.

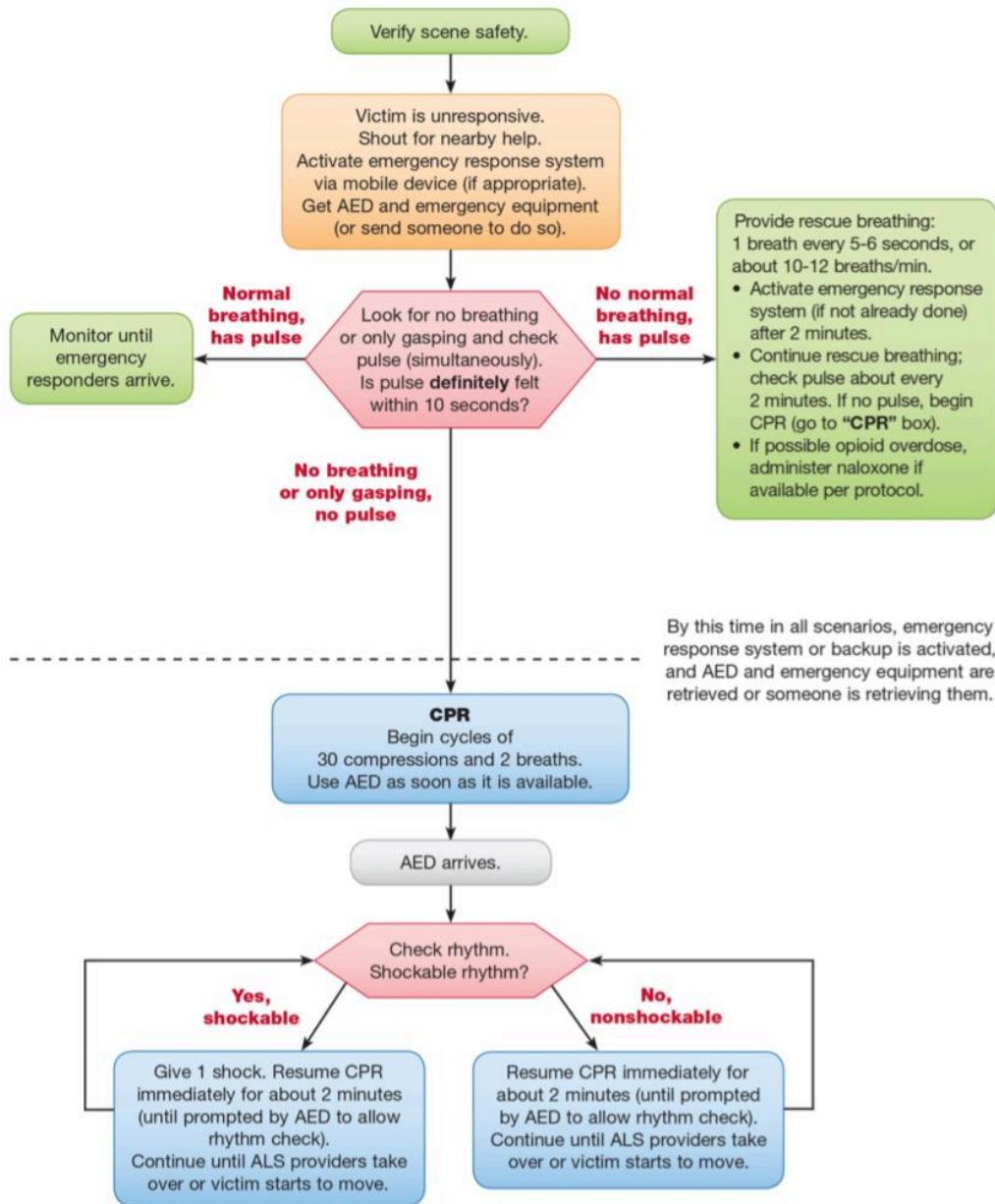
OFF-CAMPUS SPORTING EVENTS

Instructions for Off-Campus Sports (Golf, Swimming)

1. Be familiar with the EAP for each location you practice/compete. Should include:
 - a. Location of AED, If one is present
 - b. Location of land-line telephone. If cell phones are to be used, check for signal and charge level
 - c. Location of safe shelter in case of need to evacuate due to inclement weather.

Central Davidson High School Emergency Action Plan

BLS Healthcare Provider Adult Cardiac Arrest Algorithm – 2015 Update



© 2015 American Heart Association

Central Davidson High School
Emergency Action Plan

HEAT, HUMIDITY, AND HYDRATION GUIDELINES

During late spring, summer, and early fall, high temperatures and high humidity can be present. It is important that we be aware of the dangers of this situation to prevent heat illness. Many cases of exertional heat illness are preventable and can be successfully treated if such conditions are properly recognized and appropriate care is given in a timely manner.

Central Davidson High School will follow BOTH the recommendations made by the Davidson County School System (DCS), the North Carolina High School Athletic Association (NCHSAA), and the National Athletic Trainer's Association (NATA). Coaching staff(s) have the authority to alter work/rest ratios, practice schedules, amounts of equipment and withdrawal of individuals from participation in sports based on heat conditions and/or athlete's individual medical conditions as long as they exceed these recommendations and guidelines listed.

The following recommendations will be followed by all Central Davidson HS coaches and administrators when considering practice and competition scheduling:

1. Davidson county Heat Advisory policies will be strictly adhered to for both indoor and outdoor practices and competitions. (DCS policy Included on page 13)
2. Heat advisories pertain to outdoor activities AS WELL AS INDOOR ACTIVITIES IF THE AREA BEING UTILIZED IS NOT AIR CONDITIONED.
3. Games/Scrimmages—The Davidson County Central Office, school principals, and school athletic directors will use the NCHSAA heat and humidity guidelines as well as temperature and weather forecasts and predictions to make decisions on all games and scrimmages.
4. NCHSAA Heat and Humidity Guidelines---Coaches should observe these guidelines at all times.
 - a. This includes a change to the NCSHAA guidelines regarding the measurement of Wet Globe Bulb Temperature (WGBT) Index at regular intervals during outdoor practice on hot days. CDHS is equipped with appropriate devices to measure WGBT, and will record as required by NCHSAA.
 - b. NCHSAA Charts for WGBT and Heat Index are included on page 13.
5. Scheduling practice—factors such as time of day, intensity of practice, equipment worn and environmental conditions should be considered.
6. Water should be made available in unlimited amounts and at any time during practice.
7. Designated breaks should be scheduled during practice.
8. All individuals involved with athletics at CDHS are responsible for the recognition and appropriate prevention and treatment strategies for heat related illnesses. (Pages 15-18)
 - a. This includes measurement of core temperature through use of a rectal thermometer in cases of suspected heat stroke. This is only to be carried out by appropriately trained health care professionals.

Central Davidson High School
Emergency Action Plan

GUIDELINES FOR HYDRATION

Appropriate hydration before, during and after exercise is important for all athletes. Dehydration can compromise the athlete's performance and increase the risk of heat illness. *The American College of Sports Medicine* recommends the following guidelines for hydration:

- Drink 16 ounces of fluid before exercise
- Drink another 8-16 ounces 15 minutes before exercise
- During exercise, drink 4-16 ounces of fluid every 15-20 minutes
- After exercise, drink 24 ounces of fluid for every pound lost during exercise to achieve normal fluid status within 6 hours.
- All fluids should be served cold to promote gastric emptying.

WHAT TO DRINK DURING EXERCISE

Water-For most exercising athletes, the ideal fluid for pre-hydration and re-hydration is water. Water is quickly absorbed, well tolerated, an excellent thirst quencher and cost effective.

Traditional Sports Drinks-with appropriate carbohydrates and sodium may prove beneficial in some situations and for some individuals.

- **Situations that may benefit**
 - Prolonged continuous activity of greater than 45 minutes
 - Extremely intense exercise with risk of heat injury
 - Extremely hot and humid conditions
- **Individuals that may benefit**
 - Poor hydration prior to participation
 - Increased sweat rate
 - Poor caloric intake prior to participation
 - Poor acclimation to heat and humidity

Central Davidson High School
Emergency Action Plan

GUIDELINES FOR PRACTICES

County Heat Advisory Policy (from DCS athletics handbook)

Heat Advisories are issued during the course of the sports season as designated by the NCHSAA. A heat advisory directs that all outside sports activities and any similar activities (i.e., band) which the principal feels may fall in this area of concern for student safety either finish by 10:45 AM or be initiated no earlier than 6:00 PM on the dates designated as falling under the heat advisory directive.

Special attention is directed to the humidity readings in the morning practices; identified morning activities could be adjusted to start and finish a little earlier than the guidelines reflected below. These guidelines as well as those of the NCHSAA will apply to any athletic practices/ scrimmages during the course of the sports season. Regardless of the time of practice, athletic personnel are to follow the safety precautions/guidelines/procedures (frequent water breaks, shortening practice times, constant observation, shorts/tees, suspension of practice, etc.) as cited in the NCHSAA guidelines for all practices falling under the heat advisory directive.

Heat advisories will be issued by the Central Office when the forecast temperature is 90° or higher or the Heat Index is projected to be at a dangerous level. These advisories will typically be issued no later than 9:00 a.m. on applicable days. The principal may elect to further delay afternoon or reconfigure morning practice times. Safety of our students is always the guiding factor in such decisions.

When a Heat a “Heat Advisory” is in effect:

Afternoon Athletic Practices may begin at 6:00 PM with the following considerations:

- The first 30 minutes of practice are devoted to light warm-up activities or specialized instruction.
- At 6:30 p.m. a mandatory 10 minute break is required to evaluate wellness and to provide water for all students/athletes.
- After this 10 minute break, practice may resume with a constant awareness of the current heat advisory.
- Football players should be attired in helmets and shorts/pants as applicable. No shoulder pads.*
- Other sports/activities must remain in an area where they can be monitored by the coach/supervisor.
- All coaches and AT's/First Responders must keep current as to the NCHSAA guidelines regarding practice procedures/expectations during days when heat levels may put children at risk; NCHSAA Guidelines are considered minimal steps to be taken by our personnel.

Morning athletic practices should terminate no later than 10:45 AM with the following considerations:

- Football players should be attired in helmets and shorts/pants as applicable. No shoulder pads.*
- Other sports/activities must remain in an area where they can be monitored by the coach/supervisor.
- All coaches and AT's/First Responders must keep current as to the NCHSAA guidelines regarding practice procedures/expectations during days when heat levels may put children at risk; NCHSAA Guidelines are considered minimal steps to be taken by our personnel.

Coaches/first responders/supervisors are to establish a system that maintains a constant awareness of students' physical conditions. Appropriate breaks must be provided.

Central Davidson High School Emergency Action Plan

When the temperature reaches the same level of intensity as cited for outdoor activity within the building (practice areas within facility), sports activities and other school-related activities occurring inside the school building (nonair-conditioned areas) must follow the guidelines stated above/NCHSAA “hot weather” guidelines regarding practice procedures such as scheduling, frequent water breaks, constant observation of athletes, use of fans as available (in gym), length of practice, etc.

*Football players may not wear full equipment until after the three day conditioning period has been completed according to NCHSAA guidelines unless heat factors prohibit such attire.

Central Davidson High School
Emergency Action Plan

NCHSAA WGBT Index Chart (and athletics modifications)

WBGT Index and Athletic Activity Chart		
WBGT Index (F)	Heat Index	Athletic Activity Guidelines
Less than 80	Less than 80	Unlimited activity with primary cautions for new or unconditioned athletes or extreme exertion; schedule mandatory rest/water breaks (5 min water/rest break every 30 min)
80 - 84.9	80 - 90	Normal practice for athletes; closely monitor new or unconditioned athletes and all athletes during extreme exertion. Schedule mandatory rest /water breaks. (5 min water/rest break every 25 min)
85 - 87.9	91 - 103	New or unconditioned athletes should have reduced intensity practice and modifications in clothing. Well-conditioned athletes should have more frequent rest breaks and hydration as well as cautious monitoring for symptoms of heat illness. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 20 min) Have cold or ice immersion pool on site for practice.
88 - 89.9	104 - 124	All athletes must be under constant observation and supervision. Remove pads and equipment. Schedule frequent mandatory rest/water breaks. (5 min water/rest break every 15 min) Have cold or ice immersion pool on site for practice.
90 or Above	125 and up	SUSPEND PRACTICE

NOAAA Heat Index Chart

**NOAAA's National Weather Service
Heat Index Chart**

Temperature

Humidity	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution

Extreme Caution

Danger

Extreme Danger

EXERTIONAL HEAT ILLNESS RECOGNITION AND MANAGEMENT

DEHYDRATION

When athletes do not replenish lost fluids, they become dehydrated.

Signs and Symptoms:

- Dry mouth
- Thirst
- Being irritable or cranky
- Headache
- Seeming bored or disinterested
- Dizziness
- Cramps
- Excessive fatigue
- Not able to run as fast or play as well as usual

Treatment:

- Move the athlete to a cool environment and rehydrate.
- Maintain normal hydration (as indicated by baseline body weight).
- Begin exercise sessions properly hydrated.
- Any fluid deficits should be replaced within 1 to 2 hours after exercise is complete.
- Hydrate with a sports drink like Gatorade, which contains carbohydrates and electrolytes (sodium and potassium) before and during exercise is optimal to replace losses and provide energy.
- Hydrate throughout sports practice to minimize dehydration and maximize performance.
- Seek medical attention to replace fluids via an intravenous line if the athlete is nauseated or vomiting.

Return-to-Play Considerations:

- If degree of dehydration is minor and the athlete is symptom free, continued participation is acceptable with appropriate re-hydration.

Central Davidson High School
Emergency Action Plan

HEAT EXHAUSTION

Heat exhaustion is a moderate illness characterized by the inability to sustain adequate cardiac output, resulting from strenuous physical exercise and environmental heat stress.

Signs and Symptoms:

- Athlete finds it hard or impossible to keep playing
- Loss of coordination, dizziness or fainting
- Dehydration
- Profuse sweating or pale skin
- Headache, nausea, vomiting or diarrhea
- Stomach/intestinal cramps or persistent muscle cramps

Treatment:

- Remove the athlete from play and immediately move to a shaded or air-conditioned area.
- Remove excess clothing and equipment.
- Have the athlete lie comfortably with legs propped above heart level.
- If the athlete is not nauseated, vomiting or experiencing any CNS dysfunction, rehydrate orally with chilled water or sports drink.
- If the athlete is unable to take oral fluids, seek medical attention to implement intravenous infusion of normal saline.
- Monitor heart rate, blood pressure, respiratory rate, core temperature and CNS status.
- Transport to an emergency facility if rapid improvement is not noted with prescribed treatment.

Return-to-Play Considerations:

- Athlete should be symptom free and fully hydrated; recommend physician clearance; rule out underlying conditions that predisposes him/her for continuing problems; and avoid intense practice in heat until at least the next day.

HEAT CRAMPS

Muscle cramps are not well understood. Heat cramps are often present in athletes who perform strenuous exercise in the heat. Conversely, cramps also occur in the absence of warm or hot conditions, which is common in ice hockey players.

Signs and Symptoms:

- Intense pain (not associated with pulling or straining a muscle)
- Persistent muscle contractions that continue during and after exercise

Treatment:

- Reestablish normal hydration status and replace some sodium losses with a sports drink or water
- Some additional sodium may be needed (especially in those with a history of heat cramps) earlier in the activity.
- Light stretching, relaxation and massage of the involved muscle may help acute pain of a muscle cramp.

Return-to-Play Considerations:

- Athletes should be assessed to determine if they can perform at the level needed for successful participation.

EXERTIONAL HEAT STROKE

A severe illness characterized by central nervous system (CNS) abnormalities and potentially tissue damage resulting from elevated body temperatures induced by strenuous physical exercise and increased environmental heat stress.

Signs and Symptoms:

- Increase in core body temperature, usually above 104°F/40°C (rectal temperature) when athlete falls ill
- Central nervous system dysfunction, such as altered consciousness, seizures, confusion, emotional instability, irrational behavior or decreased mental acuity
- Nausea, vomiting or diarrhea
- Headache, dizziness or weakness
- Hot and wet or dry skin Increased heart rate, decreased blood pressure or fast breathing
- Dehydration
- Combativeness

Treatment:

- Activate Emergency Medical System (call 911)
- Aggressive and immediate whole-body cooling is the key to optimizing treatment. The duration and degree of hyperthermia may determine adverse outcomes. If untreated, hyperthermia-induced physiological changes resulting in fatal consequences may occur within vital organ systems (muscle, heart, brain, etc.). Due to superior cooling rates, immediate whole-body cooling (cold water immersion), is the best treatment for EHS and should be initiated within minutes postincident. It is recommended to cool first and transport second if onsite rapid cooling and adequate medical supervision are available.
- **CDHS has appropriate equipment to measure rectal temperatures and will hold transport of a suspected EHS victim until core temperature falls below 102° Fahrenheit.**
 - Rectal temperature monitoring must only be performed by appropriately trained health care providers
 - Cold water immersion tubs are available in 4 locations on campus, all marked on the map at the end of this document by this symbol:
 - They are located:
 - On the large practice football/soccer field
 - On the sidelines in Spartan Community Stadium
 - At the middle school near softball locker rooms
 - In the Athletic Training Room (whirlpool)

Return-to-Play Considerations:

- The athlete's physician should devise a careful return-to-play strategy that can be implemented with the assistance of a qualified health care professional.

LIGHTNING/INCLEMENT WEATHER POLICIES & PROCEDURES

Over the past century, lightning has consistently been 1 of the top 3 causes of weather-related deaths in this country. It kills approximately 100 people and injures hundreds more each year. Lightning is an enormous and widespread danger to the physically active population, due in part to the prevalence of thunderstorms in the afternoon to early evening during the late spring to early fall.

The National Athletic Trainers' Association recommends a proactive approach to lightning safety, including the implementation of a lightning-safety policy that identifies safe locations for shelter from the lightning hazard. Further components of this policy are monitoring local weather forecasts, designating a weather watcher and establishing a chain of command.

Additionally, a flash-to-bang count of 30 seconds or more should be used as a minimal determinant of when to suspend activities. Waiting 30 minutes or more after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed.

Lightning safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of landline telephones during thunderstorms.

GUIDELINES FOR CDHS

- The game official, athletic director, principal or assistant principal will make the official call to remove individuals from the game field.
- The athletic director, coach or assistant coach will make the call to remove individuals from practice fields.
- Spectators will also be instructed to leave the area and seek shelter until the danger has passed.
- Thirty minutes time will be given for the storm to pass.
- The athletic director, coach or an assistant coach will be the designated weather watcher, actively looking for signs of threatening weather.
- The athletic director or coach will monitor weather through the use of a Spark Lightning Tracker on Weatherbug Mobile Application, local forecast, or www.weather.com.

CRITERIA FOR SUSPENDING ACTIVITIES

- The criteria for postponement and resumption of activities will be the thirty second flash-to-bang method. After the first flash (lightning) seen, a count will commence. Counting is ceased when the associated thunder (bang) is heard.
- If the count is less than or equal to 30, activity should be stopped and individuals should be moved to a safe shelter. When this count is divided by 5, the resulting number will determine the distance in miles from the venue.
- If Spark™ Mobile Lightning detection application shows cloud to ground lightning activity within 10 miles of the athletic event, the same 30 minute waiting/postponement period will be used.

SAFE SHELTERS AT CDHS

- Inside the main building
 - Spectators should go to the commons area or gym
 - Teams should report to the dressing rooms
- Inside the athletics field house

- Any teams should report to the locker rooms
- Activity bus with doors and windows closed. This should only be used as a second choice.

CARE FOR LIGHTNING VICTIMS

- Survey scene for safety
- Activate EMS (call 911)
- Only move the victim if necessary. (May need to move to safe shelter)
- Refer to PLAN FOR ACUTE CARE IN EMERGENCY SITUATIONS for further guidance

Central Davidson High School
Emergency Action Plan

CONCUSSION TREATMENT GUIDELINES (From Gfeller-Waller Act)

The term concussion describes a traumatic brain injury caused by a direct or indirect impact to the head that results in disruption of normal brain function which may or may not result in a loss of consciousness. It can occur from a fall, a blow to the head or a blow to the body that causes your head and your brain to move quickly back and forth. The use of protective headgear can dramatically decrease the risk of concussion when practicing or participating in contact sports such as football. All coaches should be able to recognize the symptoms of a concussion and take appropriate actions if this should occur to an athlete. If it is suspected that a student-athlete has received a concussion, they must be removed from participation immediately, contact a parent and/or refer them to the appropriate medical personnel immediately.

It is recommended that all coaches take the National Federation High School (NFHS) online concussion course to increase their knowledge of this injury.

There are many signs and symptoms a person may experience following concussion that can affect their thinking, emotions or mood, physical abilities, or sleep.

Thinking/Remembering	Physical	Emotional/Mood	Sleep
Difficulty thinking clearly	Headache	Irritability	Sleeping more than usual
Feeling slowed down	Fuzzy or blurry vision	Sadness	Sleeping less than usual
Difficulty concentrating	Nausea/Vomiting	More emotional than normal	Trouble falling asleep
Difficulty remembering new information	Dizziness	Feeling nervous or anxious	
	Balance Problems		
	Sensitivity to noise or light		

Table from the Centers for Disease Control and Prevention (<http://www.cdc.gov/concussion>)

Additional Concussion Symptoms

- Loss of consciousness after any trauma to the head
- Confusion
- Headache
- Loss of short-term memory (you may not remember the actual injury and the events some time before or after the impact)
- Perseverating (repeating the same thing over and over, despite being told the answer each time, for example, "Was I in an accident?")

A student should be directed to call their physician in the following situations:

- A person struck a hard object with the head (for example: tile floor, ice, bathtub) but did not lose consciousness

Central Davidson High School
Emergency Action Plan

- Mild dizziness or nausea after a head injury
- Loss of memory of the event (amnesia) for just a few minutes
- Mild headache with no vision disturbances

Go to an emergency department by ambulance in the following situations.

For people with less severe injuries not requiring ambulance transport, a car may be taken to the hospital.

- Severe head trauma, i.e., a fall from more than the height of the person or a hard fall onto a hard surface or object with resulting bleeding or laceration.
- Any child that loses consciousness as the result of a head injury.
- Prolonged loss of consciousness (longer than two minutes)
- Any delayed loss of consciousness (for example, the injured person is knocked out only momentarily, then is awake and talking, then loses consciousness again)
- Vomiting more than once
- Confusion that does not go away quickly
- Extreme drowsiness, weakness, or inability to walk
- Severe headache Loss of memory of the event (amnesia)
- Perseverating (saying the same thing over and over)
- Someone who takes warfarin (Coumadin) for a medical problem suffers and suffers a significant blow to the head.

Central Davidson High School
Emergency Action Plan

- If the person fails to regain consciousness after two minutes, or the injury is very severe even if two minutes have not passed, **DO NOT** move the person. Prevent movement of the neck, which may cause spinal injuries. If the person needs to vomit, carefully roll the person onto his or her side without turning the head.
- Call 911 immediately for help.

If you are unsure of the severity of the injury, take the person to the emergency department immediately.

Side Effects

A person with a single, isolated concussion generally has a very good outcome with few long-term side effects.

Short-term side effects

- **Postconcussive syndrome:** The main symptom of postconcussive syndrome is persistent headache for one to two weeks, lasting up to months after the injury. Anywhere from 20-90% of patients develop at least one symptom of postconcussive syndrome within the first month following injury, and about 40% have at least three symptoms by three months post-injury.
- Postconcussive syndrome is more common after a serious concussion than after a mild one.
- Symptoms usually are relieved with mild pain relievers such as acetaminophen (Tylenol) or ibuprofen (Motrin, Advil).
- Sometimes people with postconcussive syndrome will have dizziness, difficulty concentrating, or problems doing certain types of activities such as reading.
- Nausea and vomiting may occur.
- Postconcussive syndrome usually goes away on its own with time. Some people may have symptoms that do not go away, even after months. In this situation, contact a doctor. Sometimes tests (such as an MRI or cognitive function testing) or consultations with a neurologist can better assess this problem.

Long-term side effects

- Concussions are known to be cumulative. That is, each time you have a concussion it is easier to get another concussion in the future.
- Repeated concussions can lead to long-term memory loss, psychiatric disorders, and other neurologic problems.
- If you have had a number of concussions, your physician likely will advise you to avoid the activities that may put you at risk for future head injuries and to discontinue contact sports. Professional athletes are particularly prone to the effects of cumulative concussions.

Central Davidson High School
Emergency Action Plan

Return to play considerations

The Gfeller-Waller Concussion Clearance ■ NCHSAA Return to Play Form must be completed and signed by a physician before the student-athlete can return to play. This form can be found on the NCHSAA website at <http://www.NCHSAA.org>.

Parental/student education

According to the Gfeller-Waller Concussion Awareness Act passed in June, 2011, all coaches are responsible for providing parents and students with education and awareness of concussions. This is to be done during the pre-season parent meeting of each sport. Completion of the student Education and Statement form by the student and the Adult (parent/coach/volunteer/school nurse/first responder) Education & Statement Form by the parent are evidence of this education in compliance with this law.

ANY Central Davidson Athlete suspected of having a head injury:

- Will be removed from all participation (including PE)
- Will be referred for medical clearance by a physician (as dictated by Gfeller-Waller Act)
- Will be referred to student services to advise on possible necessary academic modifications during recovery (Return to learn form)
- Will complete an approved return to play (RTP) protocol, along with proper Gfeller-Waller paperwork and signatures by both physician (MD or DO) and the athlete's parent(s).

SPINAL CORD INJURY TREATMENT GUIDELINES (From NATA statement-2015) Appropriate Care of the Spine Injured Athlete

Recommendation 1:

- It is essential that each athletic program have an Emergency Action Plan (EAP) developed in conjunction with local EMS.

Recommendation 2:

- It is essential that sports medicine teams conduct a “Time Out” before athletic events to ensure EAPs are reviewed and to plan the options with the personnel and equipment available for that event.

Recommendation 3:

- Proper assessment and management of the spine injured athlete-patient will result in activation of the EAP in accordance with the level or severity of the injury.

Recommendation 4:

- Protective athletic equipment should be removed prior to transport to an emergency facility for an athlete-patient with suspected cervical spine instability.

Recommendation 5:

- Equipment removal should be performed by at least three rescuers trained and experienced with equipment removal at the earliest possible time. If fewer than three people are present, the equipment should be removed at the earliest possible time after enough trained individuals arrive on the scene.

Rationale for Equipment Removal

- In the past, it was recommended that protective equipment (e.g., helmets and shoulder pads in football, hockey and lacrosse) be left in place for transport and removed upon arrival in the hospital Emergency Department.
- It is essential and now recommended that, when appropriate, in an emergency situation with equipment-intensive sports (e.g., helmets and shoulder pads in football, hockey and lacrosse), the protective equipment be removed prior to transport to the hospital.
- Rescuers should be able to recognize when is it NOT appropriate to remove equipment on field of play and have a plan to best manage the patient. The rationale for consideration of equipment removal on the field includes:
 - Advances in equipment technology
 - Equipment removal should be performed by those with the highest level of training – often the athletic trainer who may have greater exposure to equipment removal training than other medical team members or hospital emergency staff.
 - Expedited access to the athlete-patient for enhanced provider care
 - Chest access is prioritized

Recommendation 6:

- Athletic protective equipment varies by sport and activity; and styles of equipment differ within a sport or activity. Therefore, it is essential that the sports medical team be familiar with the types of protective equipment specific to the sport and associated techniques for removal of the equipment.

Central Davidson High School
Emergency Action Plan

Recommendation 7:

- A rigid cervical stabilization device should be applied to spine injured athlete-patients prior to transport.
 - A rigid cervical collar should be applied at the earliest and most appropriate time possible during pre-hospital procedures. The medical team needs to continue manual in-line stabilization even after the rigid cervical collar is applied.

Recommendation 8:

- Spine injured athlete-patients should be transported using a rigid immobilization device.
 - Sports medical care teams must now recognize the concepts of spinal motion restriction (SMR) as compared to spinal immobilization. SMR implies that true spinal immobilization cannot be obtained even with the patient securely strapped to a spine board.
 - Recent literature has raised concern regarding the use of the long spine board due to potential harmful effects after extended periods of time on the board. However, in the case of a potentially spine injured athlete it is recommended that a long spine board or other immobilization device be used for transport. Central Davidson High School Emergency Action Plan - 24 -

Recommendation 9:

- Techniques employed to move the spine injured athlete-patient from the field to the transportation vehicle should minimize spinal motion.
 - The spine injured athlete-patient should be transferred to the long spine board or vacuum mattress using a technique that limits spinal motion. In the case of a supine positioned athlete, the medical team should use the 8-person lift (previously described as the six-plus lift) to move the athlete-patient to the long spine board.

Recommendation 10:

- It is essential that a transportation plan be developed prior to the start of any athletic practice or competition.

Recommendation 11:

- Spine injured athlete-patients should be transported to a hospital that can deliver immediate, definitive care for these types of injuries.
 - The choice of the most appropriate hospital should be determined and written in the EAP.

Recommendation 12:

- It is essential that prevention of spine injuries in athletics be a priority and requires collaboration between the medical team, coaching staff and athletes.

Recommendation 13:

- The medical team must have a strong working knowledge of current research, as well as national and local regulations to ensure up-to-date care is provided to the spine injured athlete-patient.

Recommendation 14:

- It is essential that future research continue to investigate the efficacy of devices used to provide spinal motion restriction.

Central Davidson High School
Emergency Action Plan

Available Equipment

The following equipment is located in the CDHS Athletic Training room, which is located just inside the rear doors of the Athletic Foundation Field House:

AED (x2)
First Aid Kits (x4)
First Aid supplies Crutches
Ice Machine/Bags
Vacuum Splint Bag
Cervical Collars (in splint bag)
Facemask removal tool
Electric Screwdriver
First Aid Supplies
Rectal thermometer for Heat Illness
WGBT Measuring Tool (Kestrel)
Whirlpool for Cold Water Immersion
3 Cold Water Immersion Tubs on campus

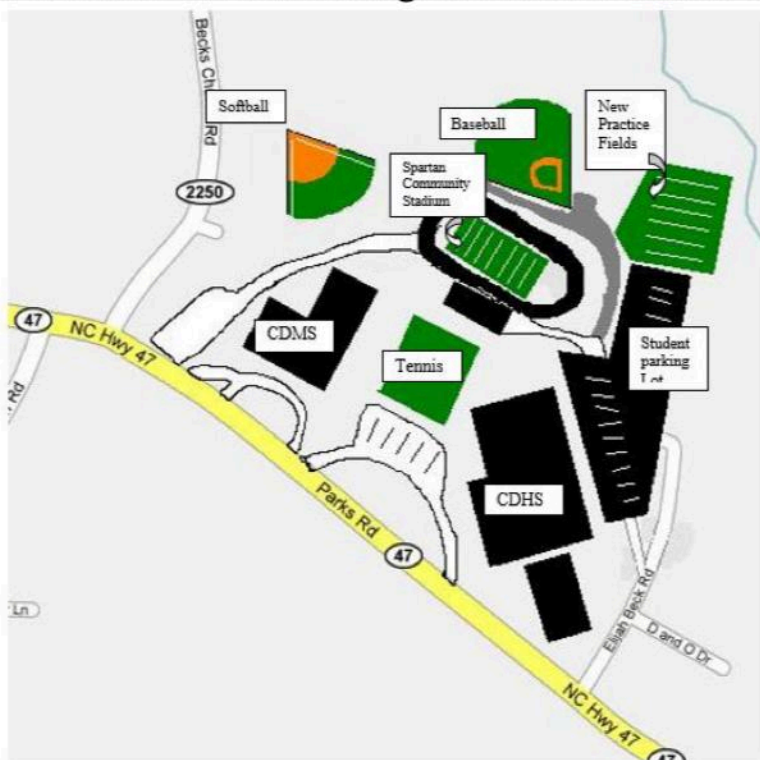
** if the Certified Athletic Trainer (ATC) on duty is present, these items will be located with that person**

**Athlete medical histories/physicals/records are located in the Athletic Training office (beside the storage room in the Field House)

Central Davidson High School
Emergency Action Plan

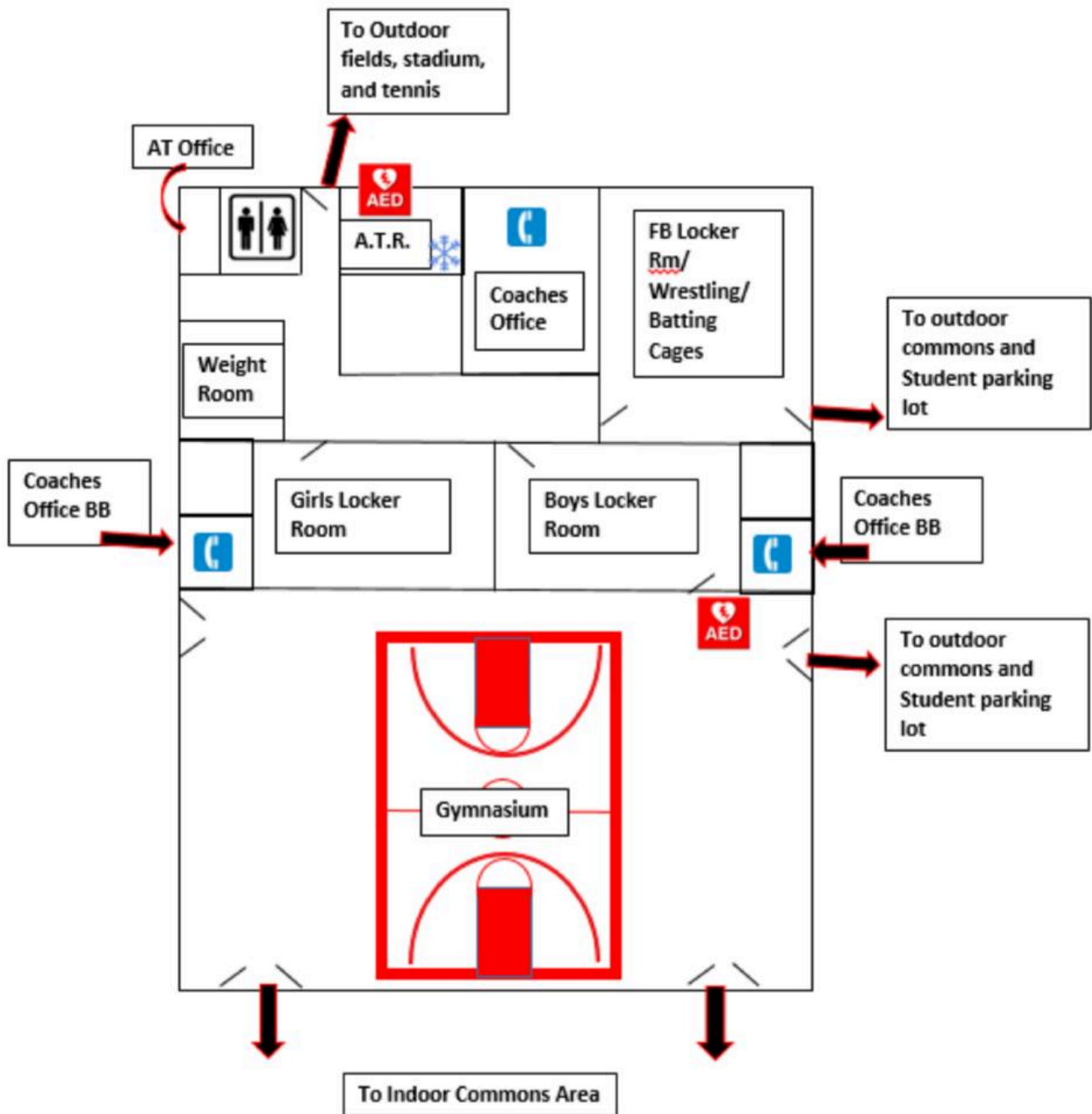
Maps of Central Davidson High School Athletic Facilities

Maps of Central Davidson High School Athletic Facilities



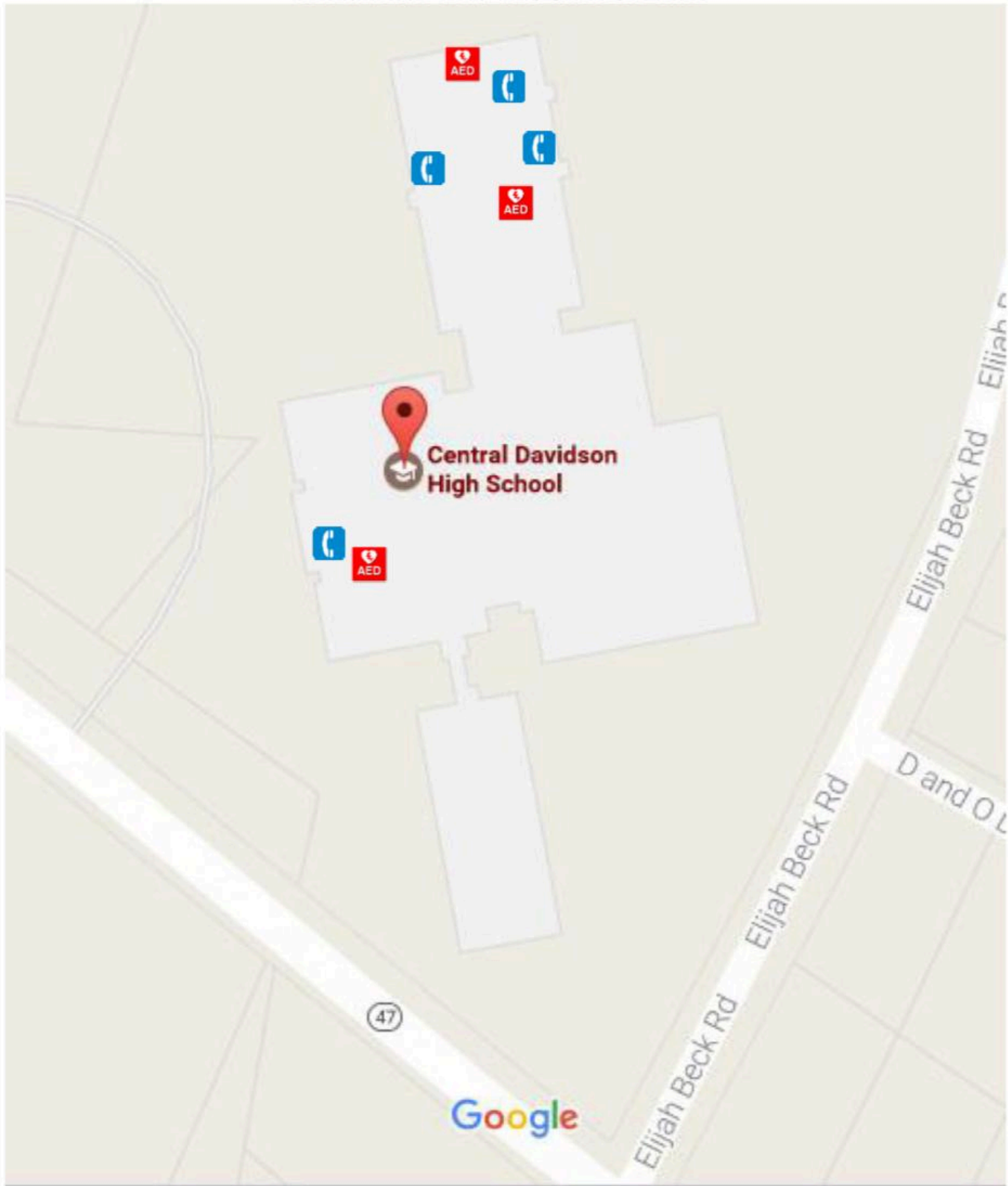
Central Davidson High School
Emergency Action Plan

GYMNASIUM/ATHLETIC ANNEX SITE MAP



Central Davidson High School
Emergency Action Plan

AED/LAND-LINE LOCATION MAP



Central Davidson High School
Emergency Action Plan

SITE SPECIFIC EAP- GYMNASIUM

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

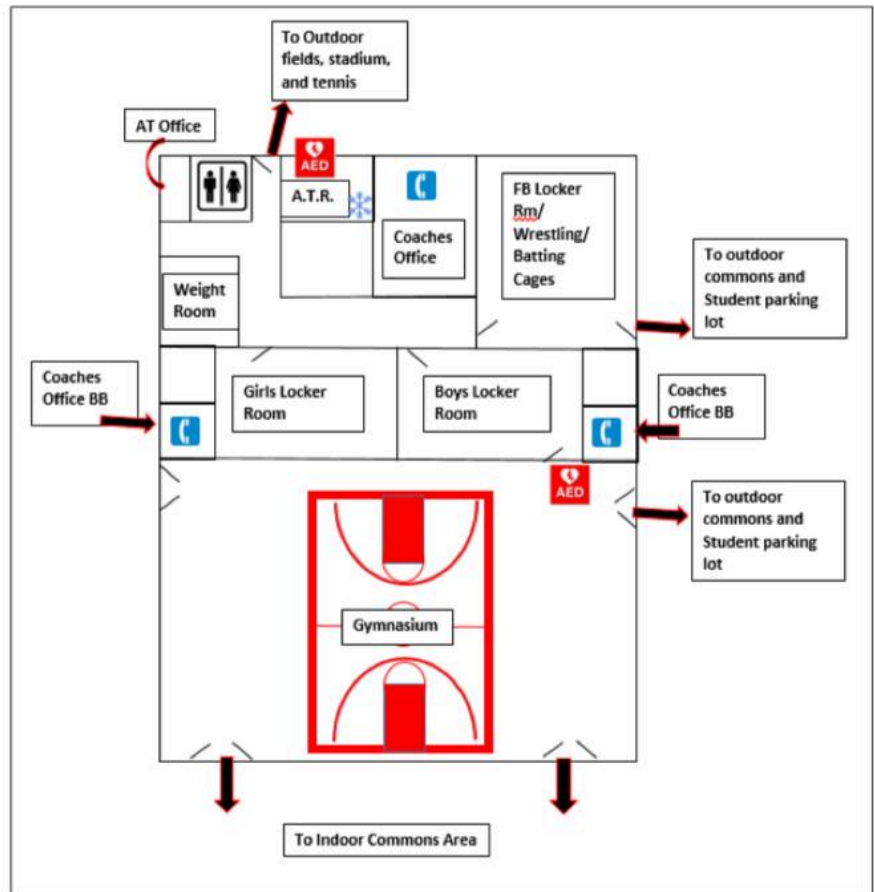
Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
**Main Gymnasium
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - EMS should enter from Hwy 47 onto Elijah Beck Rd
 - Enter student parking lot.
 - Pull to curb by spirit rock and enter gym from side doors
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles (704)754-2491
4. Emergency Equipment Retrieval



Emergency Equipment Available

1. AED- Mounted on gym wall between Laundry Room and Boys Locker room Doors
2. First Aid Supplies in Athletic Training Room (through locker rooms to the back of the school)
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
 - e. Cold Water Immersion Pool (Whirlpool)
3. Phones:
 - a. Mens BB Office- In Boys Locker room
 - b. Womens PE Office- In Girls Locker Room
 - c. Coaches Office- Through Boys Locker room
4. Athletic Records- In AT Office

Central Davidson High School Emergency Action Plan

SITE SPECIFIC EAP- MULTIPURPOSE ROOM/WEIGHT ROOM

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

Calling Parents- Assistant Coach

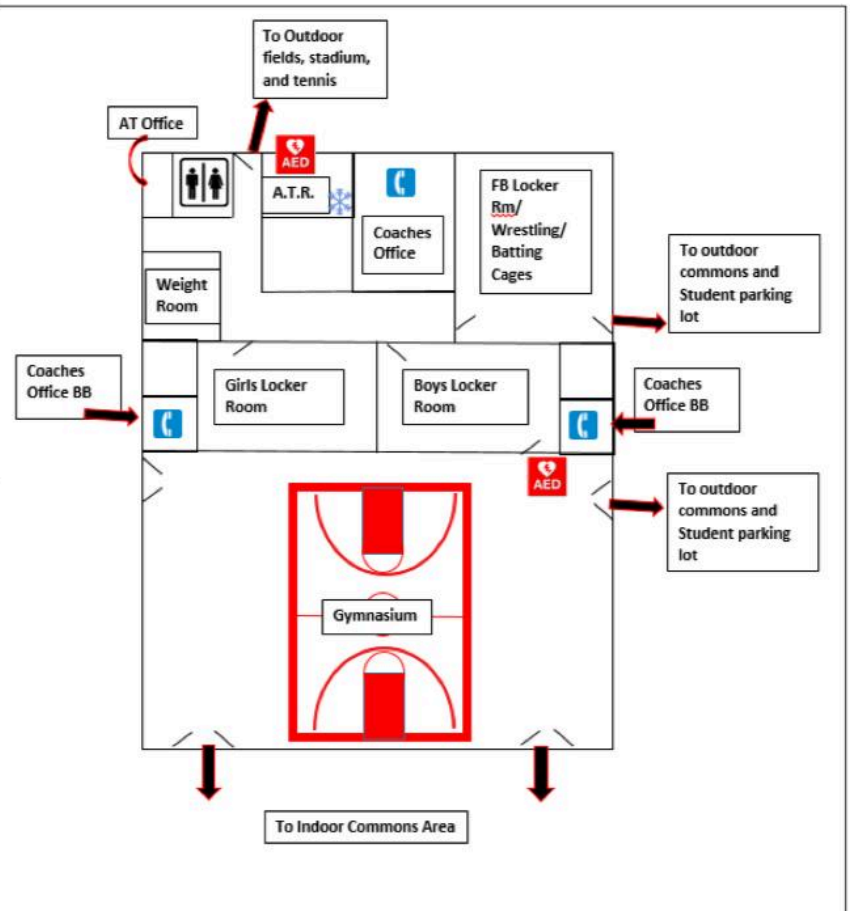
Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - EMS should enter from Hwy 47 onto Elijah Beck Rd
 - Enter student parking lot.
 - Pull to curb by spirit rock and enter multipurpose room by those doors.
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - Ensure gates unlocked and open!!
 - g. **Activate Phone tree:** Call AT or First Responder on duty-
 - a. Brittany Sprinkles (704)754-2491

3. Emergency Equipment Retrieval



Emergency Equipment Available

1. AED- Mounted on gym wall between Laundry Room and Boys Locker room Doors
2. First Aid Supplies in Athletic Training Room (through locker rooms to the back of the school)
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
 - e. Cold Water Immersion Pool (Whirlpool)
3. Phones:
 - a. Mens BB Office- In Boys Locker room
 - b. Womens PE Office- In Girls Locker Room
 - c. Coaches Office- Through Boys Locker room
4. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

SITE SPECIFIC EAP- TENNIS

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

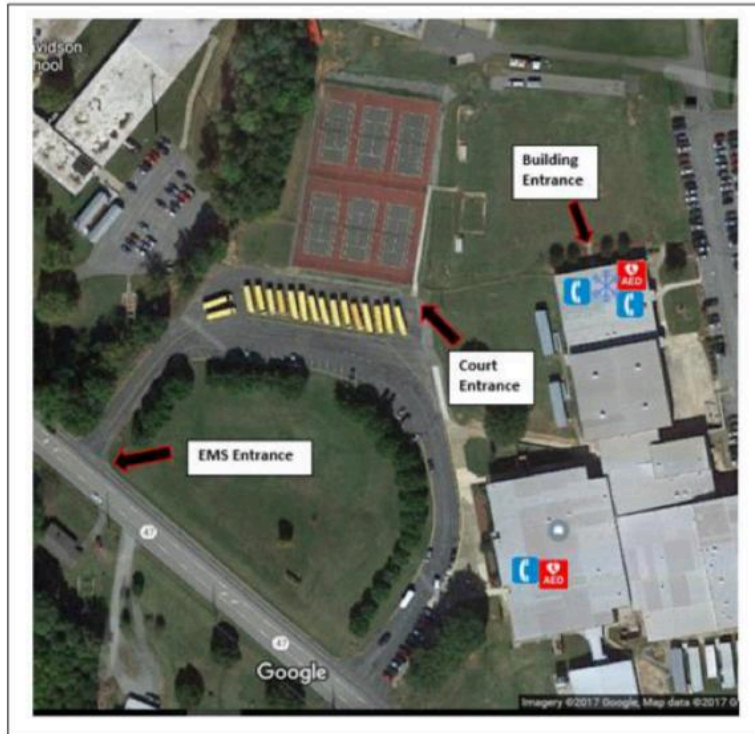
Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - h. EMS should enter from Hwy 47 into bus "loop" in front of CDHS
 - i. Tennis courts will be visible behind buses.
 - j. Path to enter courts are to right of the courts.
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - k. Ensure gates unlocked and open!!
 - a. **Activate Phone tree:**
Call AT or First Responder on duty-
Brittany Sprinkles
(704)754-2491
3. Emergency Equipment Retrieval



In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to locker rooms inside the field house
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT) OR outside Main office
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
 - e. Cold Water Immersion Pool (Whirlpool)
3. Phones:
 - a. Coaches Office
 - b. AT Office- By storage room beside bathrooms
 - c. Main Office
4. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

Site Specific EAP- Small Practice Field

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - l. EMS should enter from Hwy 47 onto Elijah Beck Rd.
 - m. Bear left into student parking lot from teacher entrance
 - n. Drive through gate at FB ticket booth, field is on left.
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - o. Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles (704)754-2491
4. Emergency Equipment Retrieval



In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to locker rooms inside the field house
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
 - e. Cold Water Immersion Pool (Whirlpool)
3. Phones:
 - a. Coaches Office
 - b. AT Office- By storage room beside bathrooms
4. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

SITE SPECIFIC EAP- SPARTAN COMMUNITY STADIUM

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

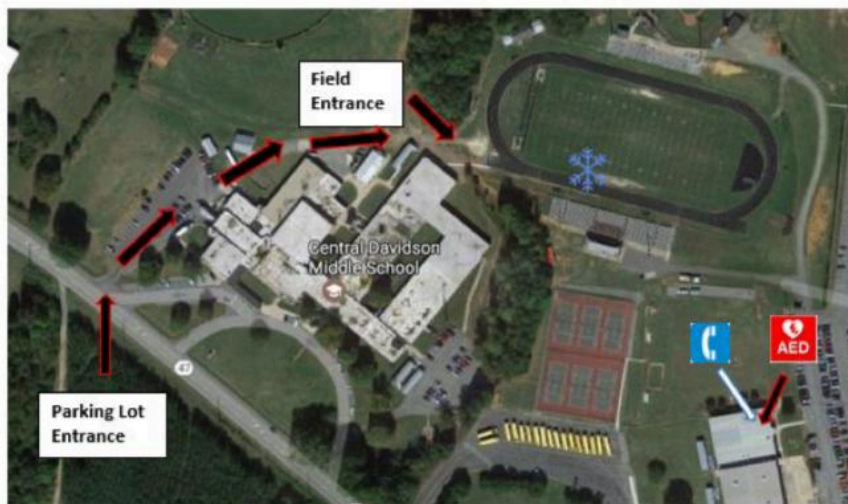
Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - p. EMS should enter from Hwy 47 into CDMS parking lot
 - q. Continue through fence behind middle school
 - r. Enter field through gate near West end zone
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - s. Ensure gates unlocked and open!!
 - a. **Activate Phone tree:**
Call AT or First Responder on duty-
Brittany Sprinkles
(704)754-2491
3. Emergency Equipment Retrieval



****NOTE: EMS SHOULD NOT ENTER FROM THE TOP OF THE STADIUM. GROUND LEVEL ENTRANCE IS BEHIND CD MIDDLE SCHOOL**

In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to locker rooms inside the field house
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
3. Cold Water Immersion Pool (Whirlpool)- Sideline
4. Phones:
 - a. Coaches Office
 - b. AT Office- By storage room beside bathrooms
5. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - t. EMS should enter from Hwy 47 onto Elijah Beck Rd.
 - u. Bear left into parking lot through gate
 - v. Continue through fence at FB ticket booth
 - w. Down gravel road around stadium to baseball field
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - x. Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles
(704)754-2491
4. Emergency Equipment Retrieval



NOTE:
EMS should NOT attempt to enter near baseball ticket booth. Access to the field is through the gate at the FB ticket booth and down the gravel road around stadium!!

In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to locker rooms inside the field house
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
3. Cold Water Immersion Pool (Whirlpool)- Large Practice field
4. Phones:
 - a. Coaches Office- Through back door of school
 - b. AT Office- By storage room beside bathrooms
5. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

SITE SPECIFIC EAP- LARGE PRACTICE FIELD

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student



Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - y. EMS should enter from Hwy 47 onto Elijah Beck Rd.
 - z. Turn left into parking lot at end of Elijah Beck
 - aa. Continue to back corner of bus parking lot
 - bb. Enter practice field by baseball ticket booth
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - cc. Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles (704)754-2491
4. Emergency Equipment Retrieval

In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to locker rooms inside the field house
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
3. Cold Water Immersion Pool (Whirlpool)- Large Practice field
4. Phones:
 - a. Coaches Office- Through back door of school
 - b. AT Office- By storage room beside bathrooms
5. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

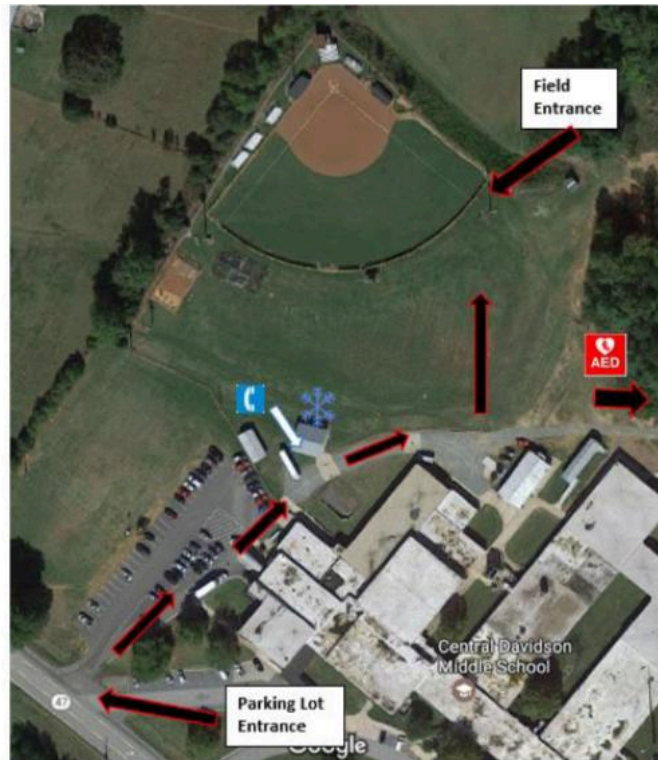
Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
Give Exact Location
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - dd. EMS should enter from Hwy 47 into CD Middle school parking lot
 - ee. Continue through parking lot and pass through gate to enter behind school
 - ff. Cross MS football practice field
 - gg. Enter field through LEFT field fence
 - f. **Assign Person to "Flag Down" EMS when they arrive**
 - hh. Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles
(704)754-2491
4. Emergency Equipment Retrieval



In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Teams- to team room
 - b. Fans- to Middle School gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
 - a. ****MAY BE AT HIGH SCHOOL!!****
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
3. Cold Water Immersion Pool (Whirlpool)- Near SB locker room behind Middle School
4. Phones:
 - a. SB Team Room
 - b. ****Cell Phones Best Option Here****
5. Athletic Records- In AT Office

Central Davidson High School
Emergency Action Plan

SITE SPECIFIC EAP- Cross Country

Responder Role Assignments

Athlete Care- AT/First Responder or Head Coach

Activate EMS- Administrator

Directing EMS to Scene- Athletic Director

Calling Parents- Assistant Coach

Crowd Control- SRO and/or designee

Equipment Retrieval- Assistant coach or AT Student

Roles for First Responders:

1. Immediate Care of Injured/Ill Athlete
2. Activation of EMS
 - a. **Dial 9-1-1**
 - 9 First if school phone
 - b. **Give Your Name**
 - c. **Location of Emergency:**
Central Davidson HS
2747 NC Hwy 47
****Give Exact Location****
 - d. **Answer any questions for dispatcher**
 - e. **Give Specific Directions to EMS to locate scene:**
 - ii. Could be ANYWHERE around campus
 - jj. BE VERY SPECIFIC WITH DIRECTIONS
 - kk. Assign Multiple people to be positioned to direct EMS to scene
 - f. **Assign Person to “Flag Down” EMS when they arrive**
 - ll. Ensure gates unlocked and open!!
3. Activate Phone tree: Call AT or First Responder on duty-
 - a. Brittany Sprinkles
(704)754-2491
4. Emergency Equipment Retrieval



In case of Lightning/Thunderstorm Activity:

1. Find safe shelter inside
 - a. Athletes- find closest shelter INSIDE (locker rooms, commons, gym, etc...)
 - b. Fans- to commons area or gymnasium inside
 - c. Car/Bus- last resort option
2. Wait for the all-clear to be announced before going back outside!

Emergency Equipment Available

1. AED- In athletic Training room (or with on duty AT)
2. First Aid Supplies in Athletic Training Room (inside back doors of the building) *or with AT on duty*
 - a. Splint bag (vacuum splints-red bag)
 - Cervical Collars
 - b. First Aid Kits
 - c. Bleeding Control (gloves, gauze, bandages)
 - d. Ice/Ice Bags
3. Cold Water Immersion Pool (Whirlpool)- Behind MS/Large Practice Field/Sidelines
4. Phones:
 - a. ****Cell Phones Best Option Here****
 - b. Could be anywhere on campus
5. Athletic Records- In AT Office