

Emergency Action Plan for Antioch Community High School

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Introduction

Emergency situations may arise at anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the athletes of emergency and/or life threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

Athletic departments have a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of health care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team will enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

There are three basic components of this plan:

1. Emergency personnel
2. Emergency communication
3. Emergency equipment

Emergency Plan Personnel

With athletic association practice and competition, the **first** responder to an emergency situation is typically a member of the sports medicine staff, most commonly a certified athletic trainer or coach. A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity the setting, and the type of training or competition. The **first** responder in some instances may be a coach, or other institutional personnel. **Certification** in AED, cardiopulmonary resuscitation (CPR), **first** aid, prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, **certified** athletic trainers, student assistants, coaches, managers, and possibly, bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer. There are four basic roles within the emergency team. The **first** and most important role is immediate care of the athlete. The most **qualified** individual on the scene should provide acute care in an emergency situation. Individuals with lower credentials should yield to those with more appropriate training. The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the **specific** equipment needed. Student assistants, managers, and coaches are good choices for this role. The third role, EMS

activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event. After EMS has been activated, the fourth role in the emergency team should be performed, directing EMS to the scene. One member of the team should be responsible for meeting first responders such as firemen or rescue squad personnel as they arrive at the site of the contest and a second person should direct paramedics. Depending on ease of access, this person should have keys to any locked gates and/or doors that may slow the arrival of medical personnel. A student assistant, manager, or coach may be appropriate for this role.

Roles Of The First Responder Within the Emergency Action Plan

1. Immediate care of the injured athlete or ill student
2. Activate Triangle of Critical Emergency Care if Head/Spine injury is suspected. (Most qualified at the scene (Athletic Trainer) shall assume the head control position, and second person of the triangle (Athletic Trainer/Coach) and third person of the triangle (Coach/AD/Administrator) should assist with athlete assessment and treatment) (i.e.) check vital signs, chest compressions, airway breathing (CAB), AED usage etc. If a more qualified person should come to the aid of the athlete this person should assume person 2 or person 3 role) if EMS crew has not arrived.
3. Activate EMS
4. Call 911 from a Cell Phone or Land Line Phone (Dial 8-911)

Give the Following information Stay on the Phone Until EMS has arrived

- Name, address, telephone number of caller
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene ("Come to North entrance of Football Stadium")
- Other information as requested by dispatcher

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present.

Emergency Communication

Communication is the key to quick delivery of emergency care in athletic injury situations. First Responder and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. At the beginning of each fall season First Responders and EMTs will have a training exercise as designated by the Antioch Community High Schools' Athletic Trainer(s) and Athletic Director. If emergency medical transportation is not available on site during a particular sporting event then direct communication with the emergency medical system at the time of injury or illness is necessary. Access to a working telephone or other telecommunications device, whether **fixed** or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

- Portable 2-way Radio and Cell Phones Carried by the ATC .
- Athletic Training Room Phone (847-838-7769)
- Football Team Room Phone (847-838-4724)

Emergency Equipment

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 be rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

- AED is located in the Main Hallway between the North and South Gym on the South wall by the Entrance to the South Gym.
- Additional AED's are located in the Athletic Training Room, Football Home Team Room next to Football Stadium, and in the Concession Stand of McMillen Fields.

- First Aid Supplies (Splint, Braces, Breathing Barriers (OPA/NPA)/CPR mouth shield/Bag Valve Mask, Crutches, Slings) are located in the Athletic Training Room or with the ATC on site.

Transportation

Emphasis is placed at having an ambulance on site at high risk sporting events. EMS response time is additionally factored in when determining on site ambulance coverage. The athletics director coordinates on site ambulances for competition in home football. Ambulances may be coordinated on site for other special events/sports, such as major tournaments or NSC regional or championship events. Consideration is given to the capabilities of transportation service available (i.e., Basic Life Support or Advanced Life Support) and the equipment and level of trained personnel on board the ambulance. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. This location of EMS for home Football games is the North Entrance of the Football Stadium.

In the emergency evaluation, the primary survey assists the emergency care provider in Identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR, AED and first aid refresher training. Through development and implementation of the emergency plan, the athletic department helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Approved by: _____ Brad Hubbard, Principal, Antioch Community High School
 _____ Steve Schoenfelder, Athletic Director
 _____ Ryan Naes, ATC/LAT First Responder
 _____ Bryn Nottoli, MAT, ATC/LAT First Responder

Date :

NORTH AND SOUTH GYM, WRESTLING GYM, DANCE ROOM, AUX GYM
Volleyball/Basketball/Wrestling/Dance/Cheerleading

EMERGENCY PHONE NUMBERS

Bryn Nottoli, ATC	C:224-628-6610	O:847-838-7769
Ryan Naes, ATC	C:847-571-7853	O:847-838-7769
STEVE SCHOENFELDER (AD)	C:847-373-0960	O:847-838-7630
AMBULANCE/EMS/POLICE	911	
POISON CONTROL	1-800-222-1222	

EMERGENCY PERSONNEL

CERTIFIED ATHLETIC TRAINER (ATC) ON SITE FOR MOST PRACTICES AND
COMPETITIONS

ATHLETIC DIRECTOR

COACHING STAFF

EMERGENCY COMMUNICATIONS

CELL PHONES CARRIED BY ATC

ATHLETIC TRAINING ROOM PHONE

EMERGENCY EQUIPMENT

- AED IS LOCATED IN MAIN HALLWAY BETWEEN THE NORTH AND SOUTH GYM ON THE SOUTH WALL BY THE ENTRANCE TO THE SOUTH GYM.
- FIRST AID SUPPLIES (SPLINTS, BRACES, BREATHING BARRIERS, CRUTCHES) ARE LOCATED IN THE ATHLETIC TRAINING ROOM OR WITH THE ATC ON SITE

ROLE OF THE FIRST RESPONDER

ACTIVATE EMS, CALL 911 FROM A CELL PHONE OR LAND LINE PHONE (DIAL 8-911)

GIVE THE FOLLOWING INFORMATION AND STAY ON THE PHONE UNTIL EMS HAS ARRIVED.

- NAME, ADDRESS, TELEPHONE NUMBER OF THE INDIVIDUAL CALLING
- NUMBER AND CONDITION OF INJURED ATHLETES
- TREATMENT BEING ADMINISTERED
- SPECIFIC LOCATION OF EMERGENCY. SEE ATHLETIC CONTEST LOCATIONS BELOW
- OTHER INFORMATION AS REQUESTED

ATHLETIC CONTEST LOCATIONS: WHEN GOING NORTH ON RT. 83, ENTER SCHOOL BY TURNING RIGHT ONTO CHESTNUT, AND RIGHT ONTO BISHOP. ENTER THROUGH MAIN ATHLETIC DOORS ON THE EAST SIDE OF THE BUILDING.

- NORTH GYM IS LOCATED TO THE RIGHT, ACROSS THE HALL FROM THE SOUTH GYM
- SOUTH GYM IS LOCATED PAST THE FIRST HALLWAY ON THE LEFT ACROSS THE HALL FROM THE NORTH GYM
- WRESTLING GYM IS LOCATED AS THE SECOND DOOR TO THE LEFT WHEN ENTERING THE BUILDING NEXT TO THE ATHLETIC OFFICES
- DANCE ROOM IS LOCATED DOWN THE HALLWAY TO THE LEFT WHEN ENTERING THE BUILDING, THROUGH THE DOUBLE DOORS AND LOCATED TO THE LEFT (EAST)
- AUXILIARY GYM IS LOCATED AT THE NORTH EAST CORNER OF THE SCHOOL, WALK THROUGH THE NORTH GYM, BY WALKING NORTH AFTER ENTERING THE BUILDING, ACROSS FROM THE ATHLETIC TRAINING ROOM

NOTES:

- STUDENT-ATHLETE SHOULD BE ACCOMPANIED BY A SUPERVISING INDIVIDUAL(ATC, ATHLETIC DIRECTOR, OR COACH)
- ALL MEMBERS OF EMERGENCY PERSONNEL SHOULD BE NOTIFIED IMMEDIATELY
- PARENTS SHOULD BE CONTACTED BY THE ATC, AD OR COACH
- MEDICAL HISTORY AND INSURANCE INFORMATION SHOULD BE OBTAINED IF TIME ALLOWS FROM THE ATHLETIC OFFICE OR ATHLETIC TRAINING ROOM
- APPROPRIATE INJURY REPORTS SHOULD BE COMPLETED

EXTREME CONDITIONS:

- IN THE EVENT OF EXTREME WEATHER CONDITIONS (FIRE OR TORNADO) FOLLOW THE EVACUATION INSTRUCTIONS OR MAPS LOCATED IN EACH GYM.

Football/Baseball/Track and Field

EMERGENCY PHONE NUMBERS

Bryn Nottoli, ATC	C:224-628-6610	O:847-838-7769
Ryan Naes, ATC	C:847-571-7853	O:847-838-7769
STEVE SCHOENFELDER (AD)	C:847-373-0960	O:847-838-7630
AMBULANCE/EMS/POLICE	911	
POISON CONTROL	1-800-222-1222	

EMERGENCY PERSONNEL

CERTIFIED ATHLETIC TRAINER (ATC) ON SITE FOR MOST PRACTICES AND COMPETITIONS

ATHLETIC DIRECTOR

COACHING STAFF

EMERGENCY COMMUNICATIONS

CELL PHONES CARRIED BY ATC

ATHLETIC TRAINING ROOM PHONE

EMERGENCY EQUIPMENT

- AED IS LOCATED IN THE FOOTBALL TEAM ROOM, WHICH IS THE NORTH DOOR ON THE SHEDS LOCATED WEST OF THE STADIUM. A C1 KEY IS NEEDED TO UNLOCK THE DOOR, THE AED IS LOCATED IN THE BACK TO THE RIGHT IN THE OUTSIDE ATHLETIC TRAINING ROOM AREA.
- AN AED WILL BE LOCATED WITH THE ON-SITE ATHLETIC TRAINER
- FIRST AID SUPPLIES (SPLINTS, BRACES, BREATHING BARRIERS, CRUTCHES) ARE LOCATED IN THE ATHLETIC TRAINING ROOM OR WITH THE ATC ON SITE. LIMITED SUPPLIES ARE LOCATED IN THE OUTSIDE ATHLETIC TRAINING ROOM.

ROLE OF THE FIRST RESPONDER

ACTIVATE EMS, CALL 911 FROM A CELL PHONE OR LAND LINE PHONE (DIAL 8-911)

GIVE THE FOLLOWING INFORMATION AND STAY ON THE PHONE UNTIL EMS HAS ARRIVED.

- NAME, ADDRESS, TELEPHONE NUMBER OF THE INDIVIDUAL CALLING
- NUMBER AND CONDITION OF INJURED ATHLETES
- TREATMENT BEING ADMINISTERED
- SPECIFIC LOCATION OF EMERGENCY. SEE ATHLETIC CONTEST LOCATIONS BELOW
- OTHER INFORMATION AS REQUESTED

ATHLETIC CONTEST LOCATIONS: GO NORTH ON MCMILLEN ROAD FROM ROUTE 173 JUST EAST OF ROUTE 83. TAKE THE SECOND LEFT (EAST) INTO THE LOWER LEVEL PARKING LOT. CONTINUE STRAIGHT IN PARKING LOT, PAST YELLOW GATE AND AROUND CURVE TO ACCESS FIELDS

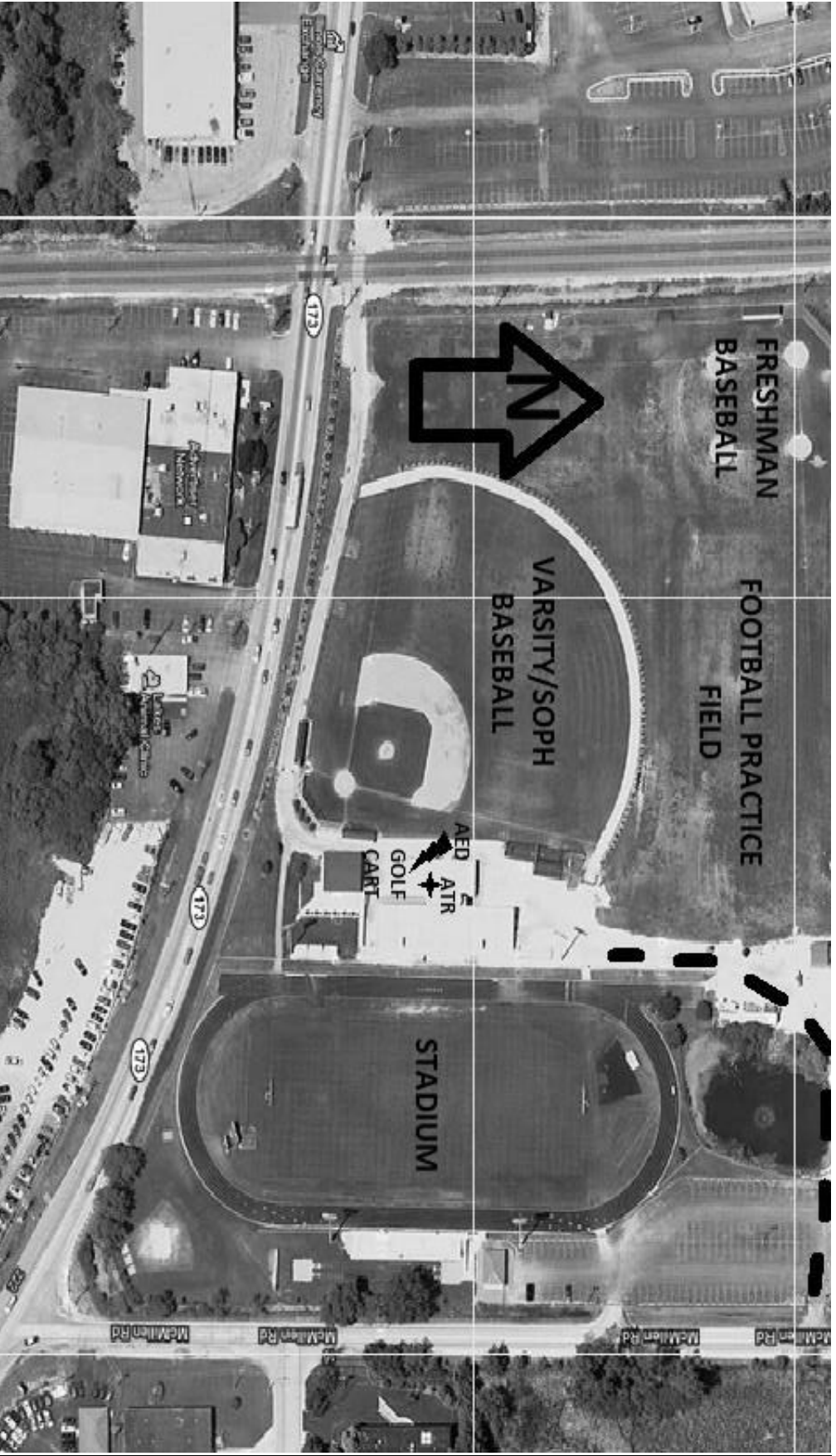
- FOOTBALL STADIUM/TRACK IS LOCATED JUST NORTH OF 173 AND WEST OF MCMILLEN ROAD. ENTRY FOR EMERGENCY VEHICLES IS LOCATED AT THE NORTHWEST CORNER OF THE TRACK.
- VARSITY BASEBALL FIELD IS LOCATED TO THE WEST OF THE STADIUM, EMERGENCY VEHICLES CAN GAIN ACCESS THROUGH THE GATES LOCATED ALONG THE FIRST AND THIRD BASELINE IN THE OUTFIELDS.
- FRESHMAN BASEBALL FIELD/PRACTICE FOOTBALL FIELD IS LOCATED ON THE NORTH/NORTHWEST END OF THE AREA.

NOTES:

- STUDENT-ATHLETE SHOULD BE ACCOMPANIED BY A SUPERVISING INDIVIDUAL(ATC, ATHLETIC DIRECTOR, OR COACH)
- ALL MEMBERS OF EMERGENCY PERSONNEL SHOULD BE NOTIFIED IMMEDIATELY
- PARENTS SHOULD BE CONTACTED BY THE ATC, AD OR COACH
- MEDICAL HISTORY AND INSURANCE INFORMATION SHOULD BE OBTAINED IF TIME ALLOWS FROM THE ATHLETIC OFFICE OR ATHLETIC TRAINING ROOM
- APPROPRIATE INJURY REPORTS SHOULD BE COMPLETED

EXTREME CONDITIONS:

- IN THE EVENT OF EXTREME WEATHER CONDITIONS ALL ATHLETES AND COACHES SHOULD REPORT TO THE TEAM ROOMS/CONCESSION STAND FOR SHELTER.



MCMILLEN FIELD
Soccer/Field Hockey/Football/Softball

EMERGENCY PHONE NUMBERS

Bryn Nottoli, ATC	C:224-628-6610	O:847-838-7769
Ryan Naes, ATC	C:847-571-7853	O:847-838-7769
STEVE SCHOENFELDER (AD)	C:847-373-0960	O:847-838-7630
AMBULANCE/EMS/POLICE	911	
POISON CONTROL	1-800-222-1222	

EMERGENCY PERSONNEL

CERTIFIED ATHLETIC TRAINER (ATC) ON SITE FOR MOST PRACTICES AND COMPETITIONS

ATHLETIC DIRECTOR

COACHING STAFF

EMERGENCY COMMUNICATIONS

CELL PHONES CARRIED BY ATC

ATHLETIC TRAINING ROOM PHONE

EMERGENCY EQUIPMENT

- AED IS LOCATED IN THE CONCESSION STAND SHED LOCATED IN MCMILLEN FIELD. A Y51 KEY IS NEEDED TO GAIN ACCESS. THE AED IS LOCATED ALONG THE SOUTH WALL.
- AN AED WILL BE LOCATED WITH THE ON-SITE ATHLETIC TRAINER
- FIRST AID SUPPLIES (SPLINTS, BRACES, BREATHING BARRIERS, CRUTCHES) ARE LOCATED IN THE ATHLETIC TRAINING ROOM OR WITH THE ATC ON SITE. LIMITED SUPPLIES ARE LOCATED IN THE OUTSIDE ATHLETIC TRAINING ROOM.

ROLE OF THE FIRST RESPONDER

ACTIVATE EMS, CALL 911 FROM A CELL PHONE OR LAND LINE PHONE (DIAL 8-911)

GIVE THE FOLLOWING INFORMATION AND STAY ON THE PHONE UNTIL EMS HAS ARRIVED.

- NAME, ADDRESS, TELEPHONE NUMBER OF THE INDIVIDUAL CALLING
- NUMBER AND CONDITION OF INJURED ATHLETES
- TREATMENT BEING ADMINISTERED
- SPECIFIC LOCATION OF EMERGENCY. SEE ATHLETIC CONTEST LOCATIONS BELOW
- OTHER INFORMATION AS REQUESTED

ATHLETIC CONTEST LOCATIONS: GO NORTH ON MCMILLEN ROAD FROM ROUTE 173 JUST EAST OF ROUTE 83. CONTINUE NORTH ON MCMILLEN ROAD UNTIL THE ROAD CURVES, THE PARK ENTERANCE WILL BE TO THE RIGHT.

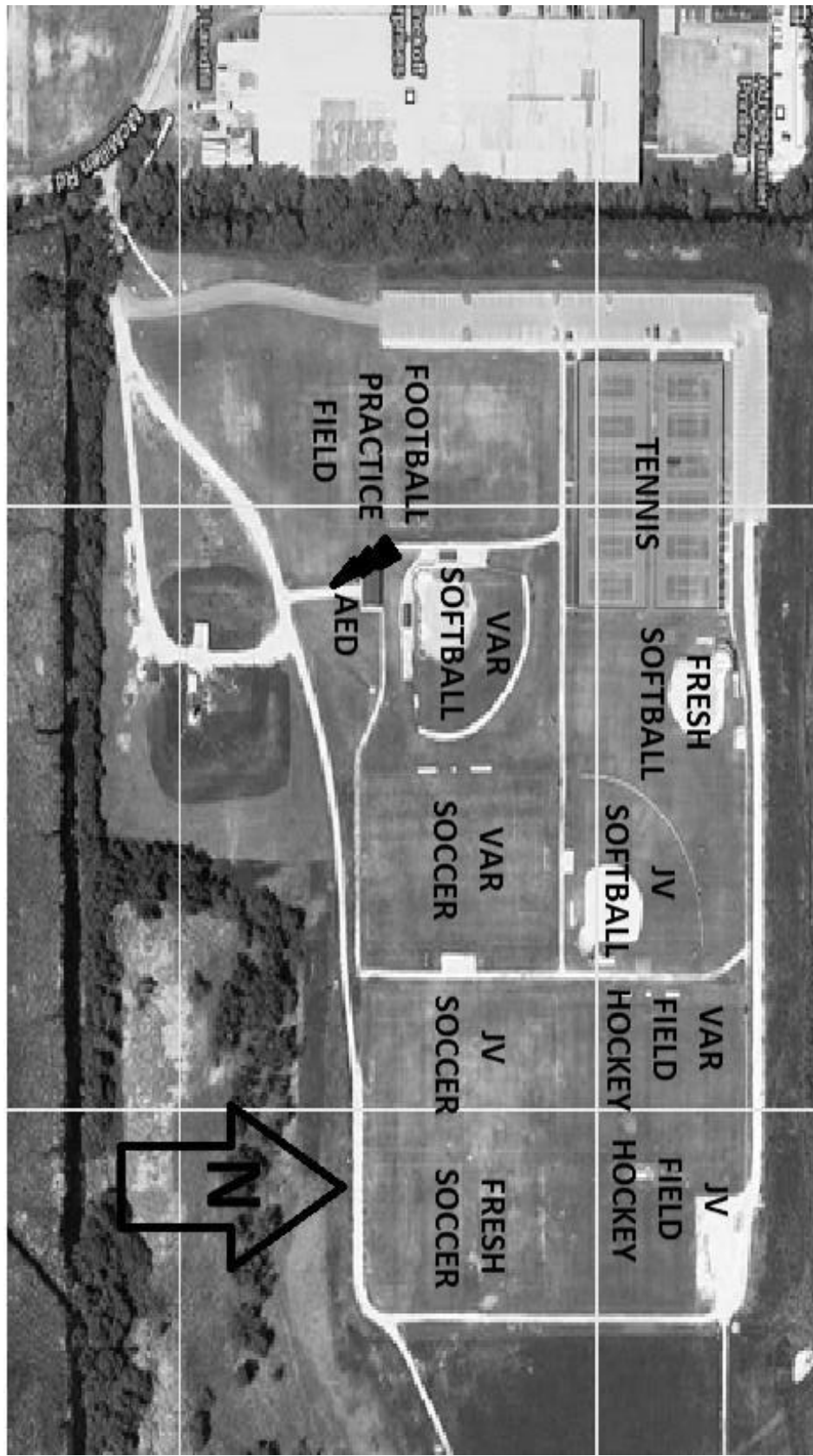
- FOOTBALL PRACTICE FIELD IS LOCATED IMMEDIATELY TO THE LEFT WHEN ENTERING THE PARK
- SOCCER FIELDS ARE LOCATED IN THE SOUTHEAST CORNER OF THE PARK. CONTINUE STRAIGHT UPON ENTERING, THE FIELDS ARE PAST THE VARSITY SOFTBALL STADIUM AND WILL BE TO YOUR LEFT
- VARSITY SOFTBALL FIELD IS LOCATED IN THE CENTER OF THE PARK. TAKE THE FIRST LEFT WHEN ENTERING, CONTINUE PAST THE FOOTBALL PRACTICE FIELD, TURN RIGHT BEFORE THE TENNIS COURTS, CONTINUE DOWN GRAVEL ROAD, TAKE FIRST RIGHT, EMERGENCY VEHICLE ENTRANCE IS ALONG THE THIRD BASELINE IN THE OUTFIELD.
- FRESHMAN SOFTBALL FIELD IS LOCATED CENTRALLY AT THE NORTH END OF THE PARK. TAKE THE FIRST LEFT UPON ENTERING, CONTINUE PAST THE FOOTBALL PRACTICE FIELD AND TENNIS COURTS, TURN RIGHT, FIELD WILL BE ON THE LEFT AFTER THE TENNIS COURTS.
- J V SOFTBALL FIELD IS LOCATED CENTRALLY AT THE NORTH END OF THE PARK. TAKE THE FIRST LEFT UPON ENTERING, CONTINUE PAST THE FOOTBALL PRACTICE FIELD, TURN RIGHT BEFORE THE TENNIS COURTS AND CONTINUE DOWN THE GRAVEL ROAD, FIELD WILL BE TO THE LEFT
- FIELD HOCKEY FIELDS ARE LOCATED AT THE NORTHEAST CORNER OF THE PARK. TAKE THE FIRST LEFT UPON ENTERING, AND CONTINUE PAST THE TENNIS COURTS, TURN RIGHT AND CONTINUE PAST THE SOFTBALL FIELDS

NOTES:

- STUDENT-ATHLETE SHOULD BE ACCOMPANIED BY A SUPERVISING INDIVIDUAL(ATC, ATHLETIC DIRECTOR, OR COACH)
- ALL MEMBERS OF EMERGENCY PERSONNEL SHOULD BE NOTIFIED IMMEDIATELY
- PARENTS SHOULD BE CONTACTED BY THE ATC, AD OR COACH
- MEDICAL HISTORY AND INSURANCE INFORMATION SHOULD BE OBTAINED IF TIME ALLOWS FROM THE ATHLETIC OFFICE OR ATHLETIC TRAINING ROOM
- APPROPRIATE INJURY REPORTS SHOULD BE COMPLETED

EXTREME CONDITIONS:

- IN THE EVENT OF EXTREME WEATHER CONDITIONS ALL ATHLETES AND COACHES SHOULD REPORT TO THE CONCESSION STAND FOR SAFETY. DUGOUTS DO NOT QUALIFY AS LIGHTENING SAFE SHELTERS.



FOX RIVER PARK

Cross Country

EMERGENCY PHONE NUMBERS

Bryn Nottoli, ATC	C:224-628-6610	O:847-838-7769
Ryan Naes, ATC	C:847-571-7853	O:847-838-7769
STEVE SCHOENFELDER (AD)	C:847-373-0960	O:847-838-7630
AMBULANCE/EMS/POLICE	911	
POISON CONTROL	1-800-222-1222	

EMERGENCY PERSONNEL

CERTIFIED ATHLETIC TRAINER (ATC) ON SITE FOR MOST COMPETITIONS
ATHLETIC DIRECTOR
COACHING STAFF

EMERGENCY COMMUNICATIONS

CELL PHONES CARRIED BY ATC

EMERGENCY EQUIPMENT

- AN AED WILL BE LOCATED WITH THE ON-SITE ATHLETIC TRAINER
- ON-SITE ATC WILL HAVE A MEDICAL KIT

ROLE OF THE FIRST RESPONDER

ACTIVATE EMS, CALL 911 FROM A CELL PHONE
GIVE THE FOLLOWING INFORMATION AND STAY ON THE PHONE UNTIL EMS HAS ARRIVED.

- NAME, ADDRESS, TELEPHONE NUMBER OF THE INDIVIDUAL CALLING
- NUMBER AND CONDITION OF INJURED ATHLETES
- TREATMENT BEING ADMINISTERED
- SPECIFIC LOCATION OF EMERGENCY.
- OTHER INFORMATION AS REQUESTED

ATHLETIC CONTEST LOCATION: ENTRANCE TO FOX RIVER PARK IS LOCATED JUST EAST OF THE INTERSECTION OF HIGHWAY W AND HIGHWAY F. WHEN HEADING EAST ON HIGHWAY F, FROM THE INTERSECTION OF F AND W, THE ENTRANCE TO THE PARK WILL BE THE FIRST OPENING ON THE RIGHT. CONTINUE ON THE ENTRANCE PATH TO THE FIRST OPENING ON THE LEFT. CONTINUE STRAIGHT TO THE PAVILION ON THE RIGHT.

NOTES:

- STUDENT-ATHLETE SHOULD BE ACCOMPANIED BY A SUPERVISING INDIVIDUAL(ATC, ATHLETIC DIRECTOR, OR COACH)
- ALL MEMBERS OF EMERGENCY PERSONNEL SHOULD BE NOTIFIED IMMEDIATELY

- PARENTS SHOULD BE CONTACTED BY THE ATC, AD OR COACH
- MEDICAL HISTORY AND INSURANCE INFORMATION SHOULD BE CARRIED BY THE INDIVIDUAL'S COACH TO AWAY COMPETITIONS
- APPROPRIATE INJURY REPORTS SHOULD BE COMPLETED

EXTREME CONDITIONS:

- IN THE EVENT OF EXTREME WEATHER CONDITIONS ALL ATHLETES AND COACHES SHOULD REPORT TO AN AREA THAT IS ENCLOSED WITH NO WINDOWS. THE PAVILION IS NOT A LIGHTENING SAFE SHELTER. ATHLETES MAY SEEK SHELTER ON THE SCHOOL BUS.



Inclement Weather Policies

Managing Heat and Heat Illness

These guidelines represent minimum standards that IHS A member schools should follow for athletic competitions. Schools with more restrictive guidelines are not expected to modify any pre-existing guidelines in order to meet this policy. These guidelines will be used by managers or their designees at all IHS A state series events when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. State series tournament managers will make the decisions to suspend and resume activity in accordance with these guide- lines using those devices or systems usually used at the state series venue/site.

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity. Using a Wet Bulb Globe Thermometer is recommended, although a conver- sion to WBGT can be made from air temperature and relative humidity using chart 2. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.

a. □79.9 degrees F i. All sports

1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
3. Ice-down towels for cooling.
4. Watch/monitor athletes carefully for necessary action.

b. 80.0-84.5 degrees F

i. All sports

1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
3. Provide cooling stations using methods such as ice towels.
4. Watch/monitor athletes carefully for necessary action

ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed while not involved in contact.

iii. Reduce time of outside activity. Consider postponing activity to later in the day.

iv. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions or sooner if personnel on the field suspects potential heat stress.

c. 84.6-87.5 degrees F

i. All sports

1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
3. Coordinate breaks with assigned contest officials.
4. Have cooling stations for before, during, and after exercise/training/competition.
5. Watch/monitor athletes carefully for necessary action
6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
8. If practicing, maximum of 2 hours of training/practice while temperature is in this range.

ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.

iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

d. 87.6-89.9 degrees F

i. All sports

1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
3. Coordinate breaks with assigned contest officials.
4. Have cooling stations for before, during, and after exercise/training/competition.
5. Watch/monitor athletes carefully for necessary action
6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
8. If practicing, maximum of 1 hour of training/practice while temperature is in this range.

ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.

- iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

e. 90 degrees F

i. All sports

1. No training/competition
2. Cancel and/or postpone activity to cooler time of the day

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																		
		Temperature in Degrees Fahrenheit																																
Relative Humidity (%)		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0		
	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	89.6		
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0	96.8	98.6	100.4	102.2		
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2				
	25	64.4	64.4	66.2	68.0	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2					
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	102.2								
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2										
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2											
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	100.4													
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	102.2														
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	100.4															
60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4																	
65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	100.4																		
70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2																		
75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	102.2																			
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	100.4																				
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2																				
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2																					
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4																						
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2																						
NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sun line and a light wind. Table adapted from Bureau of Meteorology																																		

Cooling Methods Due to Heat Related Illness

Exertional heat stroke (EHS) is relatively uncommon among exercise associated medical conditions, but is a frequent cause of exercise related death. The majority of evidence shows that early institution of body cooling is the most effective method of decreasing mortality in EHS. The following contains recommendations regarding the methods of body cooling, including tubs, ice bags, iced towels (towels with water that have been frozen) water, fans, and shade. The recommendations are classified as essential (foundational to the implementation of treatment, should have resources and personnel directed towards implementation), and desirable (important in maximal implementation, should have resources and personnel directed towards implementation as budget and resources allow). The recommendations are only guidelines, are not intended as a standard of care, and should not be considered as such. These guidelines should only be considered in the care of athletes who can be expected to be at risk of EHS due to the sport or the environmental situation of the activity. Sports especially at risk include football with and without equipment, soccer, and long distance track. Other sports and activities, such as cycling, golf, baseball, tennis, track and field, and band, may also be at risk due to long duration exposure to extreme environmental conditions.

It is essential that member schools and school administrators/officials:

- Establish a written plan coordinated with local EMS for emergency treatment of EHS that includes transport to a hospital and conduct drills in the implementation of the plan as practicable.
- Know how to assess environmental conditions and determine when extreme conditions exist.
- Identify a specific spot at the athletic facility that has shade.
- Have immediate access to ice and bags to contain ice.
- Have access to water, and provide water breaks as outlined in the IHSA Managing Heat and Humidity Policy.
- Know the most effective sites for application of ice to the body.
- Obtain and use, when environmental conditions are determined to be extreme, a tub or pool, filled with water and ice before activity begins, to be used in body immersion for maximal cooling, and have personnel trained in this technique.

It is desirable that member schools and school administrators/officials:

- Have a certified athletic trainer (ATC) on staff, as budget and resources allow, to develop and implement these guidelines.
- Have immediate access to water.
- Provide shade breaks.
- Provide fans when environmental conditions are determined to be extreme.
- Have close access to an air-conditioned room.
- Have access to and use iced towels that can be rotated to appropriate areas of the body, including the axilla, groin, and back of the neck.

Resources

- Procedure for Avoiding Heat Injury/Illness through Analysis of Heat Index and Restructuring of Activities and Recommendations for Cooling Methods Due to Heat Related Illness. Kentucky Medical Association/Kentucky High School Athletic Association. 2010.
- Binkley HM et al. NATA Position statement: Exertional heat illness. J Ath Training 2002; 37: 329-343.
- Casa DJ et al. Survival strategy: Acute treatment of exertional heat stroke. J Strength Conditioning Res 2006; 20: 462.
- Armstrong LE et al. ACSM position stand: Exertional heat illness during training and competition. Med Sci Sports Exerc 2007; 41: 556-572.
- Model Policy for Managing Heat & Humidity. Michigan High School Athletic Association. 2013.

Lightening Policy

From the NATA position Statement on Lightning Safety in Athletics

Lightning may be the most frequently encountered severe-storm hazard endangering physically active people each year. Millions of lightning **flashes** strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four **fifths** occur between 10:00 AM and 7:00 PM, which coincides with the hours for most athletic and recreational activities. Additionally, lightning casualties from sports and recreational activities have risen alarmingly in recent decades.

Recommendations

The National Athletic Trainers' Association recommends a proactive approach to lightning safety, including the implementation of a lightning-safety policy that identifies safe locations for shelter from the lightning hazard. Further components of this policy are monitoring local weather forecasts, designating a weather watcher, and establishing a chain of command. Waiting 30 min or longer after the last flash of lightning or sound of thunder is recommended before athletic or recreational activities are resumed. Lightning safety strategies include avoiding safety shelter under trees, avoiding fields and spaces, and suspending the use of landline telephones during thunderstorms. Also outlined in this document are the pre-hospital care guidelines for triggering and treating lightning strike victims. It is important to evaluate victims quickly for apnea, asystole, hypothermia, shock, fractures, and burns cardio resuscitation is effective in resuscitating pulseless victims of lightning strike. Maintenance of cardiopulmonary recitation and first aid certification should be required of all persons evolved in sports and recreational activities.

Guidelines fro ACHS

- The game official, athletic director, coach or athletic trainer will make the official call to remove the individuals from the game field or practice field.
- Per lightning strike a 30-minute time frame will be observed in order to allow the storm to pass.
- If early detection system, Thorguard, is present observe all rules regarding the early detection system.
- Athletic trainer/athletic director will monitor weather with smart phone.
- For specific shelter see specific site guide.