



# **Oak Grove High School Athletics Department**

3507 Midway School Road  
Winston-Salem, NC 27107

## **Emergency Action Plan**

**2017 - 2018 as of 8/1/2017**

Athletic Administrators:  
Scott Dalton – Principal  
Stan Smith – Athletic Director  
Jeremy Miller – Athletic Trainer

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# **Oak Grove High School**

## **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 sport participant. 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 workers must be prepared. The athletic department at Oak Grove has a duty to develop an emergency plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency 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. Hopefully, 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 will enable each emergency situation to be managed appropriately.

### **Components of the Emergency Plan**

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

## Emergency Plan Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine team, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [also including: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards are maintained in the athletic training facility and/or with the athletic director.

The emergency team consists of the team physician, certified athletic trainer, school resource officer, athletic director, administrator, coaches, and/or athletic training student aides. Roles of these individuals will vary depending on different factors such as team size, athletic venue, preference of the athletic trainer, etc.

The four basic roles within the emergency team are:

### **1. Establish scene safety and immediate care of the athlete**

This should be provided by the most qualified individual on the medical team.

### **2. 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. However, the person chosen should be someone who is calm under pressure, communicates well, and is familiar with the location and address of the sporting event.

### **3. Equipment Retrieval**

This may be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed. Athletic training students, managers, and coaches may be good choices for this role.

### **4. Direction of EMS to scene**

One of the members of the team should be in charge of meeting the emergency medical personnel as they arrive at the site. This person should have keys to locked gates or doors.

**Chain of Command:** Team Physician → Certified Athletic Trainer → School Resource Officer → Athletic Director → Administrator → Head Coach → Assistant Coach → Athletic Training Student Aides

Formation on an emergency team and implementation of specific roles are important. The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

## Activating Emergency Medical Services

- **Call 9-1-1**
- **Provide Information**
  - name, address, telephone number of the caller
  - nature of emergency (medical or non-medical\*)
  - number of athletes
  - condition of athlete(s)
  - first aid treatment initiated by the first responder
  - specific directions as needed to locate the emergency scene (i.e. “use the east entrance to the stadium on Midway School Road”)
  - other information requested by the dispatcher

- **DO NOT HANG UP UNTIL EMS HANGS UP FIRST**

\*If non-medical, refer to the specified checklist of the school’s non-athletics emergency action plan

## Emergency Communication

Communication is a key to a quick, efficient emergency response. There should be a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

## Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with function and operation of each type of emergency equipment. The equipment should be checked on a regular basis to ensure good condition and equipment use should be rehearsed by all emergency personnel. Creating an equipment inspection log book is strongly recommended. Know how to properly care for and store all of the equipment. You should choose a clean, dry, environmentally controlled area and it should be readily available when emergency situations arise.

This type of equipment could include: spine boards and straps, automated external defibrillators (AEDs), AED pads, AED batteries, splinting equipment, helmet removal equipment and their batteries, etc.

**Coaches should take note of the closest AED to their practice and game locations.**

## Medical Emergency Transportation

Emphasis is placed on having an ambulance on site at high risk sporting events, such as football, major tournaments, track and field meets, etc. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and cleared route for entering/exiting the venue. In the event that an ambulance is not on site, the medical personnel should be aware of average EMS response time for the athletic venue and distance from the venue to local hospitals.

*Any emergency situation where there is impairment in loss of consciousness (LOC), airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “**load and go**” situation and emphasis placed on rapid evaluation, treatment, and proper transportation.*

## Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan checklist and follow instructions.

## 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 athletic 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, **Oak Grove High School** helps ensure that the athlete will have the best care provided when an emergency situation does arise.

### Approval and acceptance of the Oak Grove High School Emergency Plan for Athletics

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
Principal

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
Athletic Director

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
Athletic Trainer

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
Team Physician

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
Team Physician

# OAK GROVE HIGH SCHOOL

## Emergency Contact List

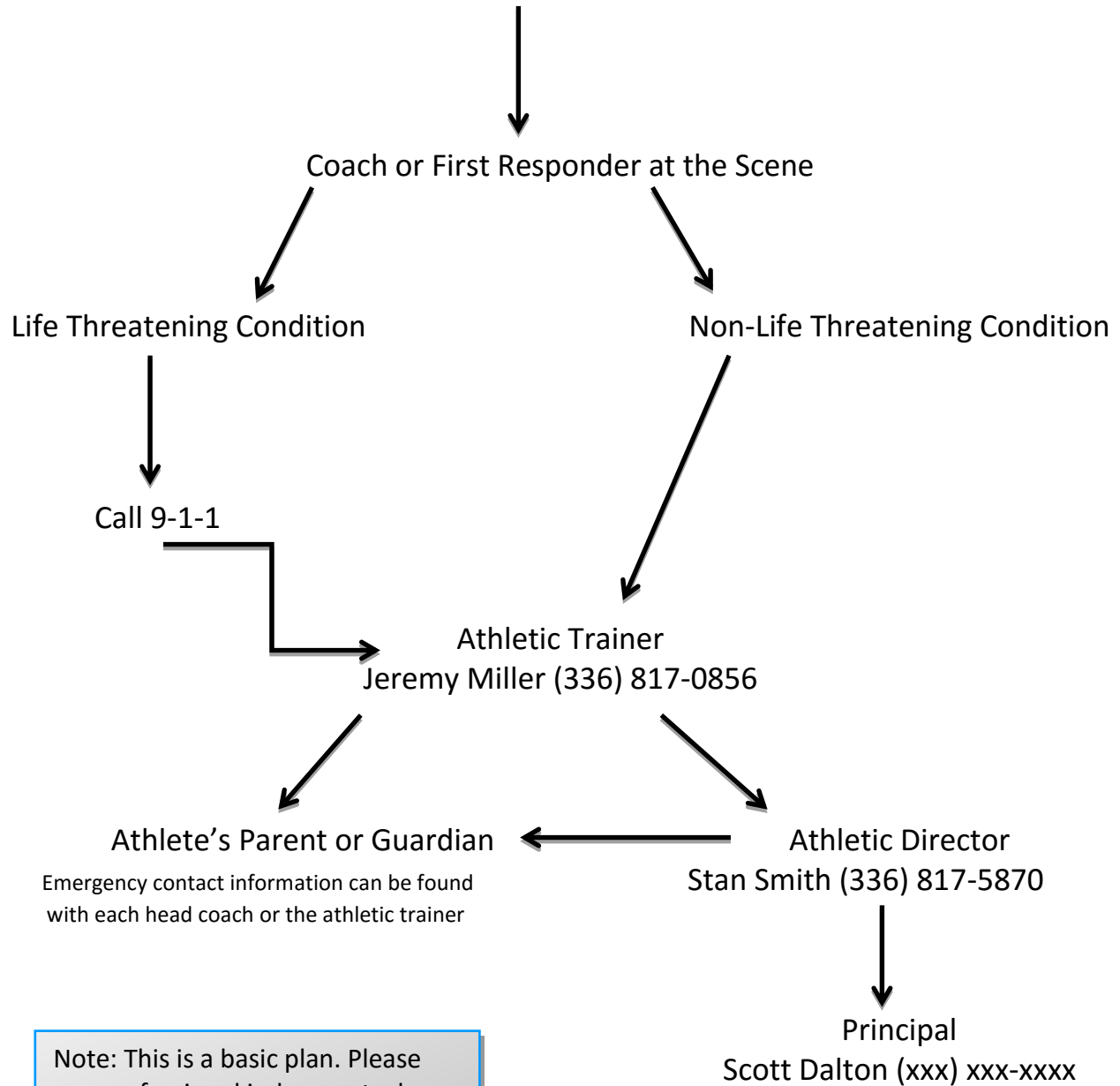
Off Campus Contacts	Phone Number
Davidson County Sherriff's Office	336-242-2100
Davidson County Emergency Services	336-242-2270
Midway Fire & Rescue	336-764-0920
Forsyth Medical Center	336-718-5000
Thomasville Medical Center	336-472-2000
Poison Control Center	800-222-1222
Center for Disease Control	800-232-4636
National Weather Service	919-515-8209

On Campus Offices	Phone Number
Athletic Training Room	
Athletic Director	336-817-5870
Main Office	336-474-8280
School Counselor Office	

Title	Name	Office	Cell
Athletic Trainer	Jeremy Miller		336-817-0856
Athletic Director	Stan Smith	336-474-8282	336-817-5870
School Nurse			
Principal	Stott Dalton		
School Resource Officer			

# OAK GROVE HIGH SCHOOL

## Contact Phone Tree



Note: This is a basic plan. Please use professional judgement when a player is injured. Move down the chart if you are unable to reach the appropriate staff member.



## Oak Grove High School Campus Map



### EMS Directions to Oak Grove High School

#### From Winston-Salem, NC

Take and follow US-52 S; Take exit 100 for Hickory Tree Rd toward Midway; Turn left on Hickory Tree Rd; Turn right onto Old U.S. 52 S; Turn left onto Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 3<sup>rd</sup> exit

#### From Lexington and Salisbury, NC

Take and follow US-52 N; Take exit 97 toward Midway; Turn left onto Old U.S. 52 N; Turn right onto Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 3<sup>rd</sup> exit

#### From Wallburg, NC

Take and follow NC-109 S; Turn right onto Old Greensboro Rd; Turn right onto Midway School Rd; Slight left to stay on Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 1<sup>st</sup> exit

#### From Thomasville, NC

Take and follow NC-109 N; Turn left onto Midway School Rd; Slight left to stay on Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 1<sup>st</sup> exit

# OAK GROVE HIGH SCHOOL

**3507 Midway School Road  
Winston-Salem, NC 27107**

## **Athletics Venue Information Chart**

NOTE: Each entrance for EMS should be coded (i.e. Entrance #1, Entrance #2) and labeled on the map.

<b>Venue</b>	<b>EMS Route: Entrance</b>	<b>Primary AED</b>	<b>Secondary AED</b>
Main Gymnasium	Main Entrance	Athletic Training Room	Main Office
Football Stadium	Main Entrance	Athletic Training Room	Main Office
Baseball/Softball Field	Athletic Fields	Concession Stand	Athletic Training Room
Soccer Field	Athletic Fields	Concession Stand	Athletic Training Room
Tennis Courts	Bus/Service	Athletic Training Room	Main Office
Practice Fields	Athletic Fields	Concession Stand	Athletic Training Room

## Venue Specific Plans

### Football Stadium (Football Games, Soccer Games, Track & Field)

#### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

#### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in field house behind North end zone

#### Emergency Equipment

Medical/First Aid Kit, AED, splint kit, trauma kit

#### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene (if not on site for game)
  - a. Open appropriate gates
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

#### Venue Directions

Take Midway School Road to traffic circle (Main Entrance); proceed to school and turn right towards stadium; follow road to stadium entrance located on visitor’s side of stadium at concession stand.

#### GPS Coordinates

35°56’38.663”N 80°9’43.887”W

#### Venue Map



## Baseball Field (Practices & Games)

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in baseball/softball concession stand

### Emergency Equipment

Medical/First Aid Kit, AED

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address **(3507 Midway School Road)**, telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to Athletic Fields Entrance; follow road past softball field and through parking lot to baseball field.

### GPS Coordinates

35°56'41.165"N 80°9'37.65"W

### Venue Map





## Softball Field (Practices & Games)

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in baseball/softball concession stand

### Emergency Equipment

Medical/First Aid Kit, AED

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address **(3507 Midway School Road)**, telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to Athletic Fields Entrance; follow road past softball field to parking lot on the backside of the softball field.

### GPS Coordinates

35°56'38.022"N 80°9'35.805"W

### Venue Map



## **Main Gymnasium (Basketball, Volleyball, Wrestling)**

### **Emergency Personnel**

Certified athletic trainer (ATC), first responder, student aides, coaches

### **Emergency Communication**

Fixed telephone line in coaches' office/locker room

Cellular phone carried by the athletic trainer, coaches, or athletic staff

### **Emergency Equipment**

Medical/First Aid Kit, AED, splint kit in athletic training room

### **Role of First Responders**

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to "flag down" EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### **Venue Directions**

Take Midway School Road to traffic circle (Main Entrance); follow road to circle at front of school; enter through entrance located in recessed portion of building to gymnasium on the right.

### **GPS Coordinates**

35°56'39.071"N 80°9'49.071"W

### **Venue Map**



## **Auxiliary Gymnasium (Basketball, Volleyball, Wrestling)**

### **Emergency Personnel**

Certified athletic trainer (ATC), first responder, student aides, coaches

### **Emergency Communication**

Fixed telephone line in coaches' office/locker room

Cellular phone carried by the athletic trainer, coaches, or athletic staff

### **Emergency Equipment**

Medical/First Aid Kit, AED, splint kit in athletic training room

### **Role of First Responders**

5. Immediate care of the injured or ill student-athlete
6. Activation of emergency medical services (EMS)
  - c. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - d. Activate phone tree
7. Emergency equipment retrieval
8. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to "flag down" EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### **Venue Directions**

Take Midway School Road to traffic circle (Main Entrance); follow road to circle at front of school; enter through entrance located in recessed portion of building; proceed through hallway past main gymnasium; auxiliary gymnasium is located at end of hall on the right

### **GPS Coordinates**

35°56'40.603"N 80°9'49.766"W

### **Venue Map**





## Weight Room

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Fixed telephone line in weight room

Cellular phone carried by the athletic trainer, coaches, or athletic staff

### Emergency Equipment

Medical/First Aid Kit, AED, splint kit in athletic training room

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to traffic circle (Main Entrance); follow road to circle at front of school; enter through entrance located in recessed portion of building; proceed through hallway past main gymnasium; weight room is located across from auxiliary gym on left

### GPS Coordinates

35°56'40.322"N 80°9'51.582"W

### Venue Map





## Tennis Courts

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in athletic training room

### Emergency Equipment

Medical/First Aid Kit, AED, splint kit in athletic training room

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to Bus/Service Entrance; follow road through bus parking lot around to back of school where tennis courts are located.

### GPS Coordinates

35°56'42.354"N 80°9'50.848"W

### Venue Map



## Practice Field (Football)

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in baseball/softball concession stand

### Emergency Equipment

Medical/First Aid Kit, AED, splint kit

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of emergency medical services (EMS)
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - b. Activate phone tree
3. Emergency equipment retrieval
4. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to Athletic Fields Entrance; follow road past softball field and through parking lot to baseball field; proceed around baseball field to practice field.

### GPS Coordinates

35°56'45.794"N 80°9'37.484"W

### Venue Map



## Practice Field (Soccer, Band)

### Emergency Personnel

Certified athletic trainer (ATC), first responder, student aides, coaches

### Emergency Communication

Cellular phone carried by the athletic trainer, coaches, or athletic staff

Fixed telephone line in baseball/softball concession stand

### Emergency Equipment

Medical/First Aid Kit, AED

### Role of First Responders

5. Immediate care of the injured or ill student-athlete
6. Activation of emergency medical services (EMS)
  - c. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
  - d. Activate phone tree
7. Emergency equipment retrieval
8. Direct EMS to scene
  - a. Open appropriate gates/doors
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

### Venue Directions

Take Midway School Road to Athletic Fields Entrance; practice field is on the left along road and parking lot

### GPS Coordinates

35°56'35.162"N 80°9'38.836"W

### Venue Map



## Inclement Weather Policies

### Hot Weather Guidelines

#### From the NATA Position Statement: *Fluid Replacement for Athletes* (2000)

Dehydration can compromise athletic performance and increase the risk of exertional heat injury. Athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity. Drinking behavior can be modified by education, increasing fluid accessibility, and optimizing palatability. However, excessive overdrinking should be avoided because it can also compromise physical performance and health. We will provide practical guidelines regarding fluid replacement for athletes.

- Acclimatization will take place over 10-14 days
- Unlimited amounts of water will be made readily available
- It is recommended that 7-10oz of water be consumed every 10-20 minutes.
- Wet Bulb Globe Temperature (WBGT) will be taken every hour to determine activity modifications using a WBGT device.

Each school will default to practice/game restrictions put in place by Davidson County Schools' "Heat Advisory" procedure. If no such restriction is in place for the day, follow procedure below:

WBGT Index (F)	Heat Index	Procedure
Less than 80	Less than 80	Primary cautions for new or unconditioned athletes or extreme exertion (5 min water/rest break every 30 min)
80 – 84.9	80-90	Closely monitor new or unconditioned athletes and all athletes during extreme exertion (5 min water/rest break every 25 min)
85 – 87.9	91-103	Reduced intensity practice or modifications in clothing/equipment (5 min water/rest break every 20 min)
88 – 89.9	104-124	All athletes under constant observation; remove pads and equipment (5 min water/rest break every 15 min)
90 or Above	125 and up	SUSPEND PRACTICE

## **Lightning Safety**

### **From the NATA Position Statement: *Lightning Safety for Athletics and Recreation***

*Journal of Athletic Training*, 2013; 48(2):258-270

“Lightning is the most dangerous and frequently encountered thunderstorm hazard that people experience every year. Over the past century, it has consistently been in the top 2 causes of storm-related deaths in the United States. During the most recent decade, lightning was responsible for an average of 42 fatalities yearly in the United States and an estimated 10 times as many injuries. Lightning is a widespread danger to the physically active population, in part because of the prevalence of afternoon to early evening thunderstorms from late spring to early fall and a societal trend toward outdoor physical activities during those times.”

## **Recommendations**

The National Athletic Trainers’ Association and Davidson County Schools recommend a proactive approach to lightning safety, including the implementation of a lightning-safety policy. The policy includes: (1) Promote lightning-safety slogans. (2) Establish a chain of command. (3) Use a reliable means of monitoring the weather. (4) Identify locations safe from the lightning hazard. (5) Establish specific criteria to suspend and resume activity.

### **1. Promote Lightning-Safety Slogans**

- “**NO** Place Outside Is Safe When Thunderstorms Are In The Area!”
- “When Thunder Roars, Go Indoors!”
- “Half An Hour Since Thunder Roars, Now It’s Safe To Go Outdoors!”

### **2. Establish a Chain of Command**

- The athletic trainer will be the designated “weather watcher” and will work closely with the athletic director and principal to make decisions on suspending and removing participants from each athletic venue.
- As the designated “weather watcher”, the athletic trainer will actively be looking for signs of threatening weather.

### **3. Use a Reliable Means of Monitoring the Weather**

- Monitoring the weather is at minimum a 2-prong approach:
  1. Awareness of local weather
    - Local weather shall be monitored through the use of smartphone applications (WeatherBug, Weather Underground, etc.) local news forecasts, or online (weather.com, The NWS, etc.).
  2. Actively looking for signs of approaching or developing thunderstorms
    - The athletic trainer and designated persons will watch for incoming severe weather signs, such as high winds, darkening clouds, or lightning or thunder.
    - WeatherBug’s Spark Lightning Alert app and a handheld SkyScan Portable Lightning Detector will be utilized to monitor the presence of lightning.

### **4. Identify Locations Safe From the Lightning Hazard**

- The primary choice for a lightning-safe building is any fully enclosed building with wiring and plumbing.
- If a safe building is not available, a fully enclosed vehicle with a solid metal roof and sides provides nearly equivalent safety.

- Each venue's specific location is listed below.

#### **5. Establish Specific Criteria to Suspend and Resume Activity**

- The identified weather watcher (athletic trainer) is a critical participant in suspending activity.
- Proven technologies currently on the market can aid in determining when lightning is approaching or in the immediate area and can assist in determining when to vacate and resume activities.
- Activities will be suspended until 30 minutes after the last strike of lightning within 10 miles or after the last sound of thunder is heard. The 30-minute clock restarts for each lightning flash and each time thunder is heard.

#### **Specific Guidelines for Oak Grove High School**

- Postpone or suspend activities if a thunderstorm appears imminent before or during activity. If thunder can be heard, lightning is close enough to be a hazard, and people should go to a safe location immediately. The WeatherBug Spark Lightning Alert app and SkyScan Portable Lightning Detector will be used to determine when lightning is approaching or in the immediate area.

#### **Safe shelters for each venue are as follows:**

- **Football/Soccer/Track**
  1. Field House/Locker Room
  2. School Gymnasium/Locker Rooms
  3. School Buses, Cars, or Vans
  4. Stadium Bathrooms
- **Baseball**
  1. Concession Stand/Bathrooms
  2. School Buses, Cars, or Vans
- **Softball**
  1. Concession Stand/Bathrooms
  2. School Buses, Cars, or Vans
- **Tennis**
  1. School Gymnasium/Locker Rooms
  2. School Buses, Cars, or Vans
- **Practice Fields**
  1. Field House/Locker Room
  2. School Gymnasium/Locker Rooms
- Unsafe locations include most places termed shelters, locations with open areas, and areas near tall objects. Lightning-safety strategies include avoiding shelter in storage sheds, dugouts, concession stands, press boxes, open garages, and under the stadium. Everyone should also avoid standing under trees, poles and elevated areas as well as avoid open fields.

### **First Aid for Lightning Victims**

Rescuers and emergency personnel must ensure their own personal safety before venturing into a dangerous situation to render care. The EMS should be activated as soon as it is determined that casualties may exist. Touching a victim to provide first aid is safe. If a lightning strike victim presents in asystole cardiac or respiratory arrest, it is critical to initiate CPR as soon as safely possible. If an AED is available, it should be used with victims who are unconscious or may be in cardiac arrest. Personnel responsible for the well-being of participants should maintain current CPR and first-aid certifications.

Evaluate and treat lightning strike victims in the following order:

- 1) Move patient(s) to a safer location if needed.
- 2) Evaluate and treat for apnea (cessation of breathing) and absence of heartbeat (cardiac arrest).
- 3) Assess level of consciousness.
- 4) Evaluate and treat for the possibility of spinal injuries.
- 5) Evaluate and treat for hypothermia.

### **Tornado Policy**

In the event of a tornado watch or warning, please make sure to confirm with school administration and athletic directors about the course of action for your athletes. These violent storms can arise at any time during a favorable event and being caught off guard could be deadly. Please make sure your coaches and athletes are aware of the safe locations to report to in the event of tornadic activity. If there is not a school policy regarding a safe location, please get your athletes to an interior room of a sturdy building. This is best decided on prior to a severe weather event. Listed below are three locations that would be suitable for refuge:

- 1) Main Gymnasium
- 2) Auxiliary Gymnasium
- 3) Cafeteria

## **Additional Considerations for Specific Conditions**

### **1. Sudden Cardiac Arrest**

- Goal of initiating Cardio-Pulmonary Resuscitation (CPR) within 1 minute of collapse
  - Targeted first responders (e.g. certified athletic trainer, first responders, coaches) should receive CPR training and maintain certification
- Goal of “shock” from a defibrillator within 3-5 minutes of collapse
  - Consider obtaining Automated External Defibrillator(s)
    - Understand that in most communities the time from EMS activation to shock is 6.1 minutes on average and can be longer in some places
    - Appropriate training, maintenance, and access
    - Notify EMS of AED type, number, and exact location
- Additional equipment to consider beyond AED
  - Barrier shield device/pocket masks for rescue breathing
  - Bag-valve mask
  - Oxygen source
  - Oral and nasopharyngeal airways

### **2. Heat Illness**

- Follow NCHSAA heat and humidity guidelines
- Inquire about sickle cell trait status on Pre-Participation form
  - Consider those with the trait to be “susceptible to heat illness”
  - Those with the trait should not be subject to timed workouts
  - Those with the trait should be removed from participation immediately if any sign of “exhaustion” or “struggling” is observed
- If heat illness is suspected
  - Activate EMS immediately
  - Begin cooling measures
    - Shade, cool environment
    - Ice water immersion, ice packs, soaked towels, fan and mist
- Any victim of heat illness should see a physician before return to play

### **3. Head and Neck Injury**

- Athletic trainer/First responder should be prepared to remove the face-mask from a football helmet in order to access a victim’s airway without moving the cervical spine
- Sports medicine team should communicate ahead of time with local EMS
  - Agree upon C-spine immobilization techniques (e.g. leave helmet and shoulder pads on for football players) which meet current local and national recommendations/ standards
  - Type of immobilization equipment available on-site and/or provided by EMS
- Athlete and coaches should be trained not to move victims

### **4. Asthma**

- Students with asthma should have an “asthma action plan”
  - Lists medications, describe actions to take based on certain symptoms and/or peak flow values as determined by a licensed physician / PA / NP



- On file with the athletic trainer
- Available at games / practice / conditioning
- Can be same as that on file with school nurse
- Students with asthma should have:
  - Rescue inhaler and spacer if prescribed
    - Readily accessible during games / practice / conditioning
    - Athletic trainer / first responder should have an extra inhaler prescribed individually for each student as back-up
    - Before each activity test to be certain it is functional, contains medication, and is not expired

## 5. Anaphylaxis

- Documentation of known anaphylactic allergy to bee stings, foods, medications, etc. should be on file with the athletic trainer
  - Describe symptoms that occur
  - What action to take if specific symptoms occur
- Students with known anaphylactic allergy should have
  - Rescue prescription medication (usually an epi-pen)
    - Readily accessible during games / practices / conditioning
    - Athletic trainer / first responder should have an extra supply of the rescue medication prescribed individually for each student as back-up
    - Before each activity examine to be certain it is functional, contains medication, and is not expired

## 6. Lightning

- Assign the role of monitoring for threatening weather conditions
  - Typically athletic trainer, administrator
  - Discuss in advance of games the role of this person (Baseball, softball, football)
- Methods to monitor for lightning risk
  - Consult National Weather Service or local media for severe weather watches and warnings
  - Observe the sky for signs of approaching severe weather (thunder and/or lightning)
- Communicate the need to stop activity and seek shelter
  - P.A. announcement (announce specific locations and directions to these locations)
  - Signal sound from a horn, siren, whistle, bell
- Identify safe shelter for each venue and be sure it is accessible (within reasonable distance, unlocked, capacity)
  - Building (with four walls, a ceiling, and plumbing or wiring that acts to electrically ground the structure)
  - Secondary option is a metal roof vehicle with all windows completely rolled up
- Determine when to resume activity
  - Thirty-minute rule: Wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play

# Oak Grove High School

## Protocol for Medical Certification Requirements

All athletics personnel associated with practices, competition, skills instruction, and strength and conditioning including all head, assistant, and volunteer coaching staff, must have the following:

- Red Cross CPR/AED for the First Responder
- Red Cross First Aid for the First Responder
- Prevention of Disease Transmission: Blood Borne Pathogens
- Emergency Action Plan annual run-through

All updated copies of certificates/cards will be on file at Davidson County School's County Office

Log of Safety Certifications			
Fall Sports			
Sport	Staff Member	CPR/AED Good Until	First Aid Good Until
Football	Mark Holcomb	6/12/2018	6/12/2018
	Calvin Keller	6/13/2018	6/13/2018
	Dan Swaim	6/9/2018	6/9/2018
	Danny Thomas	6/12/2018	6/12/2018
	David Thomas	6/12/2018	6/12/2018
	Kirk Brown	6/12/2018	6/12/2018
	Rob Creason	6/12/2018	6/12/2018
	Shane Timmons	6/6/2018	6/6/2018
	Stan Smith	6/12/2018	6/12/2018
	Trevor Hinson	6/13/2018	6/13/2018
Boys Soccer	Ty Tuttle	6/12/2018	6/12/2018
	Daniel Baker	4/10/2018	4/10/2018
Volleyball	Mason Monk		
	Cherie Bowman	3/19/2018	3/19/2018
	Lynne Rausch	3/2/2018	3/2/2018
Cheer	Kendall Hartsook	6/12/2018	6/12/2018
	Kim Pendry	7/30/2018	7/30/2018
Girls Tennis	Hillary Daniels	6/12/2018	6/12/2018
Girls Golf	Vaughn Black	6/12/2018	6/12/2018
Cross Country	Shawn Loggins	6/12/2018	6/12/2018
	Tom Kotris	6/12/2018	6/12/2018

# Oak Grove High School

## Acknowledgement of Training on the Emergency Action Plan

Please copy form as needed

Each coach or volunteer in every sport providing instruction, assistance, or supervision in an athletic activity for the student athletes at OAK GROVE HIGH SCHOOL must sign this form certifying that the coach or volunteer has completed the training on the emergency action plan. The training must be completed **annually**.

I hereby verify by signing below that I have completed the training on the emergency action plan.

\_\_\_\_\_ (name) \_\_\_\_\_ (signature) \_\_\_\_\_ (position) \_\_\_\_\_ (date)

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