EMERGENCY ACTION PLAN

Football Practice Fields & Track

4200 N. State HWY 91 Denison, TX 75020

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

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

District Athletic Trainer: Christian Cabello, LAT, ATC (903) 617-9090

District Athletic Trainer: Dana Payne, LAT, ATC (580) 775- 3049

EMERGENCY EQUIPMENT: **Automated External Defibrillator (AED) located on the west side of the concession stand building between the bathrooms.** Splints (vacuum, SAM, etc.) spine board, oxygen and airway controls, crutches, and universal precautions (gloves, gauze, etc., for wound control) located in the Indoor Athletic Training Room.

TYPES OF EMERGENCY SITUATION:

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

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

ACTIVATION OF EMERGENCY MEDICAL SERVICE (EMS)

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

INFORMATION NEEDED WHEN DIALING 911 (EMS)

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

NEXT STEPS

- Continue to provide emergency care until EMS arrives and be prepared to provide pertinent information to EMS (care given, nature of injury, any important medical history, etc.)
- **EMS should use SH -91 to enter campus. Use entrance 1 on the right hand side of the road. One the right side, direct EMS to enter through the large black double gates closest to the track, before coming to the speed bumps. Someone with gate access will need to unlock these and be waiting on EMS to arrive.**
- The athletic trainer and athletic director should be notified of any student who is transported or sent to the emergency room as soon as possible.

Heat Related Illnesses

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

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

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

Tarps are used when cold tubs are not available. A tarp and one cooler of ice and water, should be set up in the event that cold tubs are not accessible. Place the student in the tarp, then put water and ice on top of them, rock the student back and forth to activate the cooling effect.

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

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

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

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

Contact info:

Athletic Trainer Christian Cabello Office: 903-462-7083 Cell: 903-617-9090

Athletic Trainer Dana Payne Office 903-462-7188 Cell 580- 775- 3049

Athletic Director: Brian Lilly Office: 903-462-7082 Cell: 903-744-0404

Assistant Athletic Director: Aaron Bach Office: 903-462-7084 Cell: 214-478-7807

Assistant Athletic Director: Dana Waddle Office: 903-462-7326 Cell: 903-815-4740

Athletic Office: 903-462-7620