

MacArthur High School

Athletic Emergency Action Plan

Athletic injuries are inherent in sports and can occur at any time and during any activity. Athletic emergencies are rare occurrences but, when they do occur, advance preparation and communication among all members of the emergency team are vital to ensure a safe outcome. Emergency situations may occur at any time during athletic events. Proper and expedient action is necessary to provide the best possible care for the student-athletes of MacArthur High School. The development and implementation of an emergency action plan will ensure that the best possible care is provided. The emergency plan should be implemented immediately when necessary to provide appropriate standards of care for all student-athletes. Proper advance preparation will enable each emergency situation to be managed appropriately. The importance of being properly prepared when athletic emergencies arise is vital. The survival of a student-athlete may depend on the training and preparation of the athletic healthcare providers. Time is a critical factor in emergency situations.

Emergency Team Roles

1. Immediate care of the athlete
2. Emergency equipment retrieval
3. Activation of Emergency Medical System
4. Direction of EMS to scene
5. Scene Control

Medical Chain of Command

The athletic training staff will always function as the primary care givers at the site of injury or accident (when on-site) and would manage the situation according to the following rank:

1. Team Physician
2. Head Athletic Trainer – Amanda Boyd (210-215-1442)
3. Assistant Athletic Trainer – Mike Post (210-275-8264)

In the event that a licensed Athletic Trainer is not on site at the time of injury the following chain of command should be used:

1. Head Coach
2. Assistant Coach
3. NEISD personnel (police, nurse, teacher, etc.)
4. Student Trainer / Student-Athlete

The welfare of the injured athlete always comes first and foremost. Therefore, if immediate care in some form is vital, by no means should care wait until a licensed Athletic Trainer arrives on scene. Proceed as judgement dictates until help arrives.

If a severe medical emergency occurs while a licensed Athletic Trainer is not present, immediately call 911 to activate the emergency medical system, and then call the Head Athletic Trainer to notify of the situation once it has been dealt with.

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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, mobile telephone, or 2-way radio. All communication equipment may be checked prior to each event to ensure proper working order.

Activation of EMS – Call 911 (*If calling from school phone dial 9-911*)

1. Caller name, 2923 MacArthur View, caller's phone number
2. Number of athletes
3. Condition of athletes
4. Emergency first aid initiated
5. **Specific directions** to location
6. Other information as requested
7. Do not hang up unless told to do so by operator

Emergency Equipment

All emergency equipment will either be on site or quickly accessible. All athletic training personnel will be familiar with the operation and function of all equipment. Equipment will be maintained on a regular basis and will be in good operating condition. Equipment will be stored in a controlled and readily available location.

Equipment

1. Spine Board
2. Vacuum Splints
3. Ice and wraps
4. Crutches
5. Sling
6. Immobilizer
7. Blood-Borne Pathogen Kit
8. Automated External Defibrillator (AED)*
9. Wound care supplies
10. Tarp / Disaster Pouch

*Refer to Map for locations of AED

Transportation

An ambulance will be on site at high-risk events, such as varsity football games and other special events. 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. An athletic trainer, if applicable, will accompany the student-athlete to the emergency room. If an athletic trainer is unable to go to the emergency room, the coach is responsible for going along.

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VENUES

MacArthur Gymnasium, Football, Baseball, Soccer, Softball, Tennis, Track & Field

Emergency Personnel

Licensed / certified athletic trainer(s) and student athletic trainer(s) will be on site for practice and competition. Additional athletic training staff is available in the MacArthur Athletic Training Room (210-356-7660). Amanda Boyd (210-215-1442), Mike Post (210-275-8264)

Emergency Communication

Telephone line to the MacArthur Athletic Training Room (210-356-7660).

Emergency Equipment

Emergency equipment available in MacArthur Athletic Training Room and/or on site:

1. Spine Board	8. Automated External Defibrillator (AED)*
2. Vacuum Splints	9. Wound care supplies
3. Ice and wraps	10. Tarp / Disaster Pouch
4. Crutches	*Refer to Map for locations of AED
5. Sling	
6. Immobilizer	
7. Blood-Borne Pathogen Kit	

Role of First Responders

1. Immediate care of the athlete
2. Emergency equipment retrieval
3. Activation of Emergency Medical System (911), if necessary
4. Direction of EMS to scene
5. Scene control

Emergency Information

1. Caller name, 2923 MacArthur View, caller's phone number
2. Number of athletes
3. Condition of athletes
4. Emergency first aid initiated
5. Specific directions to location
6. Other information as requested
7. Do not hang up unless told to do so by operator

Venue Directions

The MacArthur Softball, Tennis, Baseball, Track & Football/Soccer fields, and MacArthur Gymnasium are located on the north side of the MacArthur High School campus at 2923 MacArthur View. Direct access to these fields/courts should be made from the west/northwest entrance, closest to the intersection of Mayfair and Regency Pool, to the campus off of MacArthur view. Refer to Map.

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MacArthur "Cheer Shack", Grass Field

Emergency Personnel

Licensed / certified athletic trainer and student athletic trainer(s) will be on site for practice and competition. Additional athletic training staff is available in the MacArthur Athletic Training Room (210-356-7660). Amanda Boyd (210-215-1442), Mike Post (210-275-8264)

Emergency Communication

Telephone line in boys' coaches' office (210-356-7661/7662), girls' coaches' office (210-356-7664) and MacArthur Athletic Training Room (210-356-7660).

Emergency Equipment

Emergency equipment available in MacArthur Athletic Training Room and/or on site.

1. Spine Board	7. Blood-Borne Pathogen Kit
2. Vacuum Splints	8. Automated External
3. Ice and wraps	Defibrillator (AED)
4. Crutches	9. Wound care supplies
5. Sling	10. Tarp
6. Immobilizer	

Role of First Responders

1. Immediate care of the athlete
2. Emergency equipment retrieval
3. Activation of Emergency Medical System (911), if necessary
4. Direction of EMS to scene
5. Scene control

Emergency Information

1. Caller name, 2923 MacArthur View, caller's phone number
2. Number of athletes
3. Condition of athletes
4. Emergency first aid initiated
5. Specific directions to location
6. Other information as requested
7. Do not hang up unless told to do so by operator

Venue Directions

MacArthur Gym is located on the north side of MacArthur High School campus between the soccer and football fields at 2923 MacArthur View. The "Cheer Shack" is located in the East parking lot. It is Southeast from the MacArthur Gymnasium. Direct access for grass field should be made from the East entrance, closest to the MacArthur Plaza Shopping Center, of the campus. Refer to Map.

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Monitoring the Environment

The UIL approved **Wet Bulb Globe Temperature (WBGT)** as the recommended forecast measurement to be used to monitor environmental conditions during outdoor physical activities. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers. The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent Exertional Heat Stroke. The below table represents modified guidelines from the American College of Sports Medicine regarding:

WBGT Activity Guidelines

Class 3	Activity Guidelines
<82.0	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min during the workout
82.0 - 86.9	Use discretion for intense or prolonged exercise; provided at least three separate rest breaks each hour with a minimum duration of 4 min each
87.0 - 90.0	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.
90.1 - 92.0	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 a 20 min of rest breaks distributed throughout the hour of practice
≥92.1	No outdoor workouts. Delay practices until a cooler WBGT is reached.

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Environment Emergencies

Heat Stress

Early fall football, cross country, and volleyball practices are conducted in extremely hot and humid weather in South Texas. Due to the amount of equipment worn in football, they are at an increased risk of suffering from heat illness. During hot weather conditions, the athletes are subject to the following:

- Heat Cramps – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- Heat Syncope – Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.
- Heat Exhaustion (Water Depletion) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- Heat Exhaustion (Salt Depletion) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- Heatstroke – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete must have an **annual physical exam with a medical history** prior to any athletic participation.
2. Coaches should know the **physical condition** of their athletes and set practice schedules accordingly.
3. Implement a **gradual acclimatization to hot weather**.
4. Water must be on the field/court readily available to the athletes at all times. Water breaks should be given every half hour of heavy exercise. **Water should be available in unlimited quantities**.
5. **Salts should be replaced daily**. Modest salting of foods or consumption of a sports drink after practice or games will accomplish this purpose. Salt tablets are not recommended.
6. Know both **temperature and humidity**. The greater the humidity, the more difficult it is for the body to cool itself.
7. In extreme hot and humid weather, **reduce the amount of clothing** covering the body as much as possible.
8. Pre and post workout weigh-ins each day and recorded on **weight charts** to ensure athletes are properly replacing weight lost due to sweat.
9. **Observation of athletes** carefully for signs of trouble.
10. **Know what to do in the event of an emergency**. Refer to the emergency action plan above.

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Heat Stroke – This is a medical emergency. DELAY IN CARE COULD BE FATAL.

Remove all equipment and excess clothing.

- Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35-58°F); stir water and add ice throughout cooling process.
- If immersion is not possible (no tub or no water supply), tarp/disaster pouch filled with ice and wrapped around individuals to rapidly cool internal body temperature (TACO method) and are encouraged to include a combination of the following options: ice sponges, towels, water misters, and shade.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
- If rectal temperature is not available, DO NOT USE AN ALTERNATE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
- Cease cooling when rectal temperature reaches 101-102°F

Heat Exhaustion – Obtain medical care at once. Cool student athlete immediately as you would for heatstroke while waiting for transfer to hospital. Give fluids if the athlete is conscious and able to swallow.

Cold Weather Illness

Although excessive and prolonged exposure to cold may be an infrequent problem with high school sports in South Texas, the prevention, recognition, and management of cold-related conditions. The human body's mechanisms of heat retention are significantly less efficient than our ability to dissipate heat. Falling temperatures, when coupled with conditions of exhaustion, dehydration, and wet clothing associated with activity can increase the risk of cold-related illness. There are two cold-related illnesses to be aware of:

Hypothermia – A decrease in the core body temperature to at least 95°. It occurs when the heat loss is greater than the metabolic and heat production. Hypothermia can be categorized in three stages:

- a. Mild Hypothermia – shivering, cold sensation, goose bumps, numb hands.
- b. Moderate Hypothermia – intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
- c. Severe Hypothermia – shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Frostbite – A thermal injury to the skin which can result from prolonged exposure to moderate cold or brief exposure to extreme cold. The body area

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most prone to frostbite are the hands, feet, nose, ears, and cheeks. Frostbite can be classified into three categories:

- d. Frostnip – Only the outer layer of skin is frozen. Skin appears white and waxy or possibly gray or mottled. It may have sensation or may be numb and painful.
- e. Superficial frostbite – Skin appears white, mottled, or gray. It feels hard or rubbery on the surface, but deeper tissue is still soft. Skin is insensitive to touch.
- f. Deep frostbite

The best practices to prevent cold related illness are:

- Dress in layers.
- Cover the head if possible, to prevent heat loss from the head and neck.
- Stay dry by wearing wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated
- Eat regular meals
- Avoid alcohol, caffeine, and nicotine.
- Consider cancellation of athletic events if weather conditions warrant.

Lightning

Lightning may be the most frequently encountered severe storm hazard endangering physically active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 am and 7:00 pm, which coincides with the hours for most athletic events.

- **NEISD District Policy**
 - Use of district approved weather tracking software. Currently use Perry Weather®.**
 - If lightning is detected within a 10-mile radius of campus/district venue all outdoor activities will be suspended for 30 minutes.
 - All athletes, staff, spectators, officials should be directed to a safe shelter.
 - A safe shelter is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
 - **Once activities are suspended, they will not resume until 30 minutes have passed since last recorded lightning strike within 10 miles.**
 - **If Perry Weather® service is not available the Flash to Bang method will be utilized to calculate distance of lightning.
 - Once lightning is spotted the designated person will count the seconds until the audible thunder is heard. The number counted is then divided by 5. The resulting number is the approximate distance, in miles, the storm is away.
Example: Time from lightning spotted to audible thunder = 30 seconds, $30 \div 5 = 6$ miles.

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- MacArthur High School Chain of Command
 - Head Athletic Trainer
 - Assistant Athletic Trainer
 - Athletic Coordinator
 - Head Coach
 - Assistant Coach
- MacArthur High School Safe Shelters
 - Gymnasium
 - JROTC
 - MacArthur High School classroom
 - “Cheer Shack”
 - Cafeteria
 - Auditorium
- District Facilities Chain of Command
 - Athletic Administrator
 - Head Athletic Trainer
 - Assistant Athletic Trainer
 - Athletic Coordinator
 - Head Coach
 - Assistant Coach

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AED locations:

- Main building – 1st floor, Admin Hallway
- Gymnasium – 1st floor hallway
- Fine Arts – 1st floor lobby
- Auditorium
- 5 Star
- JROTC
- Athletic Training Room/ On Gator at home events

MacArthur High School address:
2923 MacArthur View