



Brunswick CSD Athletics Emergency Action Plan

Purpose of EAP:

To provide Brunswick Central School District/Tamarac Athletics with an Emergency Action Plan (EAP) in case of a serious or life-threatening condition that arises during practice or competitions. Coaches and others involved in athletics must constantly be on guard for potential injuries. Although the occurrence of limb-threatening or life-threatening emergencies is not common, the potential exists. Therefore, prepared emergency responders must have planned in advance for the action to be taken in the event of such an emergency.

Need for EAP:

The EAP has been categorized as a written document that defines the standard of care required during an emergency situation. Serious emergencies rarely happen but when they do, a quick, organized response can make a difference between a successful and unsuccessful reaction to an emergency. An EAP that is well planned and rehearsed will provide responders with the approach they need for an effective response.

4 Components of the Emergency Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Venue Specific Action Plan & Directions

Emergency Contacts:

Fixed phones are not available outside school buildings. In the instance that a fixed phone line is not available, please ensure that you have access to a phone in the building or a working mobile device with service.

T.B.A , Athletic Director.	(518) 279-4600 Ext. 2411 Mobile
Angelina Maloney, Superintendent.....	(518) 279-4600 Ext. 2602 (518) 419-8022 Mobile
Ken Rizzo, HS Principal.. . . .	(518) 279-4600 Ext. 2402 Mobile
Brent Fane, School Resource Officer	(518) 279-4600 Ext. 2705 Mobile
Carol Crucetti/Mary Beth Farley, HS Nurse	(518) 279-4600 Ext. 2426
Poison Control Center	1-800-222-1222
Ambulance, Fire, Police.	9-1-1

Information to be provided over the phone in case of emergency:

1. Name and phone number you are calling from
2. Exact location of emergency and directions (street names, buildings, landmarks, entry into building, specific areas, etc.)
3. Type of injury or illness
4. Condition of patient(s) and type of aid being provided
5. Number of people injured
6. Other information as requested and be the last one to hang up

Each team should have a plan in place for when an emergency occurs. The plan should detail the roles of each member of the coaching staff, as well as the role of student athletes if necessary. Typically the Head Coach will make the decision to call EMS. If the Head Coach is unavailable, any member of the coaching staff should activate EMS without hesitation...If in doubt, call 9-1-1. Local EMS should also have a map of campus to aid in the response of an emergency. A map is located at the end of this document.

Chain of Command:

The Head Coach is in charge of the emergency until EMS arrives unless the team has an alternate plan in place. The only exceptions are the visiting team. Their Head Coach is responsible for their team and will be in charge of their students and staff until EMS arrives. The Tamarac coaching staff should assist the visitors when activating emergency procedures and take the lead on ensuring EMS can be directed quickly to the emergency scene.

Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an obvious or open fracture (bone has punctured through the skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

Life threatening Emergencies:

Defined as an injury in which the individuals' life is placed in danger and/or there is risk of permanent disability. In this situation the individual will need immediate proper medical attention and transportation to the hospital. Every second is crucial.

Examples of life-threatening injuries:

1. Sudden Cardiac Arrest
2. Suspected Neck & Spine Injury and/or Loss of Consciousness
3. Difficulty or Complete Stoppage of Breathing
4. Heat Illness
5. Uncontrollable Bleeding
6. Traumatic Brain Injury

Life Threatening Emergency Action Steps:

During a life-threatening emergency, follow the Emergency Action Steps (check, call, care) and provide appropriate first aid care. Provide EMS with the following:

1. Identify yourself and your role in the emergency.
2. Specify your location and telephone number.
3. Give age/condition of injured/ill athlete(s).
4. Give care being provided (CPR, AED, First Aid).
5. Give specific directions to the scene of the emergency (See Below).
6. Do not hang up until directed to do so by the EMS dispatcher.
 - a. Monitor vital signs.
 - b. Calm and reassure the athlete.
 - c. Check for medical professionals to assist.
 - d. Notify the parent(s) of the student-athlete as soon as possible.
 - e. Provide follow-up care as necessary.

EMERGENCY: DIAL 911

Procedures for Various Sport Locations:



Venue #1: High School Gymnasium (HS Gym)
(Enter at Secondary School Main Entrance)
Brunswick Central School District

Venue Supplies: *Coaches supply medical kit and injury ice.
*Closest AED is located outside the gymnasium near the main/ HS Cafeteria entrance in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach and or Medical Professional (if available) will assess the athlete to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the gym, located near the Main Entrance / HS Cafeteria Entrance in case on the wall. The Head coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the main entrance to Tamarac Secondary School and direct EMS into the building and down the hall to the HS gymnasium. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted off the court if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.



Venue #2: Multi Purpose / Wrestling Practice Gymnasium (MP Gym)
(Located inside Secondary School at the North East aspect of the building)
Brunswick Central School District/Tamarac Elementary School

Venue Supplies: *Coaches supply medical kit and injury ice.
*Closest AED is located outside the MP Gymnasium in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: The athlete will be assisted off the court / mat if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the gym, located outside the MP Gymnasium in case on the wall. The Head coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the Easternmost parking lot in front of the Secondary School. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted off the court / mat if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.



Venue #3: Fitness/Weight Room

(Located inside Secondary School at the North East aspect of the building)
Brunswick Central School District/Tamarac Elementary School

Venue Supplies: *Coaches supply medical kit and injury ice.

*Closest AED is located outside the MP Gymnasium in case on the wall.

*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the gym, located outside the MP Gymnasium in case on the wall. The Head coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the Easternmost parking lot in front of the Secondary School. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted to an area where first aid can be rendered if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.



Venue #4: Middle School Gymnasium (MS Gym)
(Located inside Secondary School at the Northwest aspect of the building)
Brunswick Central School District/Tamarac Elementary School

Venue Supplies: *Coaches supply medical kit and injury ice.
*Closest AED is located outside the gymnasium near the Main Entrance /
HS Cafeteria Entrance in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach and or Medical Professional (if available) will assess the athlete to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the MS Gym, located near the Main Entrance / HS Cafeteria Entrance in case on the wall. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the main entrance to Tamarac Secondary School and direct EMS into the building and down the halls to the MS gymnasium. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted off the court if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.



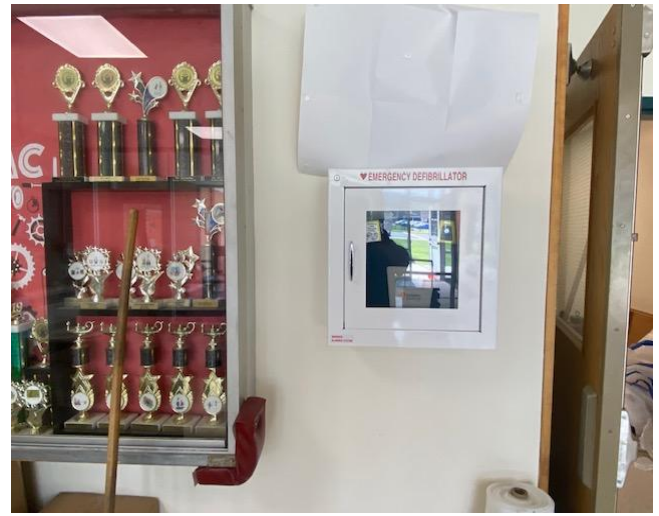
Venue #5: Stadium Field & Track (Located behind Secondary & Elementary School)
Brunswick Central School District/Tamarac

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*Closest AED is located outside the HS Gymnasium near the Main Entrance / HS Cafeteria Entrance in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the field, located outside the HS Gymnasium near the Main Entrance / HS Cafeteria Entrance in case on the wall. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the appropriate parking lot and to the track & field at the rear of the Secondary & Elementary Schools. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the Head Coach immediately. If not on site, the Athletic Director will be notified by the head coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours..

Non-Life Threatening Injury: The athlete will be assisted off the field if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the head coach or AD. Incident report filed with Nurse or AD within 24-hours.



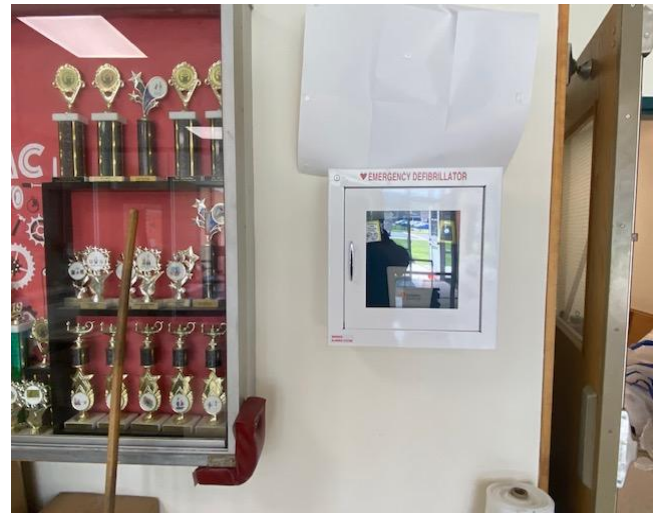
Venue #6: Elementary Gymnasium (Located on Northern aspect of Elementary Building)
Brunswick Central School District/Tamarac

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*Closest AED is located at the Elementary School Main Entrance on wall
in case next to the trophy cabinet.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the field, located at the Elementary School Main Entrance on the wall in case next to the trophy cabinet. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the appropriate parking lot and to the field on the side of the Elementary School. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the Head Coach immediately. If not on site, the Athletic Director will be notified by the head coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours..

Non-Life Threatening Injury: The athlete will be assisted off the field if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the head coach or AD. Incident report filed with Nurse or AD within 24-hours.



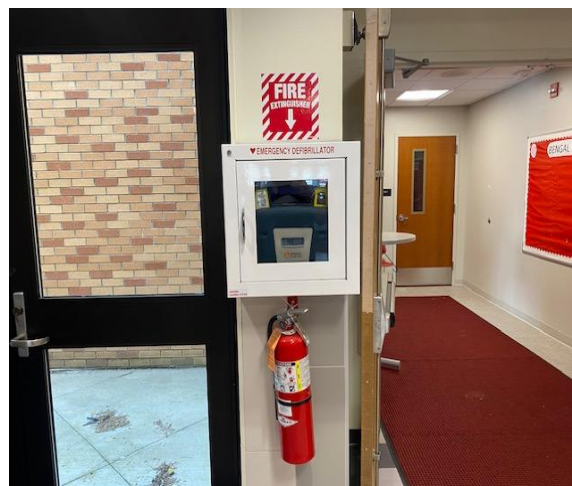
Venue #7: Elementary Soccer Field (Located on side of Elementary School along Rte.2)
Brunswick Central School District/Tamarac

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*Closest AED is located at the Elementary School Main Entrance on wall
in case next to the trophy cabinet.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the field, located at the Elementary School Main Entrance on the wall in case next to the trophy cabinet. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the appropriate parking lot and to the field on the side of the Elementary School. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the Head Coach immediately. If not on site, the Athletic Director will be notified by the head coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours..

Non-Life Threatening Injury: The athlete will be assisted off the field if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the head coach or AD. Incident report filed with Nurse or AD within 24-hours.



Venue #8: JV & Modified Soccer Fields / Softball & Baseball Outfield
(Located at behind the North West aspect of the Secondary School)
Brunswick Central School District/Tamarac

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*Closest AED is located outside the HS Gymnasium near the Main Entrance / HS Cafeteria Entrance in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the field, located outside the HS Gymnasium near the Main Entrance / HS Cafeteria Entrance in case on the wall. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the appropriate parking lot and to the field at the rear of the western aspect of the Secondary School. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the Head Coach immediately. If not on site, the Athletic Director will be notified by the head coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours..

Non-Life Threatening Injury: The athlete will be assisted off the field if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the head coach or AD. Incident report filed with Nurse or AD within 24-hours.



Venue #9: Baseball & Softball Fields, Trails
(Located behind the North East aspect of the Secondary School building)
Brunswick Central School District/Tamarac Elementary School

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*Closest AED is located outside the MP Gymnasium in case on the wall.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head Coach will activate EMS by dialing 911 from landline or by cell phone. The AED will be within two minutes of the gym, located inside Secondary School near the MP Gymnasium in case on the wall. The Head coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to Brunswick Central School District Campus and direct them to the Easternmost parking lot in front of the Secondary School and escort them down the path to the rear of the building where fields are located. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted off the court if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.



Off Campus Venue Sports: Golf, Unified Bowling, Lacrosse, Ice Hockey

Venue Supplies: *Coaches supply medical kit, injury ice, water coolers and bottles.
*The Travel AED will be in possession of the Head Coach.
*The Head Coach will also carry a cell phone with him/her at all times.

Injury Situation: Head Coach or Medical Professional (if available) will assess athletes to determine if injury is life threatening.

Life Threatening Injury: Head coach or designated individual will activate EMS by calling 911 from cell phone, if there is no landline within reasonable distance from the scene of injury. The Travel AED will be in possession of the Head Coach. The Head Coach, designated member of the coaching staff or Medical Professional (if available) will stay with the athlete and begin to render appropriate care. Assistant Coach/Volunteer Coach/Student Athlete will meet and greet EMS at the entrance to the facility and direct them to the incident scene. When EMS arrives, the coach will surrender care to them for transportation to the most appropriate emergency department. If not on site, the parents will be notified by the head coach immediately. If not on site, the Athletic Director will be notified by the Head Coach as soon as possible to inform of the incident. The Athletic Director will notify the Principal & Superintendent of EMS on site. Incident report filed by Head Coach with Nurse or AD within 24-hours.

Non-Life Threatening Injury: The athlete will be assisted to an area where first aid can be rendered if unable to do so on own. The Head Coach or designated member of the coaching staff is to deliver appropriate care as a first responder. The athlete's parents will be notified if necessary by the Head Coach. Incident report filed with Nurse or AD within 24-hours.

Campus Map:



Addendum 1.0

Evacuation Emergency Response Plan:

(General recommendation if specific personnel is available)

Timer/Announcer: Communicate / Announce situation to spectators. Assist with evacuation.

Chaperones/ Site Supervisors: Assist with evacuation. Pay special attention to handicapped spectators.

Coach: Assist with evacuation of players and support personnel.

Exit: Support personnel will direct accordingly.

Severe Weather Thunder, lightning, tornado, hail, etc.

1. NYSPHSAA thunder/lightning rules are in effect. All participants seek shelter and follow protocols outlined in the NYSPHSAA guidance document.
2. In the absence of thunder/lightning, but play needs to be halted, all participants are to seek shelter immediately.

Lightning Policy

NYSPHSAA THUNDER & LIGHTNING POLICY (Effective 10/25/04)
(Revised October 20, 2008)

Applies to regular season through NYSPHSAA Finals:

- 1) Thunder and lightning necessitates that contests/practices be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
 - a) With your site administrator, set up a plan for shelter prior to the start of any contest.
- 2) When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
 - a) Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
 - b) Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.

c) After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.

In case of a lightning strike, follow these guidelines:

1. Survey the scene for safety.
2. Activate local EMS.
3. Lightning victims do not carry an electrical charge and are safe to touch.
4. If necessary, move the victim with care to a safer location.
5. Evaluate airway, breathing & circulation, and begin CPR/AED if necessary.
6. Evaluate and treat for hypothermia, shock, fractures, and/or burns.

Lockout, Lockdown, Fire/Evacuation, Hold in Place and Shelter in Place

Please see Brunswick Central School District Safety Protocols

Addendum 2.0

Concussion Management

Athletes suspected of a concussion or head-related injuries are to be removed from participation immediately. Athletes who lose consciousness on the field must NOT be moved; stabilize head/neck and Call 9-1-1

Activate EMS if ANY of these symptoms occur:

- Significant head or neck injury
- Loss of consciousness or declining level of consciousness
- Worsening symptoms
- Persistent nausea or vomiting
- Neurological changes
- Seizures

***Please refer to the Brunswick Central School District Concussion Management Policy for information on concussions.

Emergency Management of the Cervical Spine Injured Athlete

Head & Neck Injury

Athletic participation carries with it the risk of catastrophic cervical spine injury. Because of the potential for permanent neurological injury or death associated with cervical spine injury, proper on-field management is of utmost importance. Sports medicine professionals support the practice of not removing football helmets when there is even the slightest chance of cervical spine injury for the following reasons:

1. The football helmet does not hinder proper head and neck immobilization techniques.
2. The football helmet does not hinder the ability of the examiner to visualize facial and cranial injuries.
3. The football helmet with the facemask removed allows for proper management and control of the airway during CPR.
4. The football helmet will tend to protect against hyper-flexion of the cervical spine in the presence of shoulder pads.

The following recommendations and guidelines set forth in the *National Athletic Trainers' Association's 2009 Position Statement on the Acute Management of the Cervical Spine-Injured Athletes*.

Immediate Care of All Suspected Spine Injuries

- Any athlete suspected of having a spinal injury should not be moved and should be managed as though a spinal injury exists.
- The athlete's airway, breathing and circulation, neurological status, and level of consciousness should be assessed.
- The athlete should not be moved unless absolutely essential to maintain airway, breathing, or circulation.
- If the athlete must be moved to maintain airway, breathing, or circulation, the athlete should be placed in a supine position while maintaining spinal immobilization.
- When moving a suspected spine-injured athlete, the head & trunk should be moved as unit.
- The Emergency Medical System must be activated immediately.

Facemask Removal

It is imperative that all coaches, EMS personnel and other on-site medical personnel practice the use of the different face mask removal tools and familiarize themselves with how the face mask is to be removed from every helmet currently on the market. The facemask should be removed prior to transportation, regardless of the athlete's respiratory status.

Those involved in the pre-hospital care of injured football/lacrosse players should have the tools for facemask removal readily available (screwdriver, power screwdriver, Trainer's Angel, FM Extractor, or a modified anvil pruner. A backup removal tool should also be on hand if a screwdriver is the first tool of choice).

Football/Lacrosse Helmet Removal

1. The athletic helmet and chinstrap should only be removed:
 - a. If the helmet and chin strap do not hold the head securely, such that immobilization of the helmet does not also immobilize the head.
 - b. If the design of the helmet and chin strap is such that even after removal of the facemask the airway cannot be controlled or ventilation provided.
 - c. If the facemask cannot be removed after a reasonable period of time.
 - d. If the helmet prevents immobilization for transportation in an appropriate position.
2. If the helmet does need to be removed:
 - a. Spinal immobilization must be maintained while removing the helmet.
 - b. Helmet removal should be frequently practiced under proper supervision. Specific guidelines for helmet removal need to be developed.
 - c. In most circumstances, it may be helpful to remove cheek padding and/or deflate air padding prior to helmet removal.

Addendum 4.0

Environmental Concerns

Heat Index

During summer, early fall, and late spring high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and illness. Daily measurements via www.weatherbug.com are taken before each practice/game during periods when the air temperature is 80 degrees or higher. If the Real Feel Temperature (heat index) is 90 degrees or above, the Athletic Director or designee must re-check the temperature at halftime or midway through practice. If the heat index is 96 degrees or above, the contest / practice will be suspended.

Please refer to the following chart to take the appropriate actions:



HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb Globe Temperature Indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Exertional Heat Illness

While exertional heat illness (EHI) is not always a life-threatening condition, exertional heat stroke (EHS) can lead to fatality if not recognized and treated properly. As the word heat implies, these conditions most commonly occur during the hot summer months; however, EHS can happen any time and in the absence of high environmental temperatures.

Through proper education and awareness, EHS can be recognized and treated correctly. While not all EHS cases are preventable, schools and institutions should have the equipment and supplies ready and available to properly assess and treat an EHS case. The two main criteria for diagnosing EHS are rectal temperatures $>104^{\circ}\text{F}$ (40°C) immediately post collapse and central nervous system dysfunction (e.g. irrational behavior, irritability, emotional instability, altered consciousness, collapse, coma, dizziness, etc.)

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 with ice and water approximately $35\text{-}58^{\circ}\text{F}$); stir water and add ice throughout the cooling process.
- If immersion is not possible (no tub or water supply), take the athlete into a cold shower or move to a shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate the 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 ALTERNATIVE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in heat.

- Cease cooling when rectal temperature reaches $101\text{-}102^{\circ}\text{F}$ Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.

Wind Chill INDEX

During late fall, and early spring low temperatures and cool winds are present. It is important that we make ourselves aware of the dangers of this situation to prevent cold exposure and illness. Daily measurements via www.weatherbug.com are taken before each practice/game during periods when the air temperature is 39 degrees or lower. If the Real Feel Temperature (Wind Chill) is 10 degrees or lower, the Athletic Director or Designee must re-check the temperature at halftime or midway through practice. If the Wind Chill is -11 degrees or lower, the contest / practice will be suspended.

Please refer to the following chart to take the appropriate actions:



WIND CHILL PROCEDURES

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

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