



NORTH CROWLEY

PANTHER ATHLETICS



Emergency Action Plan

For North Crowley High School

Athletics Program

In case of an emergency, personnel responsibilities, locations of emergency equipment, and other emergency information such as 911 call instructions, addresses/directions to the venue, and a chain of command with important phone numbers have been listed here.

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Senate Bill 82 Requirements

Senate Bill 82, in effect since the 2007-2008 school year, related to safety regulations for certain public school extracurricular activities.

This legislation:

1. Requires safety training for all coaches or sponsors for athletic activities, and any marching band director. UIL has developed a safety training program for coaches and sponsors of athletic activities that is available through the UIL Online as part of the Rules Compliance Program. [Visit the Rules Compliance Program to complete Safety Training.](#)
- [Additional information from the Texas Administrative Code, Chapter 76.1003, on these requirements as they pertain to athletic trainers and team physicians.](#)
2. Mandates that schools, at least once per year, conduct a safety drill that incorporates the training described in the safety training program developed by UIL.
3. Requires that student athletes be provided training in recognizing symptoms of catastrophic injuries, including head and neck injuries, concussions, asthma attacks, heatstroke, cardiac arrest and injuries requiring use of an AED, the risks of using nutritional supplements. This training can be conducted by the school, using the materials available on the SB 82 portion of the Health and Safety Section of the UIL web site. [Download safety training Powerpoint presentation.](#) (revised June 2016)
4. Mandates that unsafe athletic activities are prohibited and schools must make sure that safety precautions are required (asthma medication, hydration materials present, emergency lanes clear etc.)
5. Requires that any student who is rendered unconscious while participating (in practice or game) cannot participate further in that practice or game anymore and must get written clearance prior to any further participation.
6. Mandates that records of compliance with the requirements of the legislation be kept and be made public upon request.
7. Requires that non-compliance with the provisions of the bill could subject the school to penalties as outlined in section 27 and 29 of the Constitution and Contest Rules.
8. Mandates that the Texas Education Agency create hotline number and email address for reports of non-compliance and schools must post that information in their administration offices. To report complaints or violations, contact the Curriculum Division of the Texas Education Agency by phone at 512-463-9581 or by email at curriculum@tea.state.tx.us.
9. Requires the text of sections of bill as well as the Parent Information Manual must be provided to parents of participants. The bill does allow that the required materials can be provided electronically, unless specifically requested otherwise.

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EMERGENCY ACTION PLAN 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

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.

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Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning. 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 concussion management training certifications.**

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, 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:

Establish scene safety and immediate care of the athlete:

This should be provided by the most qualified individual on the medical team (the first individual in the chain of command).

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.

Equipment Retrieval:

May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.

Direction of EMS to the scene:

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.

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Activating Emergency Medical Services

Call 9-1-1

Provide information

Name, address, telephone number of caller

Nature of the emergency (medical or non-medical)*

Number of athletes

Condition of athlete(s)

First aid treatment initiated by first responder

Specific directions as needed to locate the emergency scene
(i.e. “use the south entrance to the school off Asylum St.”)

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 used by each campus coordinator to ensure all relevant parties are notified. Once EAP and EMS has been activated and patient is either stable or being treated by emergency personnel, communication to campus coordinator is required with following information:

- Name of Student, ID#, Classification, Transport Hospital, and brief description of mechanism of injury and condition of patient at time of transport.

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.

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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.

Post EAP Activation Procedures:

Documentation

Documentation must be done by ATC or AC and coaches, immediately following activation of the EAP. Both an injury report and accident report form must be filled out.

Debriefing

A team comprising of the ATCs, AC, and coaches, must discuss the event as soon after the event as possible and is appropriate. 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. Through development and implementation of the emergency plan, North Crowley High School helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Inclement Weather

Heat Protocols and Procedures

CISD will follow the UIL MANDATED policy for conducting practices, conditioning workouts, walk throughs and games in all sports during times of extremely high heat and/or humidity for all UIL sanctioned athletic events. New research has found the gold standard for implementation of heat illness policy is to use the Wet Bulb Globe Temperature as a means to track appropriate conditions for outside activity and therefore mitigate the chance of Exertional Heat Illness. This policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

1. The scheduling of practices at various heat/humidity levels
2. The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
3. The heat/humidity level that will result in practice being terminated.

As environmental temperature and humidity increase, there is an increase in the heat stress that is placed on the exercising individual. Exercise in the heat causes athletes to rely on evaporation of sweat from the skin as the primary method of dissipating heat that is produced by the working muscles. As humidity increases, the ability to dissipate heat through evaporation is further hindered, thus causing the body to have an increased body temperature, which increases the risk of EHS.

A Wet Bulb Globe Temperature (WBGT) device is a measurement tool that uses ambient temperature, relative humidity, wind, and solar radiation from the sun to get a measure that can be used to monitor environmental conditions during exercise. Establishing WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures play a huge factor in helping to prevent EHS.

HOW DO WE GET OUR NUMBERS?

When establishing WBGT guidelines for physical activity, the guidelines must be region (geographic) specific. For example, an athlete playing football in Texas may be accustomed to warm environmental conditions, unlike a football player from Maine. A football player practicing in 90°F temperatures in Texas could be comfortable whereas a football player practicing in the same conditions in Maine could be experiencing the worst conditions they have felt all year, which would increase the risk of heat illness.

References

<http://ksi.uconn.edu/prevention/wet-bulb-globe-temperature-monitoring/>

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The map and the following table, also adopted from [Grundstein et al. Regional heat safety thresholds for athletes in the contiguous United States. Appl. Geography. 2015.pdf](#), provides a guideline for modification of activity based on the environmental conditions in each region.



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).*

Based on the above map and table, Crowley ISD and its affiliated schools would follow the guidelines for Category 3. The following table will be used to determine activity.

Implementation of the policy will be overseen by CISD Athletic Director, with the aid of all Campus Coordinators, Athletic Trainers, and Head Coaches.

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Directions for Implementation:

- Readings will be taken using the district approved WeatherSentry DTN weather app for WBGT and monitored using the apps warnings via text to all involved parties. Secondary options will be handheld devices kept by campus ATs and/or national weather service apps (ie: Zelus) to take readings. WBGT temps will be checked 15 minutes prior to activity and every hour after.
- The “timer” starts when the first group of athletes hit the field.
 - Should programs be split up into subgroups, it is the responsibility of the coaches to make sure that they keep track of all athletes and their exposure times.
 - Ex: Defense goes outside while Offense is in weight room. The restrictions for the start of practice are MAX 1 hour. Position coaches will have to ensure that each athlete in the group follows that guideline. They will need to identify athletes who may be required to get reps in both Defense and Offense and make sure they stay within their hour.
- The temperature and corresponding guideline remain absolute unless temperatures RISE and guidelines become more restrictive.
 - Ex: Beginning Temp is 88.3. The guideline is in ORANGE zone and calls for MAX 2 hours. If temps rise 30 minutes after start and fall into RED zone, then Red zone rules will apply. Athletes will only be allowed 30 more minutes of activity to total the 1 hour max.
 - Ex: Beginning Temp is 91.1. The guidelines are in RED zone and calls for MAX 1 hour. If temps drop 30 minutes into start and fall back into ORANGE zone, the guidelines remain the same at max 1 hour.
- Hydration and Rest Breaks
 - Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without activity involved.
 - For Football: Helmets should be removed during rest time.
- UIL Mandated Cooling Zones
 - When WBGT is at 82 or above, cooling zones with a means of rapid cooling MUST be available immediately onsite.
 - Cooling zones should not be in direct sunlight when possible.
 - Rapid cooling methods include but are not limited to:
 - Cold immersion tubs
 - Tarp Assisted Cooling Oscillation (TACO method) with tarp, ice, and water
- Gradually Acclimatize Athletes
 - Gradual acclimatization for the student(s) to hot/humid conditions is a must. We advise gradual increase exposure to hot and/or humid environmental conditions over a period of 7 to 10 days for students to achieve acclimatization.
 - Football – These athletes will use the mandatory UIL calendar and guidelines for acclimatization.
 - Cross Country - These athletes must be monitored closely at all times. Running distance should be increased gradually.
 - Volleyball and Basketball (indoor sports) - Coaches should be aware that heat problems can occur indoors if the athletes are not properly hydrated. If a coach chooses to practice outdoors, he/she should be aware of the weather conditions. These athletes will not be accustomed to the heat outdoors. They MUST be monitored very closely, and water should be readily available.
 - Soccer, Track, Tennis, Baseball and Softball - The first 3-4 practices should not be overly strenuous. Overuse/friction injuries will be dramatically decreased in these sports if athletes start workouts at 50% and ease in to a full 100%. This usually takes two to three weeks for track athletes.
 -
- Identify Susceptible Athletes
 - Those athletes that are obese or have a larger muscle mass tend to have more heat related problems. Keep a close eye on these athletes.
 - Athletes who come in late to programs need to be monitored and acclimated appropriately. They should not just jump in full go with the more advanced athletes.
- Uniforms
 - Use lightweight, breathable jerseys/pants in hot weather months. Watch for athletes wearing extra clothing.
- Encourage a Good Diet

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- Athletes MUST eat breakfast/lunch to workout in extreme heat. Fat intake should be somewhat decreased. Salt intake can be slightly increased. Athletes should stay away from carbonated beverages in season.

Cold Weather Policy and Procedures

Cold exposure can be uncomfortable, increase the risk of injury, and impair performance. Factors to take into consideration include more than just the temperature. Wind chill and wet conditions will increase the cooling effect. Wind Chill interacts with the temperature to significantly increase body cooling. The combination of cold air and the deep breathing of exercise can also trigger breathing problems. If the body and clothing are wet, there is an increase of body cooling. This could be from sweat or rain.

- **Chain of Command** – The Office of School Administration, the Athletic Coordinators, the Game Day Administrator and the Athletic Trainers will work together to implement the policy at the time of the event. DTN WeatherSentry will be used to monitor all weather conditions for participation. Contracted trainers will contact Middle School and High School Coordinators and High School Trainers. Middle School and High School Athletic Coordinators will contact campus Principals.

1. **Dress in layers** - Athletes should dress in layers and try to stay dry. Heat loss from the head and neck can be as much as 50% of total heat loss; therefore, the head should be covered during very cold conditions.
2. **Warm-up** - Adequate warm-up is essential to prevent injuries, especially in cold conditions. Try to keep warm throughout the practice or contest.
3. **Stay Hydrated** - Dehydration affects the body's ability to regulate temperature whether it is hot or cold conditions.
4. The Office of School Administration will communicate with Fine Arts.

GUIDELINES FOR COLD WEATHER

These guidelines should be followed to determine participation (game and practice) postponement due to cold/inclement weather. Participation should be postponed if the following conditions are present:

1. Temperatures do not reach 32 degrees and/or wind chill does not reach 25 degrees by 2:00pm.
2. If temperatures are forecasted to be below 32 degrees and/or wind chill below 25 degrees.
3. Temperatures below 35 degrees, with the presence of precipitation.

All decisions regarding game postponement, due to cold weather, will be made by the Athletic Directors or designee. It is recommended that all decisions be made by 2:00 pm to avoid unnecessary travel.

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Lightning Policy and Procedures

Chain of Command – The Office of School Administration, the Athletic Coordinators, the Game Day Administrator and the Athletic Trainer will work together to implement the policy at the time of the event. The Athletic Trainer will monitor the forecast. Contracted trainers will contact Middle School and High School Athletic Coordinators and High School Trainers. Middle School and High School Coordinators will contact campus Principals.

WeatherSentry Monitoring System – CISD utilizes the DTN Weather Sentry monitoring system as the primary source that provides all current/real time alerts and information using radar detection of predetermined points of reference that include a Caution Area (15 mile circumference) and a Warning Area (10 mile circumference) around the athletic venue. Alerts are sent through text messages as well as a siren and light on specific locations that alert participating coaches, athletic trainers, and administrators by giving specific instructions and information regarding inclement weather situations. This means of observation should be utilized before any other to determine safety and subsequent changes in schedules (ie: postponements, cancellations, evacuations...etc.)

In a situation where any CISD team is participating in a venue that is outside the scope of our preferred monitoring systems (off-campus sites), the following monitoring protocols are recommended. However, we encourage our teams to check with their host venue and follow their specific protocols when available.

*Should the approved weather monitoring system fail or not be accessible, appropriate weather monitoring apps, such as WeatherBug may be utilized. If failure in phone service does not allow for apps to be used the following methods may be used if necessary:

The 30-30 Lightning Safety Rule - Using the **Flash-to-Bang** method will be our primary way of tracking a storm. Thunder always accompanies lightning. The audible range of thunder is 8-10 miles. Light travels at the speed of 1 mile every 5 seconds.

To use the **Flash-to-Bang** method, count the number of seconds once lightning is sighted until the thunder is heard. Divide by 5 to determine how far away, in miles, the lightning is occurring. Play is suspended when the **Flash-to-Bang** method reaches 30 seconds or less. This means the lightning storm is 6 miles away or closer.

Skyscan Lightning Detector - The Skyscan lightning detector will be used as the final form of monitoring. This instrumentation is effective but cannot guarantee safety. This unit is only used to track the stages of potential lightning. If two consecutive readings in the 3–8-mile range or closer are observed on the monitor, the field will be cleared.

Resumption of Play - Resumption of play occurs when lightning has not been detected for 30 minutes. Every time lightning is detected within the 10 mile or less range, the 30-minute clock will restart. The administrator on duty will make the final decision as to whether a contest will be suspended or postponed.

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

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

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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 person to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call!
 - b. 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 or bystander to control crowd
7. Contact the Athletic Trainer for your campus if they are present at the school but not on scene
8. Instruct individual to meet ambulance to direct to appropriate site
9. Contact Parent/Guardians
10. Assist with care as necessary
11. Assistant coach must accompany athlete to hospital – either in ambulance or follow by car
12. Contact Athletic Coordinator and provide demographics
13. Document the event

Venue Names/Descriptors

For the purpose of this document, the names of venues may not coincide with the official name of the structure but more of a descriptor to distinguish the very individual plan for that specific venue.

Fieldhouse – the building/offices/lockerrooms connected to Panther Stadium

Indoor Field – the standalone new build that houses the indoor turf field

Indoor Offices – the standalone new build that houses the offices, lockerrooms, and weight room connected to the indoor turf field

Twin Back Fields – the two identical turf fields on the backside of the new indoor facility described above.

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NCHS Gymnasium 1/2/3

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

Emergency Procedures:

- 1) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen Street**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to SOUTHSIDE of main building to Main Gym Concourse**
 1. **Alternate entrance: SOUTHWEST corner of main building. Double doors lead to athletic hallway and gyms.**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a) Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b) **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Main Building
 - All athletes/coaches/spectators will proceed to main pair of building and get into hallways.
- CISD administrators and security will facilitate.

AED Locations: Gym Foyer outside Gym 2 Double Doors

2nd Location: Athletic Hallway outside of Girls Athletic Locker room.

-Parent/Guardians should be notified immediately

-Inform Administration

-Complete appropriate documentation

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NC9 Gymnasium 1/2

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **4630 McPherson Blvd**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. Proceed to Main Gym Concourse entryway on NORTHWEST corner of building
 1. Alternate entrance: NORTH side of building. Proceed to double doors of backside of school, first door/hallway to the left leads to gyms
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

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In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Main Building
 - All athletes/coaches/spectators will proceed to main pair of building and get into hallways. CISD administrators and security will facilitate.

AED Locations: SOUTHEAST corner of Main Gym Concourse at D hallway in the corner next to fire extinguishers

2nd Location: Main building entry area next to front office doors

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NCHS Panther Stadium

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - h) Request EMS personnel to: **9100 S Hulen St**
 - i) Name of person calling
 - j) Number of patients and their condition
 - k) First aid treatment already initiated
 - l) Specific information to locate emergency scene:
 - i. **Proceed to Fieldhouse on SOUTHSIDE of main campus. NORTHEAST corner through double gates for ambulance access.**
 1. **Alternate entrance: NORTH WEST corner of fieldhouse through double gates**
 - m) Any additional information
 - n) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
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- 6) Meet ambulance and direct to appropriate site
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Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Field House (athletes will be escorted to locker rooms by coaches. Locker rooms will be provided to visiting teams as well.)
 - All others will proceed to main pair of building and get into hallways. CISD administrators and security will facilitate.

AED Locations: Northwest corner of Concession Building on wall facing the track (home side)

2nd Location: Entry way of Fieldhouse next to the doors leading out to parking lot

Rapid Cooling Equipment Location: Plastic immersion tub on SOUTH end of fieldhouse

2nd Option: Tarp located under taping table at entrance of Field House ATR

Emergency Action Plan –NCHS

NCHS Weight Room (The Pit)

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. Proceed to large barn on SOUTHWEST corner of Football Stadium
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Field House (athletes will be escorted to locker rooms by coaches)
 - All others will proceed to main part of building

AED Locations: Northwest corner of Concession Building on wall facing the track (home side)

2nd Location: Entry way of Field house next to doors leading out to parking lot

Rapid Cooling Equipment Location: Tarp located under taping table at entrance of Field House ATR

Emergency Action Plan –NCHS

NCHS Auxiliary Field

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **4630 McPherson Blvd**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to SOUTHEAST corner to main entrance gate**
 1. **Alternate entrance: NORTHEAST side of the field. Follow sidewalk to double gate entrance.**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Main Building NC9 and Fieldhouse

AED Locations: Outside of Concession Building on SOUTH end of field.

Rapid Cooling Equipment Location: Tarp inside Custodial Closet/Storage on SOUTHSIDE wall of Concession Building.

2nd Option: Panther Stadium immersion tub

Emergency Action Plan –NCHS

NCHS Indoor Field

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to large stand alone building behind softball field. Entrance is off of SOUTHEAST corner of the building.**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Indoor Offices (athletes will be escorted to locker rooms by coaches)
 - All others will proceed to main part of building and get into hallways.

AED Locations: South wall directly beside bathroom

2nd Location: First floor south hallway outside of the Athletic Training Room

3rd Location: First floor north hallway beside the main entrance, just outside of the laundry room.

4th Location: Second floor south hallway between the media classroom and wrestling room.

Rapid Cooling Equipment Location: Tarp in equipment storage room on right side, next to water access.

Emergency Action Plan –NCHS

NCHS Indoor Offices

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scenes:
 - i. **Proceed to Indoor Facility (large standalone building behind softball field) Entrance is off of SOUTHEAST corner of the building.**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Indoor Offices (athletes will be escorted to locker rooms by coaches)
 - All others will proceed to main part of building and get into hallways.

AED Locations:

1st Location: First floor south hallway outside of the Athletic Training Room

2nd Location: First floor north hallway beside the main entrance, just outside of the laundry room.

3rd location: Second floor south hallway between the media classroom and wrestling room.

4th Location: Second floor North Girls Locker room hallway

Rapid Cooling Equipment Location: Tarps and ice located inside the Athletic Training room southeast side of the Indoor Offices.

Emergency Action Plan –NCHS

NCHS Twin Backfields

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to INDOOR FIELD (large stand alone building behind softball field) and go behind it to the turf fields.**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Indoor Offices (athletes will be escorted to locker rooms by coaches)
 - All others will proceed to main part of building and get into hallways.

AED Locations: Inside Indoor Field. South wall directly beside bathroom

2nd Location: Indoor Offices South hallway outside of the Athletic Training room.

Rapid Cooling Equipment Location: Tarps and ice located inside the Athletic Training room southeast side of the Indoor Offices

Emergency Action Plan –NCHS

NCHS Baseball/Softball Complex

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to WEST side of main campus to double gates in between fields.**
 - f) **Any additional information**
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Main building and into hallways
 - 2nd Location: Fieldhouse locker rooms

AED Locations: Concession Building on WEST side in between restroom doors

2nd Location: Inside Main Building in athletic hallway just outside of Girls Locker room

Rapid Cooling Equipment Location: Tarp in baseball office

2nd Option: Immersion Tubs in Gym Athletic Training Room

Emergency Action Plan –NCHS

NCHS Tennis Complex

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911
 - Provide the following information
 - a) Request EMS personnel to: **9100 S Hulen St**
 - b) Name of person calling
 - c) Number of patients and their condition
 - d) First aid treatment already initiated
 - e) Specific information to locate emergency scene:
 - i. **Proceed to NORTHWEST side of campus directly behind main building between portable buildings**
 - f) Any additional information
 - g) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Main building and into hallways
 - 2nd Location: Locker room/Restroom Building

AED Locations: Inside main building in athletic hallway just outside of Girls Locke room

Rapid Cooling Equipment Location: Tarp in SOUTHWEST locker room in storage closet

2nd Option: Immersion Tubs in Gym Athletic Training Room

Emergency Action Plan –NCHS

CISD Multi-Purpose Stadium

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

Emergency Procedures:

- 1) Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
- 2) Instruct coach or bystander to call 911 if EMS is not onsite
 - *Onsite EMS is located at SOUTHEAST level tunnel
 - Provide the following information
 - a) Request EMS personnel to: **9900 Hemphill St, Fort Worth Tx 76134**
 - b) Name of person calling
 - c) Number of patients and their condition
 - a. First aid treatment already initiated
 - d) Specific information to locate emergency scene:
 - i. Proceed to Main entrance on SOUTHSIDE of facility. SOUTHEAST corner
 1. Alternate entrance: SOUTHWEST corner of field through double gates
 - e) Any additional information
 - f) ***STAY ON THE PHONE, BE THE LAST TO HANG UP***
- 3) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If athletic trainer is present he/she will stay with patient and provide immediate care.
 - ii. If athletic trainer is not present, most qualified coach (training/certifications) will stay with patient and provide immediate care.
 - b. **Instruct coach or bystander to GET AED!!**
- 4) Designate coach or bystander to control crowd
- 5) Contact the Athletic Trainer if not present on scene if possible
- 6) 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.
- 7) Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
- 8) An assistant coach must go with the athlete to the hospital or follow in a car if not allowed in ambulance

Tornado Warning/Alert

In the event of tornado alert, coaches and officials will be told to vacate the field/bleachers

- Safe Shelter will be: Field House (athletes and officials will be escorted to locker rooms by coaches. Locker rooms will be provided to visiting teams as well.)
 - All others will proceed to Concourse Concessions and Restrooms

AED Locations: Fieldhouse

2nd Location: Home side Main Concourse

3rd Location: Visitor side Main Concourse

4th and 5th Location: Press box Level 1 and Press box Level 2

Rapid Cooling Equipment Location: Immersion Tub outside of visitor locker room on NORTHEAST end

2nd Option: Tarp in Home training room in storage space under taping table