

# **Luck High School Emergency Action Plan**

810 SEVENTH STREET SOUTH

LUCK, WI 54853



### **Purpose of EAP:**

To provide Luck High School with an emergency action plan (EAP) in case of a serious or life-threatening condition that arises during sport practice or competitions. Licensed Athletic Trainer (LAT), coaches, and others involved in athletics must constantly be on guard for potential injuries, and although the occurrence of 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):**

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, and school administrators be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

### **Chain of Command:**

1. Physician
2. Licensed Athletic Trainer (LAT)/Sports Medicine Staff
3. Athletic Director
4. School Administrator
5. Head Coach
6. Assistant Coach
7. Sports Medicine Student

### **Contact Information:**

***Licensed Athletic Trainer:*** Zachary Fahrenkrug, LAT, CSCS Amery Hospital & Clinic  
Office: (715)-268-0110/Cell: (920)-460-2208

***Sports Medicine Staff:*** Tony Gould, PT, DPT Amery Hospital & Clinic  
Office: (715)-268-0118/Cell: (608)-729-2027

Michael Gulenchyn, LAT, CSCS Amery Hospital & Clinic  
Office: (715)268-0110/Cell: (715)410-4104

***Sports Medicine Physician:*** Dr. Gehrig Williamson, Amery Hospital & Clinic  
Office: (715)-268-8000/Cell: (715)-781-1628

***Ambulance Service:*** 911 emergency

***Fire Department:*** Luck Fire Dept. 911 emergency

***Police Department:*** Luck Police Dept. 911 emergency

***Athletic Director:*** Chuck Holicky, (715)-472-2152

***District Superintendent:*** Chris Schultz, (715)-472-2152

***Principal:*** Brad Werner, (715)-472-2152

## **In the event of an emergency:**

### **1) Designate Personnel**

- Person to stay with the injured athlete(s):
  - Coach/es and/or Licensed Athletic Trainer (LAT)
- Person to phone for medical assistance:
  - Coach
  - Athletic Director
  - Supervising Faculty member
  - Sports Medicine Student
- Person designated to meet emergency medical personnel at gate/entrance and accompany them to the injured athlete(s):
  - Athletic Director
  - Supervising Faculty Member
  - Building and Grounds Staff
  - Sports Medicine Student
- Person designated to notify parents and inform them of circumstances:
  - LAT and/or Coach
- Person designated to accompany injured athlete(s) to hospital:
  - Family member
  - Assistant coach
- Person responsible for documenting information relating to injury and emergency response:
  - LAT and/or Coach

### **2) Emergency Information**

- Location of cell phone:
  - Cell phone with sports medicine staff
  - Cell phone with coaching staff
  
- Location of facility:
  - Luck High School
  - 810 Seventh Street South
  - Luck, WI 54853
  
- Entry location for emergency vehicle
  - **Football**-Located off South Seventh St/Chippewa Trail. Entrance is located between the ticket office and concession stand/bus garage.
  - **Baseball**- Located off South Seventh St/Chippewa Trail, just past the football field. Park on street and enter through gate located on the Northwest side of field.
  - **Gymnasium/Weight Room/Wrestling Room**- Main entrance or doors located south of the main entrance of High School located on South Seventh Street.



**3) Closest Emergency Care Facilities:**

- Amery Hospital & Clinic  
265 Griffin Street East  
Amery, Wisconsin 54001
- St. Croix Regional Medical Center  
235 E State Street  
St Croix Falls, WI 54024
- Burnett Medical Center  
257 W St George Ave  
Grantsburg, WI 54840

#### **4) Emergency Call Instruction**

When calling an emergency medical service (911):

- Identify yourself and your exact location, name, address, telephone number
- Explain what happened and the type of injury (head/neck/spine, fracture, loss of consciousness, etc.), number and condition of injured athlete(s)
- Give address of athletic facility and exact instructions on how the ambulance is to reach the injured athlete(s). This would include street address, building location and entry information
- Stay on the line until the operator disconnects the call. Give other information as requested by the dispatcher
- Return to the injury scene

#### **5) Location of AED's**

- Gymnasium- located on the wall to the right, outside the north doors of the gymnasium.
- Portable AED with Licensed Athletic Trainer, LAT.

## **Guidelines for Determining Scope and Seriousness of an Injury**

### 1. *Primary Survey*

- Airway, Breathing, Circulation, Consciousness

### 2. *Secondary Survey*

- Head to Toe exam, Palpitation, Skin color, Skin Temp
- Pulse Rate, Blood Pressure, Move on Command

### 3. *History*

- Question/answer athlete
- What happened, how did it happen, what did you feel, hear, see, new or recurring problems
- any questions to gain knowledge about situation

### 4. *Visual Exam*

- What do you observe - Signs and symptoms

### 5. *Palpitation*

- What do you feel - normal/abnormal

### 6. *Assessment*

- Determine the injury within your standard of care

### 7. *Treatment of Injury*

- Based on injury situations - Rice, Immobilization, 911

### 8. *Return to Activity*

- Based on status of injury, treatment, limitations, testing results

### 9. *Follow Up*

- With athlete, parents, guardians, physician, athletic trainer

## Treatment of Non-Life Threatening Athlete Injuries

Based on specific injury situation

1. *RICE*

<b>R</b>	Rest	Reduce activity
<b>I</b>	Ice	Cold applied to area
<b>C</b>	Compression	Reduce swelling
<b>E</b>	Elevation	Higher than heart

2. *Fill Out Injury Report*

Detailed

One injury per form - reoccurrence of same injury can be added to original form  
Copies to AD and athletic trainer  
Original in Coaches Notebook

3. *Call Parents at Appropriate Time*

Inform them of athlete's injury and gather important information.

4. *Follow up with Athlete / Parents / Doctor / Athlete Trainer*

Inquire about status  
Physical exam  
Medical Diagnostic Tests  
ER visit  
Limitations

## **Guidelines: Blood-Borne Pathogens**

1. All blood and body fluids should be considered infectious.
2. All personnel handling bleeding athletes will be gloved.

### ***Equipment***

- Bandages
- Dressing
- Tape
- Gloves
- Disposable Bags

### ***Treatment***

1. Stop Bleeding
  - Compression
  - Elevation - above level of heart
2. Wound Care
  - Anti-septic wipe
  - Depth of wound: Stitches or not?
  - Cover wound with dressing and tape
3. Blood on Uniform
  - Saturated- Replace
  - Spotted- Disinfect with spray

### ***Clean up***

1. Clean blood on all surfaces.
2. Use 1:100 Bleach/water solution or commercially made solutions.
3. All gloves, tape, bandages, towels, etc. must be disposed of in a marked plastic bag.



## **LUCK HIGH SCHOOL LIGHTNING PROTOCOL POLICY**

1. All head coaches and assistant coaches of outdoor sports must check to determine if there are severe weather warnings posted or forecasted during any outdoor practice or event.
2. Be aware of the signs of nearby severe weather development. Lightning, thunder, and heavy dark cloud development or any combination should be signs to monitor of approaching severe weather. Also, be aware of wind velocity and changes in temperature patterns. Severe weather signs can become threatening in as little as one half hour of time.
3. Know the location of a safe shelter that is closest to the athletic facility and how long it will take to reach the shelter. A safe shelter is any sturdy building that has metal plumbing or wiring or both to electrically ground the building. If no safe building is present, and vehicle with a hard metal roof with the windows rolled up.
4. Any lightning seen stops all activity and individuals are moved to the safe shelter per WIAA regulations.
5. The head coach and/or supervisor, assistant coaches are responsible for remaining with the team or individuals from the athletic site in the event of severe weather and/or dangerous conditions existing.
6. Any individual who feels they are in danger of any lightning activity or severe weather situation have the right to leave the field or event site to seek safe shelter.
7. Allow 30 minutes to pass after the last flash of lightning before resuming any outdoor activity.
8. Know how to determine the distance of the storm by using the “Flash to Bang” method. This is determined by counting the seconds between seeing the lightning (“flash”) and hearing the thunder (“bang”). Divide this number by 5 to determine how far in miles the lightning/thunder is occurring.

**STEP 1:** If the “flash to bang” interval is decreasing rapidly and storm is approaching your area, or if the “flash to bang” count approaches 30 seconds, or if the “flash to bang” count is less than 30 seconds, or if at the first sign of lightning activity is noted, all individuals and all outdoor activities must cease. All individuals must leave the athletic site and seek safe shelter.

**STEP 2:** Stay away from tall or individual trees, lone objects (light or flag poles), metal objects (metal fences or bleachers), standing pools of water and open fields. Do not take shelter under a single tall tree.

**STEP 3:** If you feel your hair stand on end or your skin tingle or hear crackling noises, immediately crouch to minimize your body surface area. The crouch position is with your feet touching the ground and close together, wrap your arms around your knees and lower your head. Do not lie flat on the ground.

# LUCK HIGH SCHOOL

## HEAT ILLNESS PREVENTION PLAN

1. Physical exertion and training activities should begin slowly and continue progressively.
  - A. Begin with shorter, less intense practices and training activities, with longer recovery intervals between bouts of activity.
  - B. Minimize protective gear (helmets only, no shoulder pads) during the first several practices, and introduce additional uniform and protective gear progressively over successive days.
  - C. Emphasize instruction over conditioning during the first several practices.
2. Keep each athlete's individual level of conditioning and medical status in mind and adjust activity accordingly. These factors directly affect exertional heat illness risk.
3. Adjust intensity (lower) and rest breaks (increase frequency/duration), and consider reducing uniform and protective equipment, while being sure to monitor all players more closely as conditions are increasingly warm/humid, especially if there is a change in weather from the previous few days.

Use the heat index chart on the following page as a general guide in determining when activity modifications are necessary.
4. Athletes must begin practices and training activities adequately hydrated.
5. Recognize early signs of distress and developing exertional heat illness, and promptly adjust activity and treat appropriately. **First aid should not be delayed!**
6. Recognize more serious signs of exertional heat illness (clumsiness, stumbling, collapse, obvious behavioral changes and/or other central nervous system problems), immediately stop activity and promptly seek medical attention by activating the Emergency Medical System. On-site rapid cooling should begin immediately.

**Review the heat illness signs and symptoms information in this document.**

### HEAT INDEX CHART

Use the chart below to assess the potential severity of heat stress. **The chart should be used as a guideline only – individual reactions to the heat will vary among your athletes!**

1. Across the top of the chart, locate the **ENVIRONMENTAL TEMPERATURE**
2. Down the left side of the chart, locate the **RELATIVE HUMIDITY**.
3. Follow across and down to find the **APPARENT TEMPERATURE (HEAT INDEX)**.

HEAT INDEX											
ENVIRONMENTAL TEMPERATURE (F°)											
Relative Humidity	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
	Apparent Temperature *										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°		
40%	68°	74°	79°	86°	93°	101°	110°	123°			
50%	69°	75°	81°	88°	96°	107°	120°				
60%	70°	76°	82°	90°	100°	114°					
70%	70°	77°	85°	93°	106°	124°					
80%	71°	78°	86°	97°	113°						
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

\* Combined index of heat and humidity... what it "feels like" to the body. Source: National Oceanic and Atmospheric Administration

### RECOMMENDED MODIFICATIONS TO ATHLETIC PARTICIPATION BASED ON THE HEAT INDEX

APPARENT TEMPERATURE	HEAT STRESS RISK WITH PHYSICAL ACTIVITY AND/OR PROLONGED EXPOSURE
90°- 104°	Heat cramps or heat exhaustion possible <i>Modify practice; take water breaks every 15 to 20 minutes.</i>
105°- 124°	Heat cramps or heat exhaustion likely, Heatstroke possible <i>Modify practice, NO HELMET OR SHOULDER PADS, t-shirt and shorts only; frequent (every 15 minutes) water and rest breaks.</i>
>125°	Heat stroke highly likely <i>Recommend NO PRACTICE!</i>

Note: This Heat Index chart is designed to provide general guidelines for assessing the potential severity of heat stress. Individual reactions to heat will vary. It should be remembered that heat illness can occur at lower temperatures than indicated on the chart. In addition, studies indicate that susceptibility to heat disorders tends to increase with age.

Contact your local weather line, the National Weather Service, or weather.com for current temperature and humidity.

### HEAT ILLNESS SIGNS/SYMPTOMS & MANAGEMENT

The signs and symptoms of heat illness do NOT necessarily run on a continuum. This means that a person could suffer from heat stroke without showing less severe heat illness conditions such as heat cramps. Please keep this in mind when evaluating the signs and symptoms of your athletes.

Heat Cramps - Signs and Symptoms	Heat Cramps - Management
<ul style="list-style-type: none"> <li>➤ Cramping that occurs in active muscles</li> <li>➤ Cramping in the abdominals and legs most common</li> </ul>	<ul style="list-style-type: none"> <li>➤ Rest in a cool place</li> <li>➤ Gentle stretching and massage muscle</li> <li>➤ Drink water</li> </ul>
Heat Syncope - Signs and symptoms	Heat Syncope - Management
<ul style="list-style-type: none"> <li>➤ Weakness</li> <li>➤ Fatigue</li> <li>➤ Fainting</li> </ul>	<ul style="list-style-type: none"> <li>➤ Lay athlete down in a cool shady area</li> <li>➤ Drink water</li> <li>➤ Athlete is NOT allowed back to activity</li> <li>➤ Should be seen by athletic trainer/physician</li> </ul>
Heat Exhaustion - Signs and Symptoms	Heat Exhaustion - Management
<ul style="list-style-type: none"> <li>➤ Rapid weight loss (water)</li> <li>➤ Muscle cramps</li> <li>➤ Nausea/vomiting</li> <li>➤ Headache</li> <li>➤ Reduced sweating (clammy skin)</li> <li>➤ Dizziness/fainting</li> </ul>	<ul style="list-style-type: none"> <li>➤ Treat heat exhaustion as an emergency</li> <li>➤ Call for emergency medical assistance and move patient to shade/cool building</li> <li>➤ Remove clothing and immerse patient in ice/cold water</li> <li>➤ Place ice bags over pulse points (armpits,</li> </ul>

➤ Fatigue or weakness	groin, and neck) ➤ If conscious give water
Heat Stroke - Signs and Symptoms	Heat Stroke - Management
<ul style="list-style-type: none"> <li>➤ No sweating</li> <li>➤ Hot, dry skin</li> <li>➤ Nausea/vomiting</li> <li>➤ Seizures</li> <li>➤ Disorientation</li> <li>➤ Loss of consciousness</li> </ul>	<ul style="list-style-type: none"> <li>➤ Heat stroke is life threatening</li> <li>➤ Call for emergency medical assistance and move patient to shade/cool building</li> <li>➤ Remove clothing and immerse patient in ice/cold water</li> <li>➤ Place ice bags over pulse points (armpits, groin, and neck)</li> <li>➤ Do NOT give water.</li> </ul>