

EMERGENCY ACTION PLAN

Wrestling Room **WRESTLING**

Important Contact Information:

- Emergency Medical Services: 911
- Head Wrestling Certified Athletic Trainer: Stephen Moss ATC, LAT 918-638-1221
- Certified Athletic Trainer: Cheri' Wahl ATC, LAT 918-513-1102
- Executive Athletic Director: Jay Bittle 918-260-2023
- Head Wrestling Coach: Brock Moore 918-640-1825
- St. Francis Hospital (61st and Yale): 918-494-2200
- Hillcrest South Hospital (91st and H169): 918-894-5432

Directions:

- Bixby High School campus address is: **601 S. Riverview, Bixby OK 74008**
- If coming East from 151st (same direction as Walgreens, Quick Trip etc), go South on Riverview Ave
- Once you get to campus, take first left after stop sign
- Circle around by the tennis courts
- Go South straight across parking and Wrestling Room is labelled on north side of the building

Emergency Personnel/First Responders are:

- Certified Athletic Trainers: Assess scene and determine plan. Organize and communicate as needed.
- Coaches: Assist in situation. Organize players/practice. Help with scene control. Unlock gates if needed.
- Administration: Assist in situation. Flag down Emergency personnel. Unlock gates if needed. Clear EMS path. Call parent.
- Student aides: Assist as needed. Retrieve emergency equipment or personnel if needed.

Role of First Responders:

- 1) Immediate care/survey of injured or ill victim
- 2) Activation of emergency medical systems (EMS) as needed:
 - a. Contact EMS and provide patient name, location, number of individuals injured, treatment, directions, and any other information needed
 - b. Contact Certified Athletic Trainer on duty via cell phone or campus phone
 - c. Contact Athletic Director and inform of the situation after it subsides
- 3) Emergency equipment retrieval (student athletic training aides may help with this)
- 4) Direction of EMS to scene (student athletic training aides may help with this)
 - a. Open appropriate doors or gates immediately. May need to find event manager, head coach, or admin
 - b. Designate an individual to flag down ambulance and direct to scene
 - c. Scene control: direct bystanders away from the area

When Certified Trainer is on campus:

Roles of Certified Athletic Trainer (ATC)

- Preventative care for all student-athletes (includes evaluation, consultation, taping, and use of modalities such as whirlpool, electronic stimulation, ultrasound, intermittent compression, hot and cold therapy and HydroWorx rehab treadmill pool)
- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - Activation of emergency medical services (EMS)
 - 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, specific directions, other information as requested)
 - Notify administration and security that 911 has been called
- Return to play decision-making on the injured student-athlete
- Physician referral of the injured student-athlete
- Rehabilitative care for injured student-athletes. Rehabilitation should follow physician protocols

EMERGENCY ACTION PLAN

Continued

Plan ahead: Always have a rehearsed plan every semester. Make sure things are properly labelled. Make sure you know who can unlock any locked gates. Make sure all emergency phone numbers are shared with all coaches and parent leaders. Make sure weather precautions are taken if needed. Make sure any safety procedures or guidelines are posted. Many emergencies can be more efficient and safely performed with proper planning and routine rehearsals.

Emergency Communication: The nearest on-campus phone is located in the Home of the Spartans Lobby downstairs at the secretary desk. Due to distance of on-campus phone during potential emergency, it is asked that each coach have access to at least one cell phone during practice and games in case of emergency.

Emergency Equipment: AED is located on downstairs lobby wall in the southwest corner of Home of the Spartans. All wound care supplies are located with the Athletic Trainer in the Athletic Training Room. Additional equipment such as vacuum splint and an additional portable AED are in the Athletic Training Room. Due to HydroWorx rehab pool, door must remain locked if Athletic Trainer is not present. Will need to get key from head coach to get in during school or after hours in an emergency.

Lightning: Bixby has a safety lightning policy that states, ALL outdoor athletic activity will end immediately if lightning is within a 10 mile radius. Bixby Public Schools use a weather tracking software "Schneider Electric Weather Sentry". Activity may not resume until lightning has been inactive in our 10 mile radius and a 30 minute wait has been concluded. BPS must also wait for an ALL CLEAR text that comes to the Athletic Director and/or the Certified Athletic Trainer.

Heat Emergencies: If temperatures are >90 degrees F, outdoor play may need further heat safety accommodations. Wet Bulb Globe Temp is much more accurate than outdoor temperature. WBGT takes into account temperature, humidity and wind speeds. Play may continue/resume under certain conditions including a tournament or competition or with having sufficient medical personnel present with appropriate precautionary hot weather supplies. Adequate, frequent water and rest breaks must also be permitted and planned. This must include but is not limited to shade, ice towels or sponges, unlimited water and access to indoors if needed. Please refer to coaches' manual for heat emergency guidelines, preparations and more information.

AED LOCATION: New Whitey gym lobby on the east wall

Skin Conditions: Alert Certified Athletic Trainer immediately with any suspicious conditions. Athlete should be removed from all activity until cleared by medical professional

Concussions/Traumatic Brain Injury (TBI): If a cervical neck injury is possible or suspected, do not move athlete until Certified Athletic Trainer can assess the injury. Stabilize the athlete's head and neck until further evaluation can be completed. With any possible concussion, stop activity immediately and monitor athlete closely. Do not leave their side until you are able to alert Certified Athletic Trainer immediately and they arrive at the scene. Once athlete is safely removed, they must be monitored and evaluated by a Certified Athletic Trainer or medically trained concussion specialist. Athlete will not be cleared until qualified medical physician or Certified Athletic Trainer clears athlete. Final clearance also means proper return to play and progression steps have been completed if athlete was diagnosed as having a concussion.