

# SPRING-FORD SENIOR HIGH SCHOOL

## ATHLETIC DEPARTMENT



### ATHLETIC EMERGENCY PLAN

#### Emergency Personnel

The type and degree of coverage for an athletic event may vary based on factors such as the sport, activity, and location. The first responder to an athletic emergency is usually a member of the Spring-Ford Athletic Training staff. All Spring-Ford Athletic Training personnel receive bi-annual training in CPR, blood borne pathogens, emergency equipment, emergency procedures, and transportation of the injured athlete. All athletics department personnel receive training in CPR, and blood borne pathogens. An emergency team is necessary to insure that appropriate care is provided. It can include the certified athletic trainer, emergency medical personnel, and team physicians. It is important to adapt personnel to each sport and situation. The emergency team member with the highest credentials takes the lead role.

#### Emergency Phone Numbers

##### **Rescue Squad 911**

##### **Athletic Trainers-**

	<u>Home</u>	<u>Office</u>	<u>Cell</u>
Dan Holman MEd, ATC		705-6001ex2575	610-547-1823
Kate Daniels MEd, ATC		705-6001ex2575	610-547-3155
Riane Casper ATC		705-6001ex2124	610-547-1295

##### **Athletic Director-**

Mickey McDaniel		610-705-6030	610-842-0413
-----------------	--	--------------	--------------

##### **School Physician-**

Dr. John Aylward		610-948-4298	
------------------	--	--------------	--

#### Emergency Communication

Communication is the key to immediate delivery of appropriate healthcare in an athletic emergency situation. The athletic trainers, emergency medical personnel, and team physicians must work together to provide the best possible care to the student-athlete. Communication among all personnel prior to events will help establish roles and improve rapport. If emergency transportation is not available on site of an event, direct communication with the EMS is necessary. Immediate access to the EMS will be available by telephone or mobile telephone. All communication equipment will be checked prior to each event to ensure proper working order.

#### Activation of EMS – Call 911

The individual designated to make this call should:

1. Tell the operator his/her name;
2. Tell the operator the location of the injured athlete. (i.e. field hockey field)
3. Tell the operator the situation;
  - who is injured
  - how many are injured
  - age of the victim(s)
  - what is currently being done for the victim(s)
  - any other information the operator might ask
  - give the operator the number you are calling from
  - **LET THE OPERATOR HANG UP FIRST**

## Assignments

- Athletic Trainer stays with injured athlete
- Assistant coach calls 911, waits for ambulance, ensures accessibility of rescue squad (**Master Lock Padlock keys: @10-12 {2997} @ 9GC {2402}**)
- Head coach maintains crowd control
- Other coaches assist as needed

**Emergency Equipment**- Athletic Training staff will have the following equipment:

1. Vacuum Splints/SAM splints
2. Ice and wraps
3. Crutches
4. Sling
5. Immobilizer
6. Automated External Defibrillator (AED)

## Transportation

An ambulance will be on site at high risk events such as football games. If an ambulance is not available at an event, Athletic Training personnel will have direct access to the EMS by appropriate communication equipment. In an emergency situation, the primary survey will identify the need for emergency intervention and transportation. All unstable student-athletes will be transported by EMS and not by inappropriate vehicles. This ensures that the student-athlete receives care by trained personnel with necessary equipment.

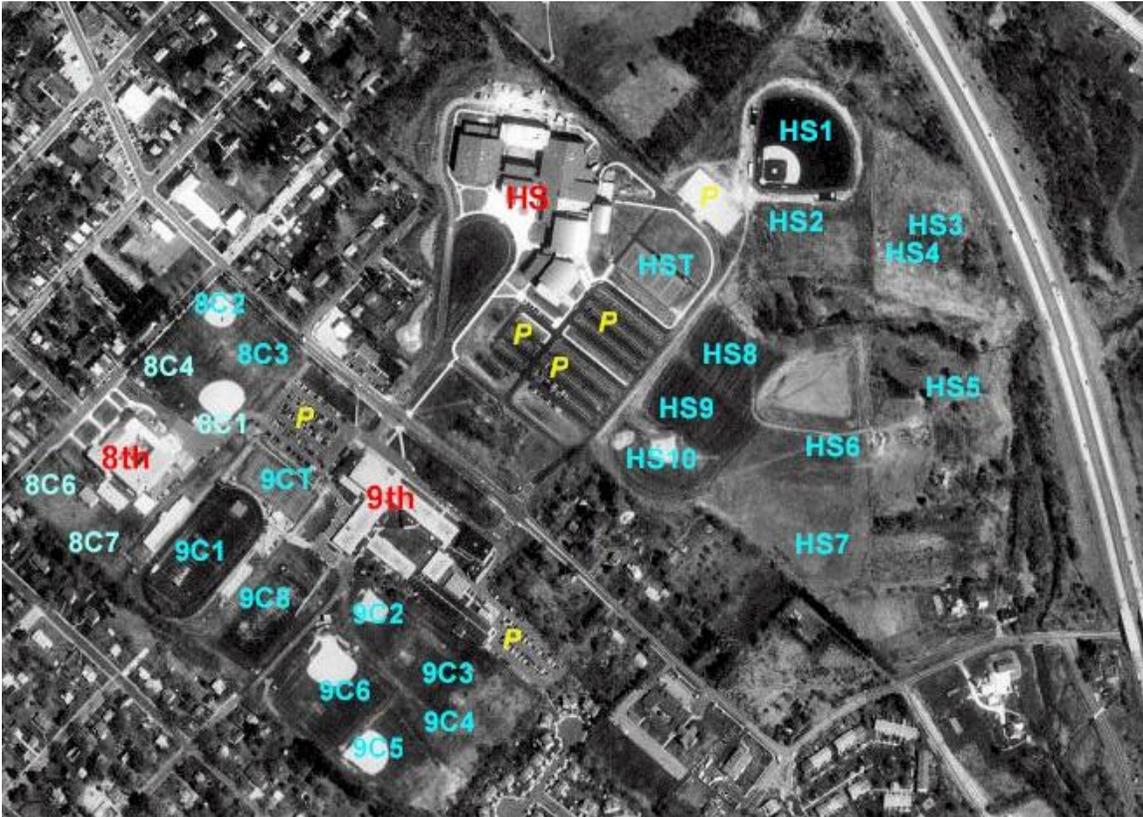
## Emergency Locations and Access Points

### Location

AED

<b>SPRING-FORD HIGH SCHOOL</b> 350 South Lewis Road Royersford Indoor Events Main Gymnasium- EMS enter through door 12 Auxiliary Gymnasium-EMS enter through door 12 Fitness Center/Wrestling Room-EMS enter through door 9 Outdoor Events-see below map for field access points	<b>610-705-6001 TR X 2575</b>	<b>Training Room Gym/Auditorium Lobby</b>
<b>9<sup>TH</sup> GRADE CENTER</b> 400 South Lewis Road, Royersford Indoor Events Main Gymnasium-EMS enter through gymnasium lobby (door 1) Auxiliary Gymnasium-EMS enter through gymnasium lobby or door 22 Outdoor Events-see below map for field access points	<b>TR X 2124</b>	<b>Main Gym Girls Side</b>
<b>8<sup>TH</sup> GRADE CENTER</b> 700 Washington St. Royersford Main Gymnasium-EMS enter through door 8 Outdoor events-see below map for field access points		<b>Main Office Hallway</b>
<b>7<sup>TH</sup> GRADE CENTER</b> 833 South Lewis Road, Royersford Main Gymnasium-EMS enter through door 22	<b>1-610-705-6010 TR X 2535</b>	<b>Main Gym Stage left</b>

## Field Maps



## LIGHTNING SAFETY POLICY

### **Purpose**

The purpose of this lightning safety policy is to ensure the health, well being, and safety of all students participating in athletics at Spring-Ford High School in the event of a thunder and lightning storm.

### **Chain of Command**

The athletic director will be responsible for the notification of removal from the athletic fields in the event of a lightning storm. Notification will take place via the walkie talkie system.

### **Procedure**

This lightning safety policy was created in accordance with the *Crisis Prevention, Intervention, and Postvention Plan* of the Spring-Ford Area School District and following the guidelines set forth in the by the NCAA and the *National Severe Storms Laboratory* (NSSL). In the event of lightning or severe storm warning:

1. The Athletic Director or his designee will monitor threatening weather conditions and make the decision to remove a team or individuals from an athletic venue or event.
2. Monitoring should include obtaining a weather report prior to a practice or competitive event.

Be aware of potential thunderstorms that may form. Be aware of National Weather Service-issued (NWS) thunderstorm “watches” and “warnings” as well as the signs of thunderstorms developing nearby. “Watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

3. Be aware of how close lightning is occurring. Count the seconds using the flash-to-bang (flash of lightning-to-clap of thunder) method. Count the seconds and divide by five, which gives you the distance, in miles, that the lightning strike occurred. By the time the flash-to-bang count is 30 seconds, all individuals should have moved to safety. Be alert at the first sign of lightning or thunder and judge the time necessary to evacuate all individuals from the athletic venue. Ideally 30 minutes should pass following the last flash of lightning or clap of thunder before resuming athletic activity. The Spring-Ford Area Athletic Department also has the use of hand held lightning detectors which can aid in the determination of storm distance. **A lightning detector reading of 8 miles or less will require immediate evacuation to a safe area.**

4. In the event that thunder and lightning occurs:

**If inside:**

- Avoid using the telephone, except for emergencies
- Stay away from other electrical appliance (televisions, hairdryers, etc.).

**If outside:**

- Return immediately to school building
- If building is not available, get inside a car or bus and keep the windows rolled up

**If inside shelter is not immediately available:**

- Do not stand underneath a natural lightning rod such as a tall, isolated tree
- Avoid projecting above the surrounding landscape as you would if you were standing on a hilltop or in an open field.
- Get out of and away from open water.
- Get away from tractors and other metal equipment.
- Get off and away from motorcycles, golf carts, and bicycles. Put down golf clubs and bats.
- Stay away from wire fences, clotheslines, metal pipes, rails, and other metallic paths which could carry lightning to you from some distance away.
- Avoid standing in small isolated sheds or other small structures in open areas (dugouts)
- In a group of people, spread out, keeping several yards apart from each other.

**If you feel your hair stand on end, you are in immediate danger of being struck:**

- Unless you can instantly jump inside shelter, drop to a crouching position bending forward and keep your feet close together with your hands on your knees. The object is to be as low to the ground as possible and yet have as little of your body surface as possible touching the ground.

\* An AED is stationed in an alarmed cabinet in the Senior High School Gymnasium. It is located by the Art Wing and is outside of the Athletic Training Room and the Boys Locker Room. During outside events, the AED will be with one of the Certified Athletic Trainers who can be reached via a walkie talkie or cell phone.