



Emergency Action Plan

Dawson Springs Athletics

In case of an emergency, personnel responsibilities, locations of emergency equipment, and other emergency information such as 911 call instructions, addresses/directions to the venue, and a chain of command with important phone numbers have been listed in this document.

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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 student-athlete. 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 personnel must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency action 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. 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 in sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately and efficiently.

Components of an Emergency Action 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 PERSONNEL

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, 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), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning including athletic director, school nurse, certified athletic trainer, all coaches, etc. Copies of training certificates and/or cards



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should be maintained with the athletic director. All coaches are required to have CPR/AED, Archdiocese Safe Environment Training, KHSAA Sports Safety, NFHS Fundamentals of Coaching, and KHSAA Rules Clinic.

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

1. Establish scene safety and immediate care of the athlete:
 - a. This should be provided by the most qualified individual on the medical team (the first individual in the chain of command).
2. Activation of Emergency Medical Services:
 - a. 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.
3. Equipment Retrieval:
 - a. May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.
4. Direction of EMS to the scene:
 - a. One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.

Activating Emergency Medical Services

Call 9-1-1

Provide information

- Name, address, telephone number of caller
- Nature of the emergency (medical or non-medical)*
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (i.e. “use the northwest entrance and continue around the building.”)
- Other information requested by the dispatcher
- DO NOT HANG UP UNTIL TOLD TO DO SO



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*if non-medical, refer to the specified checklist of the school's non-athletics emergency action plan

EMERGENCY COMMUNICATION

Communication is key to a quick, efficient emergency response. There is 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 backup 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 athletic teams will be provided with a medical kit by the athletic training department. It is the responsibility of the coaching staff to make sure that the kit is properly stocked and present at all practices and games. The kit may be returned to the athletic training department to be restocked as needed.

- The Head Coach is responsible for assuring the presence of the Emergency Form/Insurance Information, for all team members. **These forms must be readily accessible at all games and practices.**
- All coaches must maintain a current First Aid and CPR certification and coaching certifications deemed warranted by the KHSAA. Documentation of this should be kept in the Athletic Office.
- All coaches should be familiar with and understand the DSIS Emergency Action Plan for practice and game venues they will be using.
- A coach is required to accompany any DSIS athlete to the emergency room until the athlete is released or the coach is relieved by the parent/guardian or a qualified school district representative.

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training of the emergency medical providers. It is recommended that the athletic trainer be responsible for the care of the equipment. It is important to know the proper way to care for and store the equipment as well. Equipment should be



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stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

MEDICAL EMERGENCY TRANSPORTATION

Any emergency situation where there is loss of consciousness (LOC), impairment of airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “load and go” situation, and emphasis is placed on rapid evaluation, treatment, and proper transportation. Any emergency personnel who experiences doubt in their mind regarding the severity of the situation should consider a “load and go” situation and transport the individual.

NON-MEDICAL EMERGENCIES

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

Post EAP Activation Procedures:

Documentation

Documentation must be done by ATC (or other provider) and coach immediately following activation of the EAP. Both an injury report and accident report form must be filled out and submitted to the Athletic Director within 24 Hours.

Debriefing

A team comprising of the ATC, AD, coaches, and one or two other school district employees not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to EAP should be made for promptness.

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 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 prior to each athletic season with all athletic personnel and local emergency response teams. Through the development and implementation of the emergency plan, Dawson Springs High School helps ensure that the athlete will have the best care provided when an emergency situation does arise.



Coach's Role in Athletic Injury Care and Management

Dawson Springs High School has a written emergency action plan that should be followed in the event of a medical emergency. All coaches, administrators, and applicable parties should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the Athletic Director, Elizabeth Robinson, or High School Principal Todd Marshall. An emergency is the need for Emergency Medical Services, (EMS) to give further medical attention or transport an athlete to the hospital. It is important in these situations for coordination between the coaches, administrators, and first responders to be effective. Emergency Action planning is the essential key to effective management of all athletic-related injuries. As we continue to develop our plans all Head and Assistant coaches must understand their roles in the management of athletic injuries. This document is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Situations when 911 should be called automatically are:

- An athlete or any person is not breathing
- An athlete or any person who has lost consciousness
- If it is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

CHAIN OF COMMAND

- Athletic Trainer –
- Medical Personnel-
- Administrator – Leonard Whalen or Todd Marshall
- Athletic Director – Elizabeth Robinson
- Assistant Administrators – Ladonna Hooper or Shelia Hodges
- Student Resource Officer – Scott Raup
- Head Coach - Specific for Sport
- Assistant Coach - Specific for Sport
- Other Athletes

The highest person in the chain of command who is present at the scene will be the designated person in charge. 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 the EMS arrives. Once it has been decided that EMS should be called, the following protocol should be followed:

Protocol 1 Practices and Games without Certified Athletic Training Coverage:

- Provide appropriate First Aid.
- Activate EMS if necessary



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- Contact ATC as soon as possible
- Contact parents/guardians as soon as possible
- Fill out the appropriate injury report form promptly

Protocol 2 Games with Certified Athletic Training Coverage:

- Notify ATC of athletic injury
- Exercise management of team away from injured athlete
- Assist ATC in activation of EMS if necessary
- Assist ATC with advanced emergency care upon request
- Contact parents/guardians as soon as possible
- Fill out the appropriate injury report form promptly



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GENERAL PLAN OF ACTION

1. The most medically qualified person will lead
 - a. The front office or an administrator should be notified that there is an emergency on campus
2. Check the scene – is it safe to help?
3. Identify yourself to the individual (s)
 - a. Ask for consent to help them.
 - b. If they are unconscious, you have implied consent
4. Is the athlete breathing? Conscious? Pulse?
 - a. If NO instruct person to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call, have them repeat back to you that they are making the call!
 - b. Check card for 911 call instructions for your location
Phones at each school are located in the main office, classrooms, or coach's office. (Hit 9 and then dial 911)
5. Perform emergency CPR/First Aid
 - a. If severe bleeding– instruct the individual to assist with bleeding control
6. Instruct coach or bystander to get AED
 - a. Make sure the person repeats the instructions
 - b. Check card for AED locations and instructions
7. Instruct the coach or bystander to control the crowd
 - a. DO NOT let student-athletes touch, pull, or try to assist an injured athlete
 - b. DO NOT let non-medical personnel assist an athlete
 - c. If necessary remove both teams from the immediate area
8. Contact the Athletic Trainer if they are present at the school but not on the scene
9. Contact Athletic Director/Assistant Athletic Director Immediately
10. Contact Campus Security
11. Contact Parents
 - a. Have an adult try to make contact with the parents
12. Instruct individual to meet ambulance to direct to the appropriate site
13. Assist with care as necessary
14. Assistant coach, parent, or other designated person must accompany athlete to hospital – either in an ambulance or followed by car
 - a. Send the athlete's sports physical with them
 - b. DO NOT leave the athlete until a parent or administrator relieves you
15. Document the event
 - a. Submit documentation to the AD within 24 hours



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Emergency Action Procedures

Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

Emergency Personnel: Emergencies during practices/games are not covered, EMS should be contacted immediately.

Emergency Procedures:

1. Check the scene
 - a. Is it safe for you to help?
 - b. What happened?
 - c. How many victims are there?
 - d. Can bystanders help?
2. Instruct coach or bystander to call 911 -Provide the following information
 - a. Who you are
 - b. General information about the injury or situation
 - c. Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*).
 - d. Any additional information
 - e. *STAY ON THE PHONE, BE THE LAST TO HANG UP*
3.) Perform emergency CPR/First Aid
 - a. Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
 - ii. If an athletic trainer is not present, the most qualified coach (training/certifications) will stay with the athlete and provide immediate care.
 - iii. Instruct coach or bystander to GET AED!!
4. Designate a coach or bystander to control the crowd
5. Contact the Athletic Trainer if not present on the scene
6. Meet the ambulance and direct them to the appropriate site
 - a. Open Appropriate Gates/Doors
 - b. Designate an individual to "flag down" and direct to the scene
 - c. Control injury sites, limit care providers, etc.
7. Assist ATC and/or EMS with care as directed
 - a. Retrieve Necessary Supplies/Equipment
8. An assistant coach, parent, or other designated person must go with the athlete to the hospital or follow in a car if not allowed in an ambulance
9. Document event and debrief



Emergency Equipment Locations

Emergency Equipment: Athletic Training Kit and Emergency Bag on-site for events

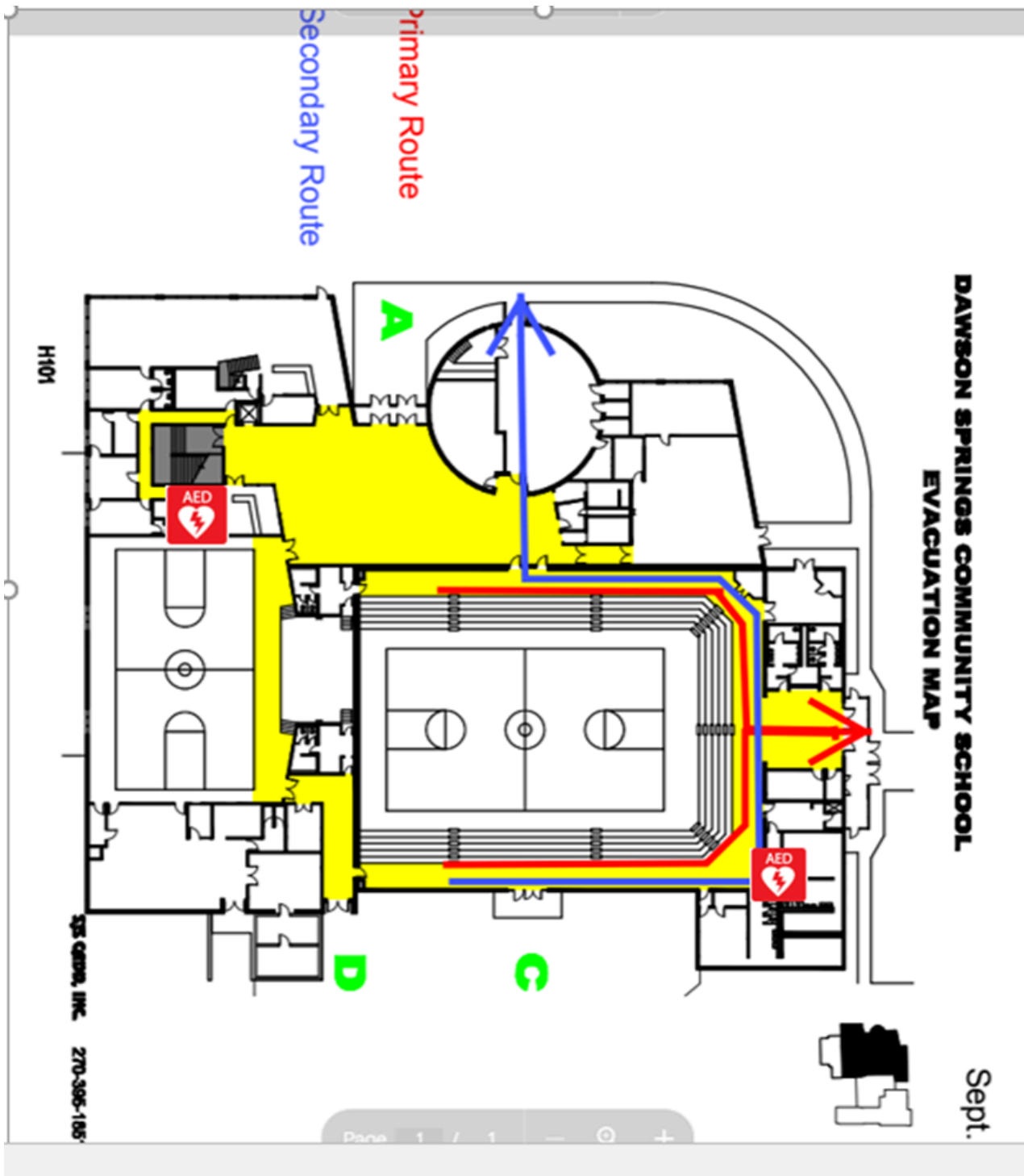
1. AED
 - a. Located with ATC for all covered events
 - b. Additional AEDs located:
 - i. High School Gym
 - ii. High School Office
 - iii. Elementary Office
2. Nearest phone
 - a. Athletic Trainer's personal cell phone when covering events
 - b. Coaches' personal cell phones (with emergency numbers attached here)
 - c. In the Athletic Office (must dial 9 prior to placing an outside call)
3. Rescue Inhaler
 - a. Coaches are responsible for each student who has an inhaler and is responsible for bringing the inhaler with them to all practices/games
 - b. The inhaler must be left with the coach (labeled with name) during practices and games (not left in the personal bag)
 - c. Athletic trainer/coach may be given a backup inhaler by the parent or child to keep as a backup in the med kit.
4. Epi Pen
 - a. Coaches are responsible for each student who has an epi-pen and is responsible for bringing their epi-pen with them to all practices/games
 - b. Epi-pen must be left with the coach (labeled with name) during practices and games (not left in the personal bag)
 - c. The athletic trainer/Coach may be given a backup Epi pen by the parent or child to keep as a backup in the med kit.
5. Splints
 - a. In the Athletic Room
 - b. Will be provided by EMS upon arrival
6. Spine boards/Cervical Collar
 - a. Will be provided by EMS upon arrival
7. Bio-hazard Materials
 - a. Disposal Bin in Athletic Room



AED Locations

1. High School Gym (By the Athletic Office)
2. High School Front Office (On the Wall)
3. Elementary Office (On the Wall)
4. Baseball- Concession Stand
5. Golf-Pro Shop
6. Cross Country/Track-Portable Devices

7.



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AED Protocol

The AED is to be used only on patients in cardiopulmonary arrest. Before the device is utilized to analyze the patient's ECG rhythm, the patient must be:

- Unconscious
- Pulse-less
- Not breathing

The staff will shock until ventricular fibrillation is no longer present, the patient converts to a perfusing rhythm, or an advanced life support team arrives on the scene and assumes control.

To prepare for ECG analysis and defibrillation:

- Bring the AED to the patient as fast as possible
- Verify that the patient is in cardiac arrest (unconscious, no respirations and no pulse)
- Open the lid and turn on the AED
- Follow the voice commands
- Prepare the patient for electrode placement and place electrodes on the patient
- Again follow the voice commands

In the event of a cardiopulmonary emergency, the emergency system should be activated as quickly as possible by calling 911. The first responders should provide initial care as appropriate to the situation and coordinate with other emergency medical service providers upon their arrival in the provision of CPR, defibrillation, basic life support, and advanced life support.

Other Reminders

- Don't forget BASIC steps
- Activate EMS – 911
- A post review will take place amongst the athletic department and sports medicine team after any incident in which the AED was used. The purpose is to review the situation and evaluate the effectiveness and efficiency of the emergency plan.
- Report any damage to an AED to the athletic trainer
- The Athletic Department keeps maintenance checks on all AEDs across DSIS campuses

Training and Testing

Personnel using the AED must complete a training session every other year

Lightning Safety Policy

A. Responsibility for Removing Athletes



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The responsibility for removing athletes from the practice/game area lies with the head coach of the particular sport. If the head coach is not present, the assistant coach will assume responsibility. The staff athletic trainer will advise the head coach/assistant coach.

The assistant coach will be responsible for keeping track of the radar and lightning strikes on either a computer or a mobile device and will keep the head coach informed. All activity outdoor activity should be terminated when lightning is within 10 miles of the venue or when thunder is heard and/or lightning spotted.

B. Mobile Device Radar and Lightning Detector

It is acknowledged that there are many mobile applications that will show a weather radar and an estimate of lightning strike distances (i.e. WeatherBug™). Athletic Trainers and coaches understand that these methods are all imperfect, but will assist in decisions of when to post-poner an athletic event.

C. Criteria for Evacuation of the Practice and Game Area

- All personnel are to evacuate to a safe structure or location if the AD, coach, or athletic trainer indicates to do so.
- All spectators should return to their vehicles for proper safety. In the event that the school can not be opened, any vehicle with a hard metal roof and roll-up windows (not a convertible or golf cart) can provide a measure of safety. Do not touch the sides of the vehicle. Baseball and softball dugouts do not meet the aforementioned criteria.
- Visiting team athletes, coaches, and personnel shall proceed to either their team bus, the provided on-site locker room (for varsity football games), or the athletic building.
THE TEAMS ARE NOT TO INTERACT DURING THE GAME SUSPENSION.
- If unable to reach safe shelter, persons should stay away from the tallest trees or objects (light poles, flag poles, etc.), metal objects (fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in a field. In situations where thunder and/or lightning may or may not be present, yet you feel your hair stand on end and skin tingle, lightning is imminent. Therefore, everyone should assume a crouched position on the ground with only the balls of the feet touching the ground. Persons should wrap their arms around their knees and lower their heads. DO NOT lie flat. Minimize the body's surface area



D. Criteria for Safe Return to the Practice and Game Area

In accordance with KHSAA policy, personnel should not return to the practice/game area until thirty (30) minutes have passed since the last lightning flash or the last sound of thunder.

E. Lightning Safety Guidelines

Do not hesitate to help a victim of a lightning strike. Individuals struck by lightning do not carry a charge and it is safe to touch them to render medical treatment. If possible, an injured person should be moved to a safer location before beginning first aid. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes, the existence of a blue sky and the absence of rain do not eliminate the possibility of lightning. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder no matter how far away.

F. Severe Weather Policy from KHSAA Handbook

The Referee or head official must delay or cancel a competition at the first sound of lightning or thunder at the site and the site should be cleared of all persons immediately by event administration. If it is anticipated that the storm will pass, the competition may be resumed following a three (3) minute warmup period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder.

If the severe weather is of great length or intensity, the Referee or lead contest official has the responsibility and authority to cancel the competition. Officials are encouraged to learn the weather forecast prior to game time. The safety of the public and participants is the most important factor in any decision of this type (KHSAA Policies and Procedures).

Heat Policy

Pre-season activities and events early in the school year may face extreme temperatures. The new standard for measuring these temperatures, per the KHSAA, is the Wet Bulb Globe Temperature (WBGT). If a WBGT measuring device is not available, the alternate measurement is the heat index. The athletic trainer or coach on site is responsible for monitoring the WBGT and/or heat index. If there is not an athletic trainer on-site, it is the responsibility of the Head Coach and the assistant coach(es) to monitor. Measurements should be documented on KHSAA Form GE20. The following



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protocol, as required by the KHSAA (rev 07/23), should be followed regarding these measurements:

Using the following scale, activity should be altered and/or eliminated based on this Heat Index / WBGT as determined –

<p>UNDER 95 DEGREES HEAT INDEX OR WBGT 86.9 AND BELOW</p>	<p>All sports</p> <ol style="list-style-type: none"> (1) Water should always be available, and athletes be able to take in as much water as they desire; (2) Optional water breaks every 30 minutes for 10 minutes in duration to allow hydration as a group; (3) Have towels with ice and a prepared cooling tub for cooling of athletes as needed; (4) Watch/monitor all athletes carefully for necessary action; (5) Re-check WBGT or Heat Index every 30 minutes if the temperature rises. (6) Use discretion for intense or prolonged exercise; (7) Watch at-risk players carefully; and (8) Provide multiple rest breaks periodically each hour for at least four (4) minutes.
<p>95 DEGREES TO 99 DEGREES HEAT INDEX OR WBGT 87.0 TO 89.9</p>	<p>All sports</p> <ol style="list-style-type: none"> (1) Water should always be available, and athletes should be able to take in as much water as they desire; (2) Mandatory water breaks every 30 minutes for 10 minutes to allow for hydration as a group. In sports or activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (3) All breaks shall be taken in areas outside of direct sunlight; (4) Maximum practice time should be two (2) hours of total activity in the area; (5) Have towels with ice and a fully prepared cooling tub for cooling of athletes as needed; (6) Re-check WBGT or Heat Index every 30 minutes if the temperature rises. (7) Use discretion for intense or prolonged exercise; (8) Watch/monitor athletes carefully for necessary action. (9) Watch at-risk players carefully; and (10) Provide multiple rest breaks periodically in each hour of at least four (4) minutes.
<p>100 DEGREES (ABOVE 99 DEGREES) TO 104 DEGREES HEAT INDEX OR WBGT BETWEEN 90.0 AND 91.9</p>	<p>All sports</p> <ol style="list-style-type: none"> (1) Water should always be available, and athletes should be able to take in as much water as they desire; (2) Maximum practice time should be one (1) hour of total activity in the area with at least twenty (20) minutes of breaks distributed through that hour; (3) Mandatory water breaks every 30 minutes for 10 minutes to allow for hydration as a group if contests are being conducted. (4) In sports or activities with multiple simultaneous contests or practices, the required monitoring and rest breaks shall be taken at the same time for all contests or practices; (5) All breaks shall be taken in areas outside of direct sunlight; (6) Have towels with ice and a fully prepared cooling tub for cooling athletes as needed; (7) Watch/monitor athletes carefully for necessary action; (8) Alter uniform by removing items if possible and permissible by rules; (9) Allow for changes to dry T-shirts and shorts by athletes at defined intervals; (10) Re-check temperature and humidity every 15 minutes if the temperature rises. (11) Reduce time of outside activity as well as indoor activity if air conditioning is unavailable, and (12) Postpone practice to later in the day.
<p>ABOVE 104 DEGREES HEAT INDEX OR WBGT 92 OR OVER</p>	<p>All sports</p> <ol style="list-style-type: none"> (1) Stop all outside activity in practice and play and stop all inside activity if air conditioning is unavailable.



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Continual Use Procedure	a) This procedure is to be used until the temperature is below 84 degrees, as no combination of heat and humidity at that level will result in a need to curtail activity. b) The KHSAA will use September 15 as the expected date for recording the GE20 forms in the fall and April 15 as the start date in the spring, but the measurements must be taken any time the conditions warrant. c) Member schools should remember that the monitoring shall continue any time that a combination of heat and humidity at that level could result in a need to curtail activity (an ambient temperature of 83 degrees or higher).activity (an ambient temperature of 83 degrees or higher).
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Heat Illness Response

The coach and all personnel involved in the activity on the field should be knowledgeable and aware of various heat disorders that may occur. All coaches should be able to quickly recognize signs and symptoms of these various heat illness conditions and know how to properly respond and treat each. Heat illness refers to various conditions that a person may experience from exertion or exercise in hot temperatures.

Heat Illness Symptoms may include:

- Dry mouth
- Cramps
- Thirst
- Chills
- Irritability
- Nausea
- Headache
- Vomiting
- Weakness
- Pale or flushed skin
- Dizziness
- Excessive Fatigue
- Altered Vision

Any of these symptoms should be taken seriously and treated immediately in order to prevent progression of a heat-related condition.

Heat-Related Illnesses

1. Exercise-associated muscle cramps
 - a. Signs/Symptoms: sudden, painful, involuntary muscle spasms caused by exertion
 - b. Treatment: rest to cool down, consume salty foods or concentrated liquids (i.e. electrolyte beverages such as Gatorade with salt added, pickle juice), continue to move and use the affected muscle group with stretching and massage, and discontinue a strenuous activity.
 - c. If cramps do not improve with treatment, seek medical treatment.
2. Heat Syncope - usually occurs within the first 5 days of acclimatization.
 - a. Signs/Symptoms: episodes of fainting, dizziness, tunnel vision, pale skin, decreased heart rate, but normal temperature.
 - b. Treatment: move to a shaded/cool area, elevate legs above level of head, rehydrate, and monitor vital signs.
 - c. Return to Play: any athletes who experience heat syncope will be withheld from activity for the remainder of the day. They will go through an acclimatization process with an Athletic



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Trainer and/or medical professional before returning to full activity.

3. Heat Exhaustion - inability to exercise effectively in the heat. This may be secondary to a combination of factors such as hypoglycemia and energy depletion among others.
 - a. Signs/Symptoms: elevated body temperature (98.6-104° F), heavy sweating, potential cognitive changes, and signs of dehydration.
 - b. Treatment: move the athlete to a cool space and/or use cold ice towels. They should rest on their back with their legs elevated, remove any unnecessary clothing and equipment, and begin fluid replacement.
 - c. Return to Play: Athletes who experience heat exhaustion will be withheld from activity. *They must be cleared by a doctor before returning to activity*, although EMS activation may not be necessary. They will also go through an acclimatization process with AT before fully returning to activity.

4. Exertional Heat Stroke ****Most severe of heat illness conditions****
 - a. Signs/Symptoms: high body temperature (above 104° F) in addition to central nervous system dysfunction such as collapse, confusion, or altered consciousness.
 - b. Treatment: the patient should be cooled first and then treated. In this case, the athlete's entire body should be immersed in ice and water. Temperature should be monitored, and the athlete should remain in a cooling environment until their temperature is 102° F or lower. Once this is accomplished, they should be transported for further emergency medical treatment.
 - c. Return to Play: Any athletes who have experienced exertional heat stroke must be cleared by a doctor before returning to any activity. They will also go through an acclimatization process before returning to full activity.
 - d. EHS is a medical emergency that, if untreated, can cause multi-organ system failure, long-term complications, and even death. It is important that signs and symptoms of heat stroke be quickly recognized and aggressively treated. If a person is believed to be experiencing heat stroke the emergency action plan should be activated and EMS should be contacted immediately.

It is imperative that all coaches and athletics staff members be able to quickly recognize and respond to any heat related condition. All coaches should be educated on this response plan. The athletic trainers are responsible for providing access to a cold immersion tub or other necessary supplies such as ice, cold towels, and water to respond to these scenarios. If the athletic trainer is not on site, it is the coaches' responsibility to make sure water and ice are accessible and proper treatment is provided in any case of heat illness. Finally, the athletic trainer is responsible for implementing a Heat Illness Reduction Plan in order to prevent and prepare for heat-related emergencies. All coaches should be aware of this plan and aware of the steps in



order to prevent heat illness.

Cold Weather Policy

Cold weather is defined as any temperature that can negatively affect the body’s regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect. Individuals engaged in sports activities in cold, wet, or windy conditions are at risk for environmental cold injuries.

Recommended Preventative Strategies

1. Competition/Practice Modifications:

- a. The Athletic Trainer will monitor and issue an advisory when applicable. (If no AT is present the AD will make the decision followed by the coaching staff).
- b. Athletic Department officials will monitor temperature, wind speed, wind chill, and precipitation through the National Weather Service and will be in contact with the coaching staff.
- c. Based on information from the National Weather Service and local weather stations, measurements, AT will determine the risk of potential danger to participants.

RISK	TEMP/WIND CHILL	MODIFICATIONS
Low Risk	35° F & Above	Outside participation is allowed with/ appropriate clothing
Moderate Risk	25° F - 34° F	Additional protective clothing MUST be worn (hats, gloves, legs & arms fully covered). Provide re-warming facilities as needed.
High Risk	20° F - 25° F	Outside participation is limited to 45 minutes/session with a mandatory 15-minute warm-up inside. Maximum of 2 sessions per day. Additional protective clothing MUST be worn (hats, gloves, legs & arms fully covered).
Extreme Risk	Below 20°	Termination of all outside activities

*Any precipitation bumps you down into the next Risk category.

2. Competition Modifications:

- a. When necessary, competition modifications should be considered to ensure the



Emergency Action Plan- Dawson Springs School System

safety of the athletes. This may include:

- Extend half times
- Access to a warm building
- Abbreviated Introductions
- Ensuring/mandating proper clothing

3. Clothing Guidelines

- a. In cold weather conditions, appropriate clothing should be worn to prevent cold exposure. Both the Athletic Trainer(s) and the coaches should mandate the student-athletes to implement the following:
- i. Wear several layers around the core of the body (especially those who are not very active).
 - ii. The first layer should wick moisture away from the body (Dry Tech, Under Armour).
 - iii. The top layers should trap heat and block the wind (fleece).
 - iv. The Outer layer should be wind and water-resistant or waterproof.
 - v. No cotton as the inside layer.
 - vi. Long pants designed to insulate.
 - vii. Sweatpants are a good choice as a base layer.
 - viii. On windy or wet days, wind pants or a nylon shell should be worn on the surface layer.
 - ix. A long-sleeved garment that will break the wind.
 - x. Gloves.
 - xi. Hat or helmet to protect the ears (cover/tape ear holes of helmets for wind, and cold protection)
 - xii. Face protection.
 - xiii. Moisture-wicking socks.
- b. Athletes must avoid wearing multiple layers of cotton. When the body sweats the cotton will become dense and permeated with sweat.

Signs/ Symptoms of Cold Stress

- Fatigue
- Blurred Vision
- Confusion
- Numbness/tingling of skin
- Slurred Speech
- Uncontrollable shivering
- Red or painful extremities
- Swollen extremities
- Dizziness
- Headache



Cold Injuries

1. Hypothermia: Body Core Temperature below 95F.
 - a. Signs/Symptoms: Lethargy; shivering; amnesia; impaired motor control; pale, cold face, and extremities; decreased heart rate; slurred speech; impaired mental function
 - b. Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, and avoid warming extremities initially.
2. B. Frostnip/Frostbite: Frostbite is the actual freezing of body tissues.
 - a. Signs/Symptoms: dry, waxy skin; swelling; burning/tingling; limited movement; white/blue/gray patches; aching, throbbing, shooting pain
 - b. Treatment: Re-warm slowly in warm water (not hot); avoid friction/rubbing tissue
3. Chilblain: is an exaggerated or uncharacteristic inflammatory response to cold exposure.
 - a. Signs/Symptoms: red or blue lesions; swelling; increased temperature; tenderness; itching, numbness, burning
 - b. Treatment: Wash, dry area; elevate, cover with loose clothing/blankets; avoid friction, lotion



Air Quality Guidelines

Air Quality Index		
AQI Category and Color	Index Value	Description of Air Quality
Good Green	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Moderate Yellow	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups Orange	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Unhealthy Red	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy Purple	201 to 300	Health alert: The risk of health effects is increased for everyone.
Hazardous Maroon	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Harmful particle pollution is one of our nation’s most common air pollutants. Use the chart below to help reduce your exposure and protect your health. Visit www.airnow.gov for your local air quality forecast.

Ways to decrease exposure

Use [AQI forecasts, available on AirNow.gov](http://www.airnow.gov) to plan outdoor activities. On days when the AQI is forecast to be unhealthy, check AirNow for your current air quality and take simple steps to reduce your exposure, including:

- Choose a less intense activity, Shorten your outdoor activities, Reschedule activities, Exercise away from busy road

Sport-Specific EMP (See Below)



Emergency Action Plan- Dawson Springs School System

Dawson Springs City Park (Softball)

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. In the event that a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located in the concession stand

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

- Immediate first-aid care of the student-athlete
- Emergency equipment retrieval
- Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. 1 Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
Dawson Springs City Park
255 Parkwood Drive, Dawson Springs, KY 42408.

EMS Directions: Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, and take a right turn on Highway 62 by the Dairy Queen. Continue straight until you reach the City park on the right-hand side (about ½ mile down the road from the Dairy Queen). Turn right onto Parkwood Drive. Enter the gate to the softball facility.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

Dawson Springs High School Gymnasium

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Landline: Coaches Office hit 9-911

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located in the gym

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

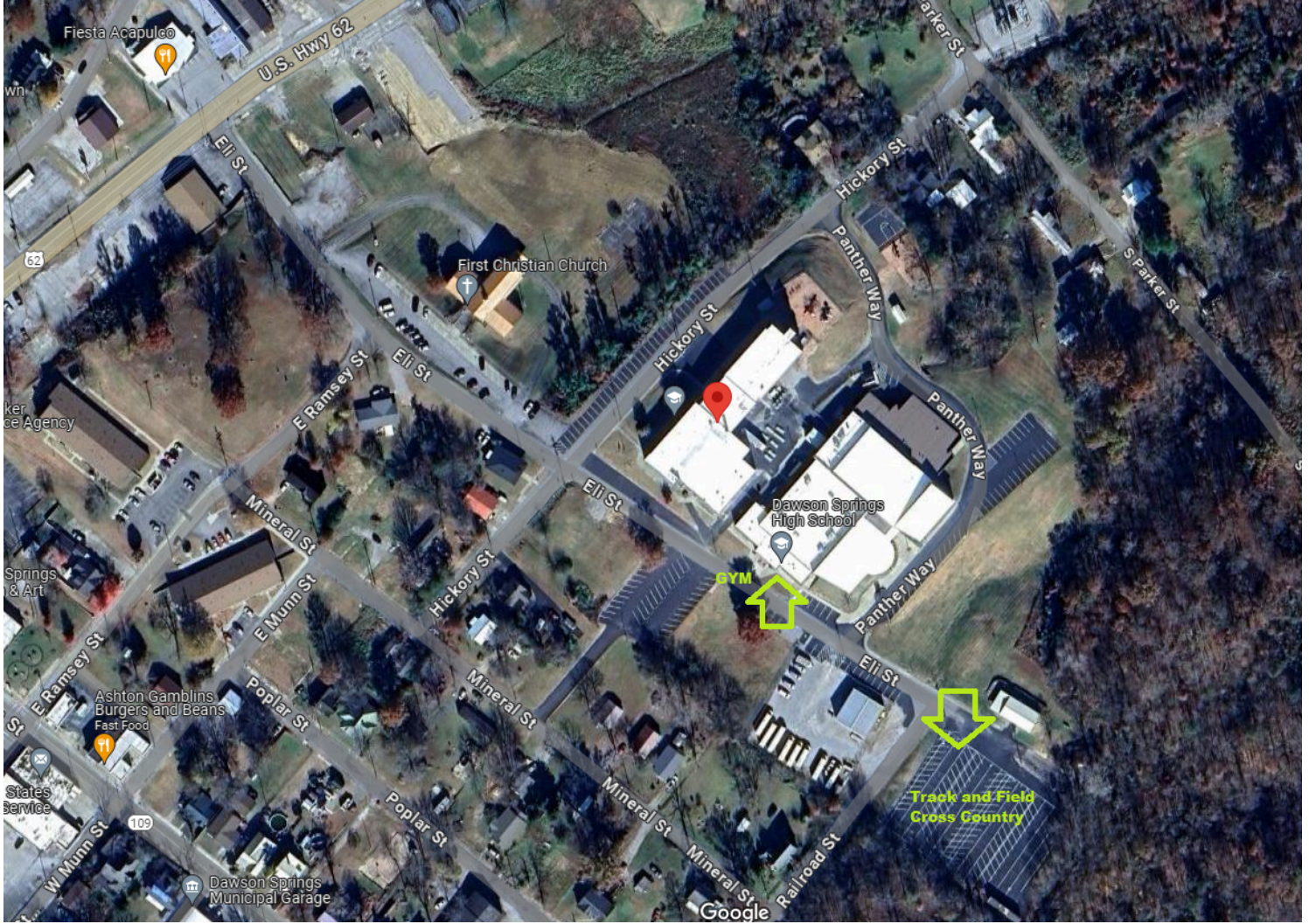
Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
Dawson Springs High School
317 Eli Street, Dawson Springs, KY 42408

Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, take a right turn on Highway 62 by Dairy Queen. Continue straight on Highway 62 until you reach Eli Street and take a left turn. Continue on Eli Street until you reach the gym on the left.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

Dawson Springs First Baptist Church (Archery Practice Facility)

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Landline: Church Office

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located in the office

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:

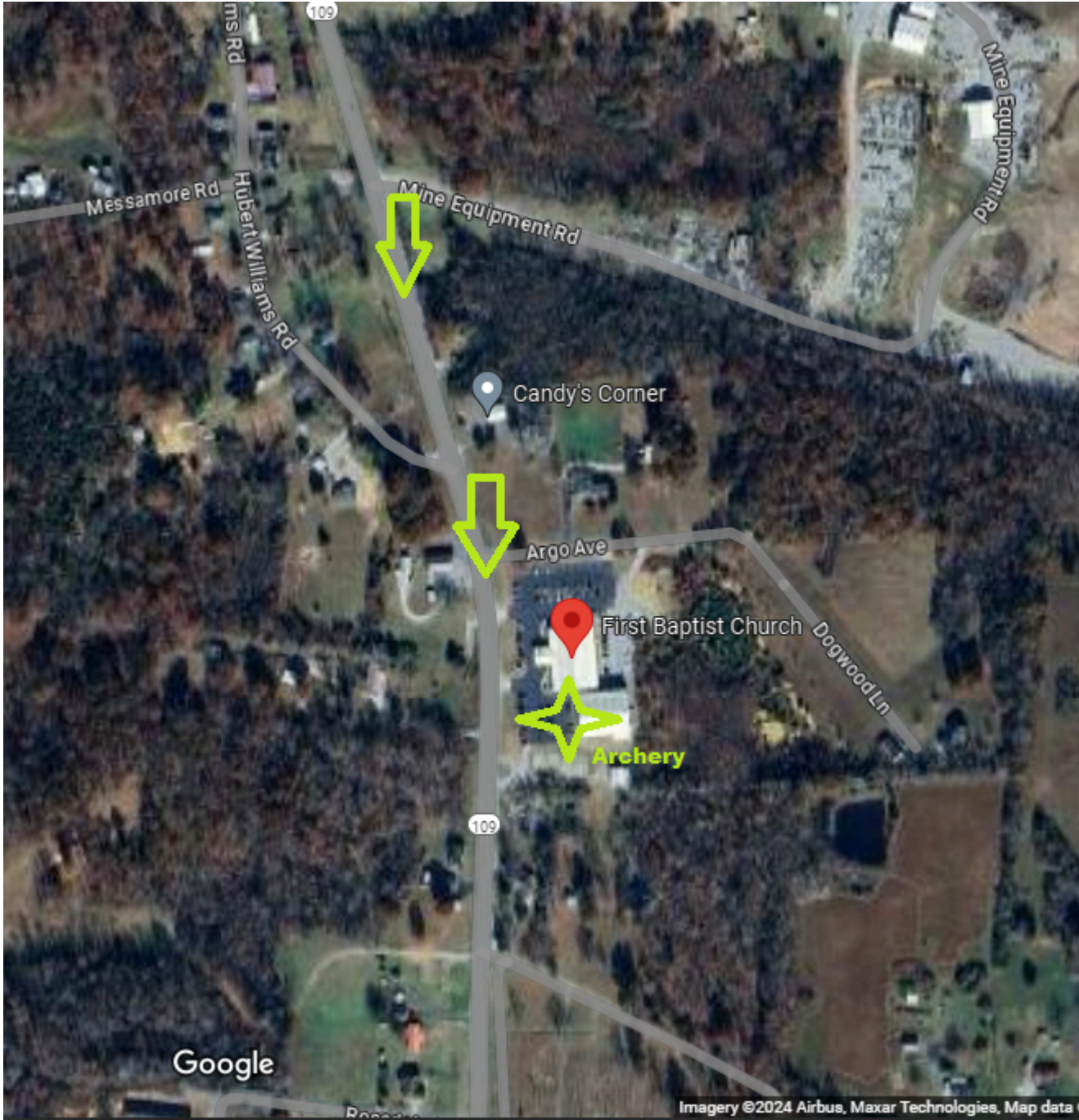
Dawson Springs First Baptist Church

960 Industrial Park Road, Dawson Springs, KY 42408

Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, and take a left turn into the Baptist Church Parking lot.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

Dawson Springs High School Parking Lot (Track and Cross Country)

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Landline: Coaches Office hit 9-911

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED is located in the gym and front office

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

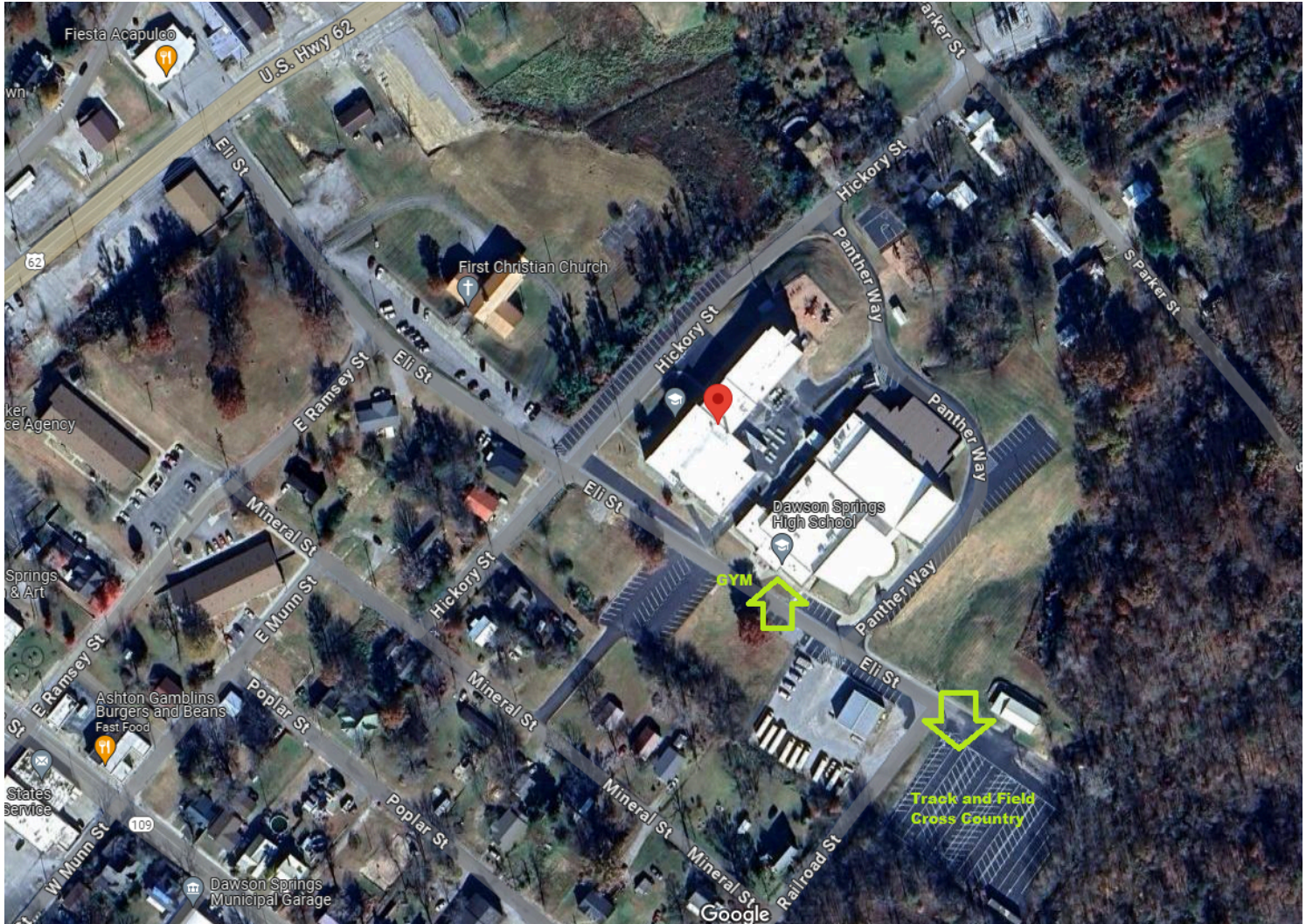
Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
Dawson Springs High School
317 Eli Street, Dawson Springs, KY 42408

Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, take a right turn on Highway 62 by Dairy Queen. Continue straight on Highway 62 until you reach Eli Street and take a left turn. Continue on Eli Street until you reach the gym on the left.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

Pennyrile Golf Course

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Landline: Pro Shop

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located in the main lodge

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

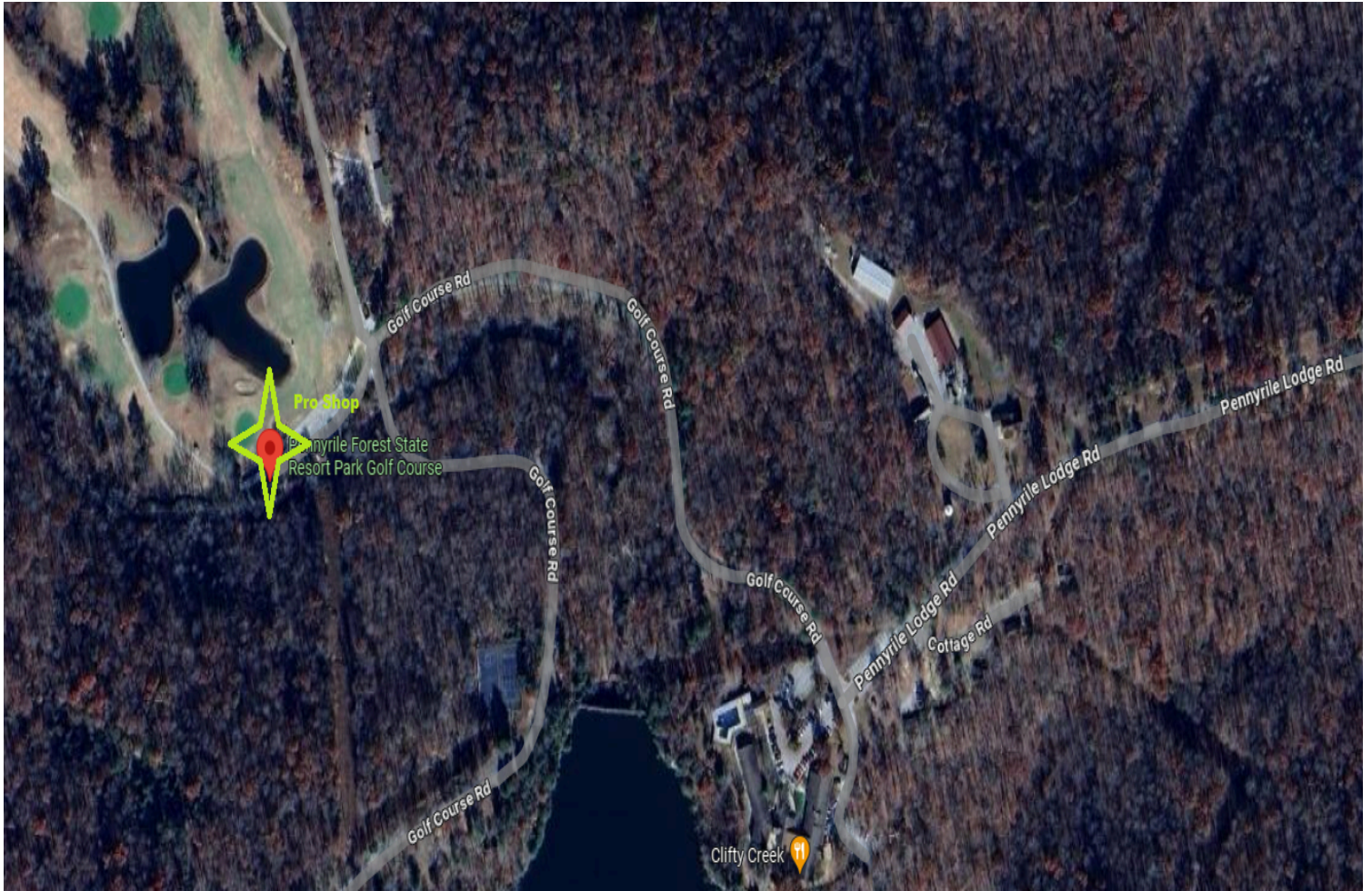
Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
Pennyrile State Park Golf Course
20781 Pennyrile Lodge Rd, Dawson Springs, KY 42408

Take Highway 109 South to Pennyrile entrance, follow the road to the lodge, turn right at the lodge, continue straight until you get to the bottom of the hill, turn right at the bottom of the hill, and follow the sign to the golf course.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

4-H Camp (Cross Country)

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located with the coaches

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

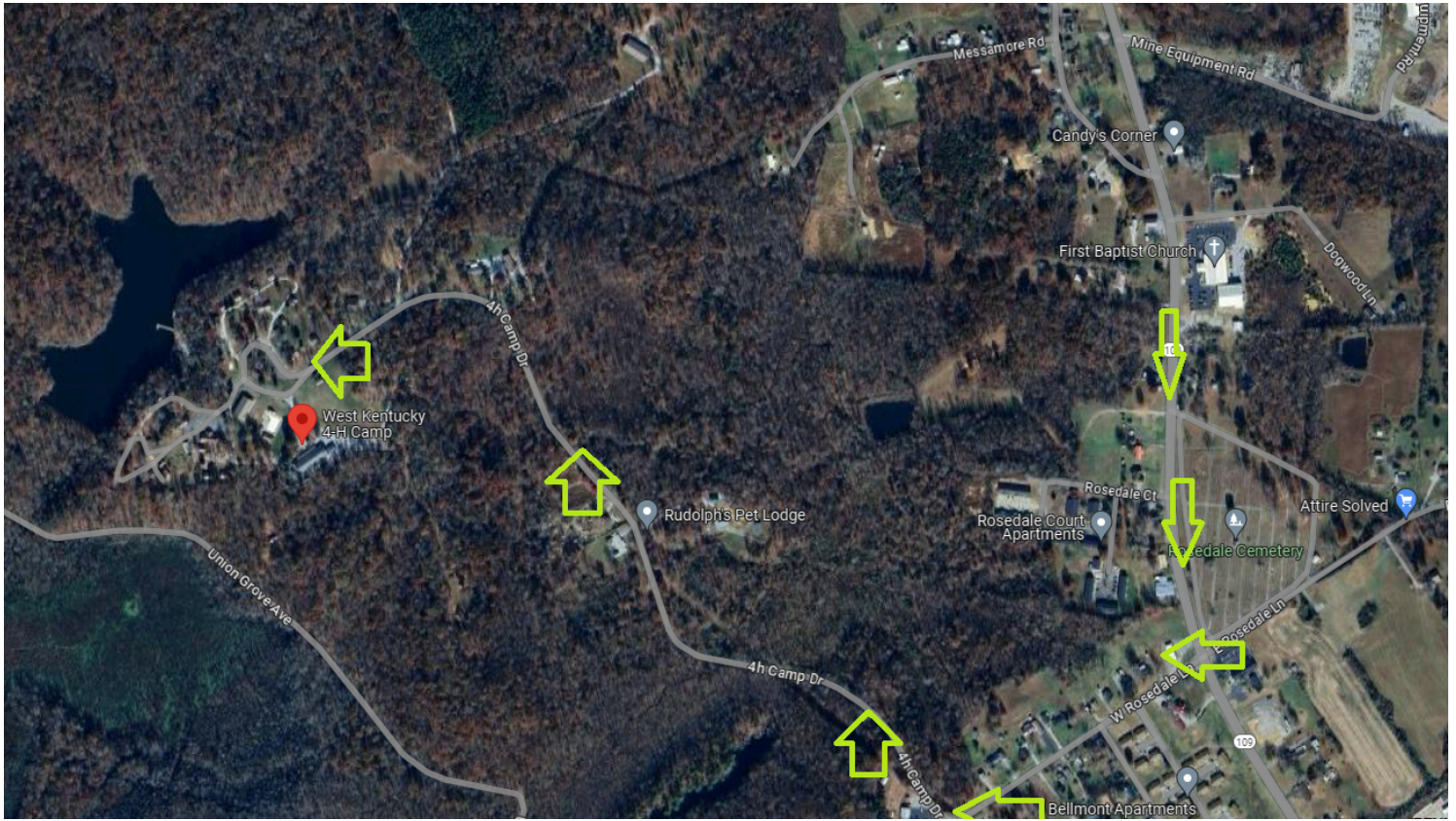
Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
4-H Camp
600 4H Camp Road, Dawson Springs, KY 42408

Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, take a right turn on Rosedale Lane, then a right onto Oak Heights until you come to 4-H camp.



Emergency Action Plan- Dawson Springs School System



Emergency Action Plan- Dawson Springs School System

Riverside Park

Emergency Personnel:
Certified Athletic Trainer: Jason Carrol 270-339-0724
Athletic Director: Elizabeth Robinson 270-836-4161
SRO: Scott Raup 270-348-9099

Head Coach:
Assistant Coach:
Assistant Athletic Director: Ladonna Hooper 270-875-1575
Assistant Athletic Director: Shelia Hodges 270-427-7099

The most qualified individual on the scene should provide/direct acute care. Individuals with lower credentials should yield to those with training that is more appropriate.

Emergency Communications: The athletic training staff has cellular telephones. Coaches at each venue will most likely have a cell phone to contact the ATC if not present at the time of injury. In the absence of the ATC, a member of the coaching staff is responsible to call EMS. If a coach does not have a cellular phone nearby, an individual chosen by the coach may contact EMS.

Emergency Equipment: The head coach will have a training bag at each home athletic event and practice. In addition, the AD will have a vacuum splint kit, ice, and other items needed for injuries. Coaches will have a team athletic training kit with them at all away contests. EMS will provide a spine board and other life support equipment. AED located in the concession stand

Roles of the First Responder: (Trainer or Head Coach)

1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system Cell phone or Fixed phone line 9-1-1 or 9-9-1-1 (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested)
3. Notify AD or the School Administration

Direction of EMS to the scene: (Coach Designates Individuals)

1. Designated individual to meet EMS and escort EMS to the scene
2. Emergency equipment retrieval

Roles of the Emergency Response Team (Coaches)

1. Immediate first-aid care of the student-athlete
2. Emergency equipment retrieval
3. Activation of EMP

Roles of Event or Coaching Personnel: (AD, SRO)

1. Contact the athlete's parent/guardian
2. Maintain spectator control
3. Escort family members to the medical facility or private area
4. Remove individuals from the immediate area

Documentation

1. Accident Summary Report
2. Debriefing with coaches and AD

Activating the EMP System for any life-threatening conditions:

Call: 911

Provide Information:

1. Name and telephone number of the caller
2. Number of student-athletes
3. Condition of student-athlete(s)
4. First aid treatment initiated by first responder
5. Specific directions to the facility and location within the facility of the injured person
6. Other information as requested by the dispatcher
7. Direct EMS to the scene

Call AD, or School administration to report any EMP injury

Address and Directions for Emergency Services:
4-H Camp

901 West Arcadia Ave, Dawson Springs, KY 42408

Traveling I-69, take exit 92 for Dawson Springs. Take Highway 109 towards Dawson Springs, and take a right turn on Highway 62 by the Dairy Queen. Continue straight until you reach HWY 672, turn left. Go about ¼ mile and turn left onto the gravel road. Continue until you reach the baseball field.



Emergency Action Plan- Dawson Springs School System



Rehearsal Strategy

The athletic trainer will be responsible for reviewing the EAP annually and rehearsing it prior to each sport season.

Coaches at Dawson Springs High School will be educated on the EAP prior to their first season of coaching during each academic year. The meeting will be a requirement for all coaches, of all levels, of each sport.

The meeting will be directed by the athletic trainer and/or AD and will include a discussion of recent updates along with a hands-on portion. The hands-on portion will run through different scenarios to ensure the coaches understand the EAP. All coaches will be provided the opportunity to ask any questions and the athletic trainer will be responsible for ensuring a proper and adequate answer to all questions.

All coaches must sign in to prove their attendance, see the following page. The documentation of attendance will be stored with the athletic director and on shared Athletic Training Google Drive.

The athletic director(s), school nurse, principal, and president will be provided with a copy of the EAP and will be required to attend one of the meetings with the coaches. Athletic directors, school nurses, principals, and superintendent, must sign in to prove attendance.



Emergency Action Plan- Dawson Springs School System

Documentation of Emergency Equipment Maintenance AED

Responsible Party for ensuring AED Maintenance:

AEDs should be checked every month

Date	AED #	Status	Notes



Emergency Action Plan- Dawson Springs School System

Approval and Verification Page

This document has been read and revised by the Dawson Springs High School athletic trainer, athletic director, principal, superintendent, campus security, and nurse.

Athletic Trainer: _____ Date: _____

Athletic Director: _____ Date: _____

Assistant Athletic Director: _____ Date: _____

Principal: _____ Date: _____

Superintendent: _____ Date: _____

Nurse: _____ Date: _____

Campus Security: _____ Date: _____



Emergency Action Plan- Dawson Springs School System

I _____ (print coach name) have read and understand the Emergency Action Plan for Dawson Springs High School Athletics. I understand my roles and responsibilities should an emergency occur in my presence. I have also rehearsed this Emergency Action Plan and understand my role in an emergency situation with an athletic trainer present and without. I have been given the opportunity to ask all questions and have received the proper answers to my questions.

I also understand that I must keep my CPR/AED and First Aid Certifications up to date and that it is my responsibility to ensure a lapse does not occur. I am also aware that I must complete Archdiocese Safe Environment Training, KHSAA Sports Safety, NFHS Fundamentals of Coaching, and KHSAA Rules Clinic and it is my responsibility to ensure a lapse does not occur.

Coach Name (print) _____ Sport _____

Signature _____ Date _____

