

## LAMPASAS ATHLETIC EMERGENCY ACTION PLAN

Emergency situations may arise at any time during athletic events. Quick and appropriate action must be taken to provide the best possible care to the participant of an emergency and/or life-threatening condition.

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. This EAP (Emergency Action Plan) is intended to delineate roles and outline the protocol to be followed should an emergency occur.

### **Situations when 911 should be called immediately are:**

- An athlete is NOT breathing
- An athlete has lost consciousness
- Suspected spinal injury
- Open fracture (bone punctures skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

While it is important to notify school medical staff of 911 emergencies quickly, it is more important to **activate 911 PRIOR** to calling for the campus nurse, athletic trainer, school resource officer, principal, and/or parent. It is acceptable for a school staff member that is available to contact a parent or guardian while a different staff member is on the phone with EMS.

Within athletic practices or competition, the first responder to an emergency situation is typically a member of the athletic staff, most commonly a coach or athletic trainer. Acute care in an emergency situation should be provided by the most qualified individual on the scene. That person is deemed the leader and will stay with the athlete until EMS arrives.

While every situation will be different, the roles within the Emergency Team members that are present shall follow these 4 important steps:

1. Establish scene safety and immediate care of the athlete
2. Activate EMS
3. Retrieve emergency equipment
4. Direct EMS to the scene

### Calling 911:

The person making the call to 911 should remain calm and not hang up first. It's important to provide the following info:

- Nature of emergency
- Number of athletes involved
- Condition of athlete(s)
- First aid treatment initiated
- Address to your location
- Specific location of the scene ("come into the parking lot at the end of 7<sup>th</sup> street)
- The emergency leader can send runners to intersections and/or gates to help direct the ambulance to the athlete. If gates are locked, it's important to send keys

### Emergency Equipment:

- Necessary emergency equipment should be near the site and quickly accessible
- Equipment may include basic medical kit supplies, splints, AED, etc.
- If available, Student Trainers are good retrievers of equipment
- A copy of the athlete's medical history should be retrieved as well
- Ambulances are allowed to drive on tracks and fields when necessary

### ***LOCATION OF AEDs (automated external defibrillators):***

#### Lampasas High School



1. Athletic Trainer/Field House
2. Foyer between gyms by training room
3. Outside cafeteria in main hallway
4. Upstairs by the AP office
5. Ag building

#### Lampasas Middle School

1. Bozarth-Fowler Gym
2. Outside cafeteria in main entrance
3. Old gym next to the supply closet

## **Emergency Action Plan concerning heat illness:**

### **Heat Stroke - This is a medical emergency. ANY DELAY COULD BE FATAL.**

Follow these steps to initiate emergency treatment:

- 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), tarps 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 (38.3-38.9°C).

- Athletes will be allowed unrestricted access to water at all outdoor activities.
- A wet bulb globe thermometer will be used to determine the WBGT temperature, and modifications made in compliance with UIL recommendations
- Cold water immersion will be available at LHS
- The TACO method (Tarp Assisted Cooling Oscillation) will be available at all home practices and competitions.

### **MIDDLE SCHOOL FIELDS, BADGER FIELD, & TENNIS COURT COOLING:**

- Tarp readily accessible
- Jug of ice/very cold ice water ready to put in tarp for TACO method
- Begin cooling then activate EMS

### **HIGH SCHOOL FIELD COOLING:**

- Tub of water available behind field house
- Jug of ice near tub
- Begin cooling then activate EMS

## **LAMPASAS ISD ATHLETIC FACILITY ADDRESSES & PHONE NUMBERS**

### **Lampasas High School**

2716 S. Hwy. 281

Main office phone: 512-564-2310

Athletic Trainer Cell: 512-734-3812

#### **Football/Softball/Baseball/Track/Soccer Entrance:**

First gate to the right after entering LHS

Double gate facing Grace Fellowship to drive onto field

#### **Gym Entrance:**

- Main entrance near counseling office
- North end facing tennis courts/AG barn

#### **Tennis courts:**

North of field house

### **Badger Field**

190 E. Ave B (Behind Storms)

### **Lampasas Middle School**

902 S. Broad

Main office phone: 512-556-3101

#### **Old Gym/Weight Room/Practice Field:**

West 7<sup>th</sup> Street dead ends into parking lot

#### **Bozarth-Fowler Gym:**

West 9<sup>th</sup> Street dead ends into parking lot

#### **Tennis courts:**

South of Bozarth-Fowler gym

#### **LMS Track Field:**

Accessible from gate behind BF Gym

Accessible from gate behind band hall

## **LOCAL HOSPITALS**

*Rollins Brook Community Hospital/Advent Health*

608 N. Key Ave.

Lampasas, TX

512-556-3682

*Metroplex Hospital*

2201 S. Clear Creek Rd.

Killeen, TX

254-526-7523

*Darnall Army Medical Center*

Ft. Hood, TX

254-288-2000

*McLane Children's Hospital (Baylor Scott & White)*

1901 SW H K Dodgen Loop

Temple, TX

254-724-5437