

General Emergency Plan for Sayre School Athletic Complex

INJURY SITUATIONS

When an injury occurs, the health care provider assigned to the event by Sayre School or the head coach will take primary control of the situation and make all decisions regarding the care of the athlete.

- Responsibility for the care and management of a student/athlete should not be given to persons or other health care providers that might be present. Persons with medical knowledge not employed by the school may offer assistance or guidance but they should not assume oversight of the situation.
- If you are unsure about the severity of an injury and whether EMS services should be contacted, always take the cautious route and call 911.

If it is deemed necessary to activate the EMS system, the health care provider or coach should employ the following steps :

1. Designate an individual (coach or other Sayre School employee) to activate the Emergency Medical System by calling 911. When calling 911, the caller is to provide the following information:
 - Name, and the location you are calling from
 - Nature of the emergency/injury
 - Details of the injured athlete and directions to the site
 - Answer any questions the EMS dispatcher may have, do not terminate the call until the dispatcher hangs up!
 - After EMS terminates the call, the designated individual should go to the appointed entrance and guide EMS personnel to the injury site.
 - Designate an individual (coach or Sayre School employee) to get any necessary emergency equipment (AED, Medical Kit Contents etc.)
2. Provide Emergency care to stabilize the injured athlete until EMS arrives on the scene and assumes control of the situation.
3. Once EMS has assumed control of the situation, and the primary emergency care provider is no longer providing emergency care, school officials (athletic director/headmaster) and parents of the injured athlete are to be notified immediately.
4. A coach or other Sayre School employee is to accompany the injured athlete to the hospital to provide support and information to health care providers, parents and school officials. This person is to bring with them a copy of the athlete's medical release which is to be kept on site by the coach at all practices and games.
5. The care provider should complete and turn in an injury report to the school within 48 hours.

If EMS is not necessary but immediate care is needed:

- Stabilize the athlete prior to transport (dress wounds, splint possible fractures etc...)
- The athlete should be transported to the hospital or other emergency medical clinic by a licensed driver who is a coach or employee of Sayre School. At least one other adult should accompany the athlete and the driver to the care facility.
- A copy of the athlete's medical release and physical must accompany the athlete to the hospital or care facility.
- Parents and school officials should be notified as soon as possible.
- An injury report should be filed with the school within 48 hours.

Returning an injured athlete to competition:

- An athlete who is injured during the course of play may return to competition at the discretion of the assigned care provider or the coach if a more qualified provider is not available.
- An athlete should be returned to play after an injury only if they meet the following criteria:
 1. Athlete is able to perform sport specific activities (running, jumping, throwing, cutting) with minimal pain that does not interfere with performance
 2. Athlete is alert and aware. Any perceived change in cognitive function, head pain, dizziness or nausea following any trauma to the head and neck preclude any return to play without evaluation by the school health provider or the athletes medical doctor
 3. Injuries are properly braced, taped and/or bandaged to protect against further injury
 4. Return to play is not likely to result in further more serious injury to the athlete

Severe Weather Situations

GENERAL GUIDELINES

When weather conditions are questionable, the athletic director, the assistant athletic director or the assigned health care provider will decide whether practice or games will be held on that day.

Heat Index

Heat index is a combination of temperature and relative humidity. It gives an indication of the temperature perceived by the athletes on the field of play. Physical exercise during times of excessive heat can pose a serious health risk to athletes and result in a medical emergency.

General Guidelines/Procedures Concerning Heat Index

- Heat index readings are to be taken prior to practice or games and, when the index is greater than 95 degrees, every 30 minutes thereafter.
- Readings are to be taken with a digital sling psychrometer on the field of play and recorded with date and time the reading was taken. Any action taken to protect players should also be recorded.
- The following are guidelines to avoiding heat related injuries. They have been recommended by the KHSAA and the Kentucky Medical Association. For a more detailed description consult the KHSAA guidelines for avoiding heat injury:
 - Under 95 degrees heat index- Have available, and allow athletes to consume, as much water as they desire and allow breaks every 30 minutes. Monitor athletes for signs of heat stress. Have towels available for cooling athletes.
 - 95-99 degrees heat index- Mandatory water breaks every 30 minutes for at least 10 minutes duration in the shade. Towels and ice water for cooling. Protective equipment should be removed when safety is not an issue. Monitor athletes for signs of heat stress.
 - 100-104 degrees heat index- Same water and break guidelines as above. Keep careful watch of athletes for signs of heat stress and take aggressive cooling measures if necessary. Avoid any activities that require equipment or additional clothing. Reduce overall practice time and allow athletes to change into dry shirts/clothing if possible.
 - Heat index >104 degrees- All activities are to be suspended and athletes should seek shelter/shade and air conditioning if available.

Lightning/Thunderstorms

Coaches should monitor weather conditions prior to practices and games and cancel them if the safety of students is in question. Reliable local forecasts and radar are available through the National Weather Service on line and via dedicated weather band radios. Special consideration should be made as to the availability of buses to provide shelter at practices and matches. The athletic director must be consulted in cases where weather conditions make practices or matches potentially unsafe. Once practices or games have commenced, coaches can monitor changing weather conditions at the field using the weather band radio located in the visitors softball dugout. The following list of weather conditions and safety procedures should be followed in cases of severe weather:

- Threatening Weather (dark clouds, strong wind etc...) - Consult provided weather radio located at the fields and monitor local weather conditions.
- Lightening/Thunder- If lightening is seen, thunder is heard, and/or the siren for the on site lightning detector sounds play must be immediately suspended. Athletes and coaches should seek shelter in buses and or cars located on site. Play may be resumed when there has been no lightening or thunder for 30 minutes. If there is insufficient shelter in cars and/or buses, the baseball dugouts may be used in an emergency but softball dugouts should be avoided.
- Emergency Weather Situations- If weather conditions become severe and threaten the safety of students and coaches, transport students and coaches to the closest sheltered location and remain there until the threat has passed. Possible locations include the Red Roof Inn or the Days Inn near the entrance to Canebrake Road.

IMPORTANT PHONE NUMBERS:

SAYRE SCHOOL	254-1361	DR. JOHNSON	321-7519
U.K. EMERGENCY	323-520	HEADMASTER	523-3737 ©
UK. SPORTS MED.	257-4577	ATHLETIC DIRECTOR	873-8325 ©361-0517

Coaches must have the following equipment with them at all athletic events:

- Medical Kit, charged cell phone, physicals and signed medical release for every athlete and a copy of the emergency plan in each medical kit.

The following safety supplies may be found in the visitors' softball dugout:

- AED, Copy of the Sayre Emergency Action Plan, dedicated weather band radio.