

HIGHLAND REGIONAL HIGH SCHOOL
ATHLETIC DEPARTMENT

EMERGENCY ACTION PLAN

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HIGHLAND REGIONAL HIGH SCHOOL
ATHLETIC DEPARTMENT
Athena DeAngelis, MS, ATC
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To: ALL Coaches
From: Athena DeAngelis
Re: Injury Guidelines/Emergency Action Plan

INJURY RECOGNITION GUIDELINES

In The event that the athletic trainer (ATC) is not available, the following guidelines should be used to recognize the extent of the injury

Medical Emergencies – Any of the following constitutes a medical emergency and will require immediate medical attention (**implement Emergency Action Plan**):

- Airway blockage: cessation of breathing and/or circulation
- Loss of consciousness
- Severe Bleeding
- Dislocation, deformity or severe fracture
- Any injury to the head, neck or spine
- Heat Illness: change in facial color/appearance, extreme fatigue/disorientation, and/or loss of consciousness
- Severe asthma or allergy attack

Concussions:

All athletes with signs and/or symptoms of a concussion should be evaluated by a healthcare professional as soon as possible. A potentially concussed athlete should NEVER be returned to play the same day if a concussion is suspected. If ATC is not available, parents should be advised to take child to their primary physician or emergency room

Ligament/Tendon/Muscular Injuries (Sprains/Strains/Contusions):

Athletes with minor injuries listed above should be instructed to use the principle of R.I.C.E (Rest, Ice, Compression, Elevation). Rest the injured area, ice the area for 20-min every hour, compress area with elastic bandage and elevate injured area above the level of the heart. If the athlete cannot walk/somewhat disabled, but the injury does not constitute a medical emergency, contact parent/guardian and ask them to pick up the athlete. If there are any questions/concerns about the extent of injury, they can contact their physician or take athlete to urgent care or emergency room. Instruct the athlete to see ATC the next day and contact the ATC as soon as possible.

Remember: the athlete MUST see the ATC before participating the next day. If a physician has seen the athlete, he/she must provide a note from that physician clearing him/her for participation BEFORE returning to practice/games. The note is kept on file with the ATC.

HEAT ILLNESS PREVENTION

Heat Illness can be recognized by several signs and symptoms including but not limited to: thirst, fatigue, profuse sweating, dizziness, muscle cramping, fainting, chills, headache and lightheadedness. In order to prevent the occurrence of heat illnesses, be sure to follow the NJSIAA recommendations for summer & pre-season practices and allow frequent water breaks. Please refer to chart and use NJSIAA policies. Information can be found on the NJSIAA Website. We use a Wet-Bulb Globe Temperature (WBGT) measuring device to monitor the environmental conditions at our fields. Use the table below to determine how to modify your practice based on the WBGT reading:

Schools must follow this best practice policy when conducting outdoor practices and games in all sports. The policy follows modified guidelines of the American College of Sports Medicine, and is specific to New Jersey, in regard to:

1. The scheduling of practices during times of various Wet Bulb Globe Temperature (WBGT) levels
2. The ratio of workout time to time allotted for rest and hydration during times of various WBGT levels
3. The WBGT levels which will result in practices and contests being modified or terminated.

An instrument scientifically approved to measure WBGT must be utilized at each practice and game. WBGT readings must be taken on the practice and game site a minimum of every hour, beginning 30 minutes before the beginning of practice and game. All readings must be recorded or data logged (e.g. written or electronic form). In the event that a modification or cancellation was required, documentation using the WBGT *NJSIAA Heat Participation Policy Record Chart* must be completed.

WBGT READING	Flag	Risk for Heat Illness	ACTIVITY GUIDELINES AND REST BREAK GUIDELINES
Under 80.0°F	Green	Very Low	Normal activities – Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
80.0 F – 85.0°F	Yellow	Low	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
85.1 F – 88.0°F	Orange	Moderate	Maximum practice time is 2 hours, <u>For Football, Lacrosse and Field Hockey</u> : All helmets and shoulder pads must be removed for practice and conditioning activities. If the WBGT rises to this level during practice, football players may continue to work out wearing football pants without changing into shorts. <u>For All Sports</u> : provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
88.1 F – 90°F	Red	High	Maximum length of practice is 1 hour. <u>For Football, Lacrosse and Field Hockey</u> : No protective equipment may be worn during practice and there must be no conditioning activities. <u>For All Sports</u> : there must be no conditioning and there must be 20 minutes of rest breaks distributed throughout the hour of practice.
Over 90°F	Black	Very High	NO OUTDOOR WORKOUTS. Delay practice until a cooler WBGT level is reached.

COLD WEATHER INFORMATION

Cold weather injuries can be recognized by several signs & symptoms: Shivering, skin that has become pale or red and feels very cold to the touch, coughing, chest tightness, and/or a burning of the throat and nasal passages, numbness, tingling, or pain in the face, ears, fingers, and/or toes, fatigue and/or clumsiness/loss of dexterity, sluggishness, slurred speech, confusion, and/or loss of consciousness, and drop in core temperature (hypothermia). In order to prevent the occurrence of cold illnesses, be sure to follow the NJSIAA recommendations for cold weather practices and allow for rewarming periods for athletes. Please refer to chart and use NJSIAA policies. Information can be found on the NJSIAA Website.

<https://www.njsiaa.org/sites/default/files/document/Cold%20Environment%20Participation%20Guidelines.pdf>

Temp	Risk	Guide
WCT < 50 F	Hypothermia / Chilblain Risk	<ul style="list-style-type: none">- Appropriate clothing- No break in activity
WCT 39 to 33 F	Hypothermia / Frostnip Risk	<ul style="list-style-type: none">- Appropriate clothing including pants, headgear, and gloves- Layers, wicking clothing- No break in activity
WCT 32 to 31 F	Mild Frostbite Risk	<ul style="list-style-type: none">- Appropriate clothing including pants, headgear, and gloves (especially bench players) Extremities covered.- 45 minutes exposure / 15 minutes indoors
WCT 30 to 25 F	Frostbite Risk	<ul style="list-style-type: none">- Appropriate clothing including pants, headgear, and gloves (especially bench players) Extremities covered.- 30 minutes exposure / 20 minutes indoors
WCT 25 F and <	Severe Frostbite Risk	<ul style="list-style-type: none">- No outside practices- All activity must be indoors
For Games / Events		*For WCT's below 31° F, game officials / facilities staff / and medical staff will discuss need to modify game procedures and re-warming procedures as needed for safety of student-athletes.

LIGHTNING SAFETY

Outdoor athletic events and practices are at risk for being affected by lightning storms. Follow the guidelines below to reduce the risk of your athletes being harmed by lightning.

- Establish ahead of time where a lightning-safe structure or vehicle can be used as a shelter during severe storms
 - The school (locker rooms, gymnasiums, cafeteria, or class rooms) should be your first choice. A safe place for athletes of away teams can be determined by the Athletic Director or Assistant Athletic Director.
 - In the event that the school is not an option, a bus, the concession-stand and bathrooms, or a car will be safe.
 - Any fully enclosed building that has plumbing and wiring is considered lightning-safe.
 - DO NOT use a tent, bleachers, sheds, dugouts, the press-box, or soft top/convertible vehicles.
 - Once inside, stay away from large sources of water or electricity.
- Have a designated “weather watcher” for games and practices.
 - This will be the Athletic trainer or Athletic Director when on site
 - This will be the coach or official when neither are on site
 - The weather watcher should have reliable means of monitoring local weather such as:
 - Electronic media and applications for the national weather service
 - Real-time updated Doppler Radar of local weather
 - Weather radios and lightning trackers
 - Subscription to commercial real-time lightning detection services
- Postponing Play:
 - If a lightning storm is imminent, postpone play to avoid any risks.
 - If the athletic trainer or athletic director are on site with reliable means of tracking lightning storms:
 - When the storm reaches 10 miles of the location of play safety procedures must begin.
 - When the storm reaches 6 miles of the location of play all individuals (athletes, staff, spectators, etc.) MUST be in a lightning-safe shelter and safety procedures should be complete.
 - If the athletic trainer or athletic director are not on site or reliable means of tracking lightning storms is not available:
 - Follow the saying, “When Lightning Roars, Go Indoors!”
 - If you can see lightning or hear thunder assume that it is too close and everyone must seek a lightning-safe shelter immediately.
- Resuming Play:
 - It is only safe to return to play after 30 minutes from the last sound of thunder AND sight of lightning.
 - Visible blue skies or the absence of rain does not mean that it is safe to return to play any earlier than the designated 30 minutes.

EMERGENCY ACTION PLAN

The Emergency Action Plan (EAP) is designed to be used when a severe injury occurs (9-1-1 will be called). Please see the attached flowchart and map laying out roles for specific individuals.

Is the ATC Available?

YES:

- Contact ATC by cell phone (856-816-7286)
- Monitor athlete for any changes in airway, breathing, circulation and consciousness
- After ATC arrives, assist as needed and use flowchart to determine your role

NO:

Is injury/illness heat related?

- YES: Bring athlete to shaded/cool area. Place ice-bag or cold/wet towel on athlete's neck & wrists. If conscious, give athlete cold water/Gatorade. Monitor airway, breathing, circulation & use cell phone or send designated person to call EMS
- NO: All other emergencies – Monitor airway, breathing, circulation & consciousness. Do Not Move Athlete. Use Cell phone or send designated person to call EMS

When calling EMS relaying the following information:

- Your name & title
- Age of Athlete
- Nature of Injury
- Specific location of injured athlete
- Route of Entrance
- Phone number where you can be reached
- Always wait for EMS to hang up first

After calling EMS, immediately contact parents/guardians, athletic director and athletic trainer. Stay with the athlete until EMS arrives. When possible, a coach should travel with the athlete to the hospital if parents/guardians are not on-site.

AVAILABLE EMERGENCY EQUIPMENT

The ATC has splints, compression wraps, gauze, bandages, crutches and slings available for emergency situations that may arise. In the event the ATC is not available, call 9-1-1. For splinting or spinal injuries – DO NOT MOVE THE ATHLETE. Each team is provided a first aid kit for minor injuries. Please check your kit after it is used and check level of supplies in order to notify ATC if it needs to be restocked. If a spinal injury is suspected, the ATC will maintain immobilization and an airway manually until EMS arrives with a spine board

HIGHLAND REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT

Athletic Emergency Action Plan

Instructions

For emergencies on outdoor/courts located at Highland Regional High School:

- EMS should be directed to enter via Erial Road (or Blackwood-Clementon Road and drive to entry gate) & drive onto the fields through the gate between the Track/Football Stadium and Varsity Softball Field
- EMS should be informed of exact location of emergency and guided to that location upon their arrival
 - Athletic Director/Assistant Athletic Director or Coach can lead EMS via golf cart to injured athlete

For emergencies inside Highland Regional High School gyms, team rooms & weight rooms:

- EMS should be directed to enter via Erial Road (or Blackwood Clementon Road and drive to entry gate) and enter the building via doors labeled D7 or D12
- EMS should be informed of exact location of emergency and guided to that location upon arrive
 - Athletic Director/Assistant Athletic Director or Coach can lead EMS to location

For emergencies at the Gloucester Township Park Turf Fields:

- EMS should be directed to enter via GT Park entrance on Hickstown Road or entrance on Peter Cheeseman Road
 - They should be informed of exact location – instructed to proceed to Lot 4 and Field I – for emergency situation
 - Assistant Coaches (and Athletes if needed) should stand by entrances to help guide ambulance to exact location
 - Athletic Trainer & Athletic Director notification following EMS contact regarding emergent injury situation

For emergencies at Gloucester County Institute of Technology (Swimming):

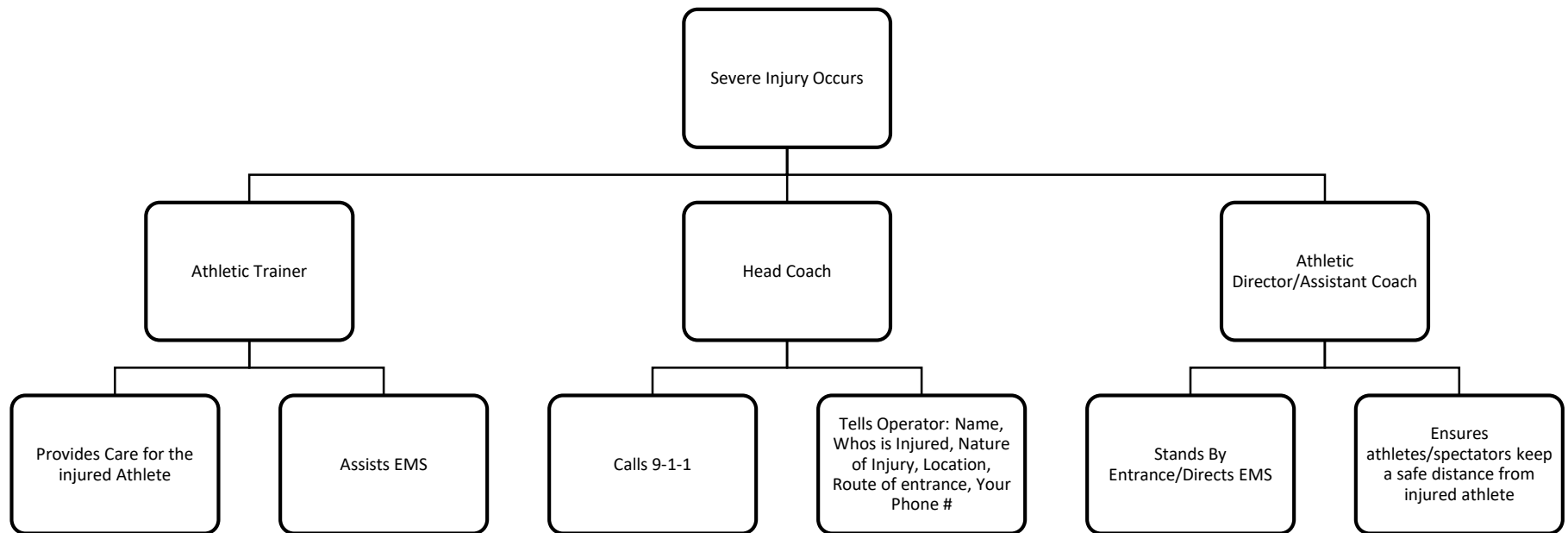
- Athletic Trainer will not be in attendance for practices or matches. Emergency equipment and AED are at the pool and Life Guards are in attendance.
 - Gloucester County Institute of Technology (GCIT) 1360 Tanyard Rd, Sewell, NJ 08080
1. Call 911 (if EMS is not already present)
 2. Instruct EMS "This is the GCIT Aquatics Center, There has been an emergency."
3. Provide important information to EMS personnel:
- Describe the nature of the injury
 - Give the phone number 468-1445 or cell phone of caller
 - Number of injured people
 - Condition of the victim
 - What care is being given
 - Stay on the line until dispatcher disconnects
 - Return and report staff who is caring for the victim
 - Arrange for someone to meet the EMS in the driveway and direct them to the site .
4. Provide appropriate care until EMS personnel arrives: On arrival, provide important information (mechanism of injury, current vital signs, treatment performed, and relevant medical history) and assist EMS as needed
5. Spinal Injury Rescue (Shallow or deepwater): All lifeguards should have knowledge of Spinal Injury Rescues. They will refer to the American Red Cross Lifeguard Training Manual.
5. Emergency equipment (AED) will be at the pool.
- Parent will be notified immediately following call to 911, if not present at event, to relay information and where their son/daughter will be transported too.
 - Parent or coach should accompany student-athlete to hospital.
 - Coaches will inform athletic trainer and school administration of emergency situation as soon as possible
 - Athletic Trainer will follow-up and complete evaluation as well as nurse's reports.

**HIGHLAND REGIONAL HIGH SCHOOL
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Athletic Emergency Action Plan

FLOW CHART – ATC PRESENT

The following actions should occur when the Certified Athletic Trainer IS Present:

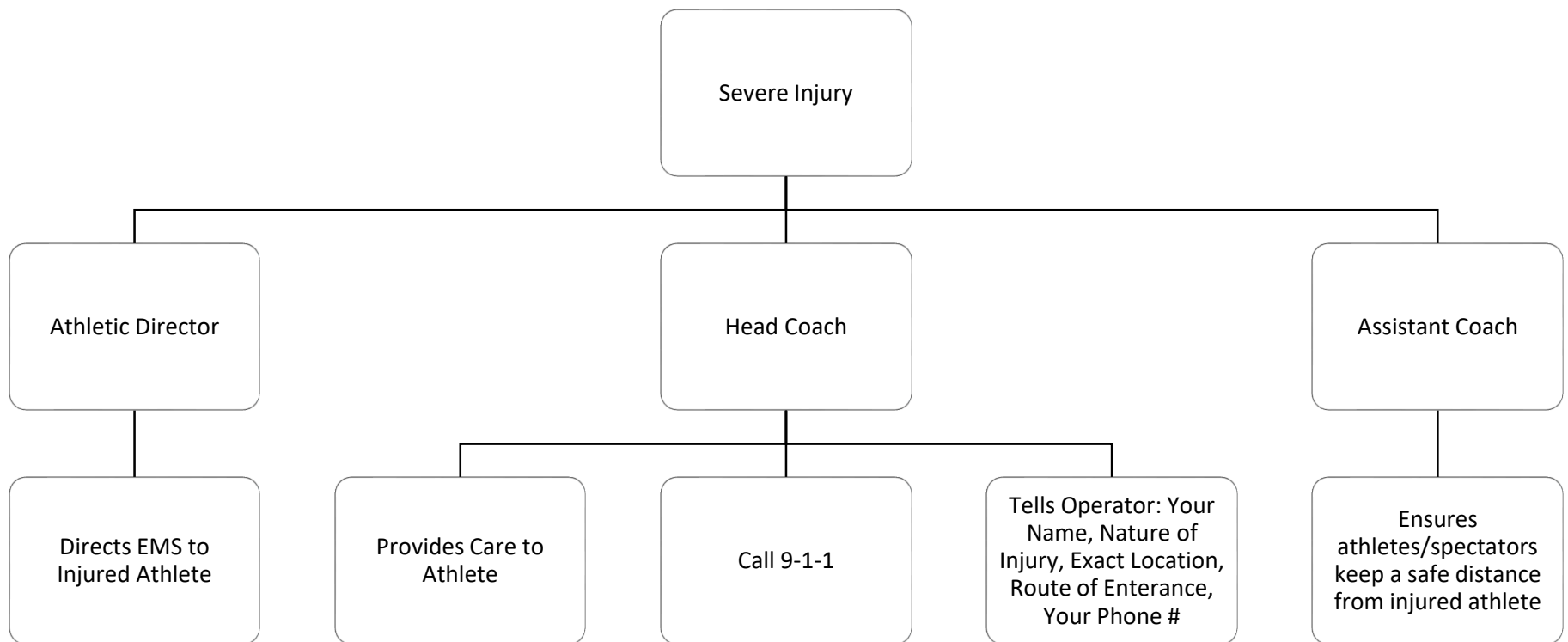


**HIGHLAND REGIONAL HIGH SCHOOL
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Athletic Emergency Action Plan

FLOW CHART – No ATC On Site

The following actions should occur when the Certified Athletic Trainer is NOT Present:



**HIGHLAND REGIONAL HIGH SCHOOL
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Fall & Winter Sports



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Spring Sports



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GT Park

