

Lindhurst Jr. Blazers Football and Cheer Emergency Action Plan

This Emergency Action Plan (EAP) is designed to assist Lindhurst Jr. Blazers (LJB) coaches in responding to emergency situations during practice or games. The development and implementation of the EAP will ensure the coaching staff is supplied with the information necessary for reacting responsibly and in a clear-headed manner in the event of an emergency situation.

Expedient action must be taken in order to provide the best possible care to the sports participant in emergency and/or life-threatening conditions. LJB has a duty to maintain an emergency plan that can be implemented immediately, and to provide appropriate standards of emergency care to all sports participants.

California law requires that all coaches attend a First Aid and Safety Training class. This is to be done prior to the start of the season every year. LJB bylaws also state that no practice or games can start if a First Aid and Safety Trained coach is not available.

All athletes must have a signed Emergency Information, Medical Treatment & Consent form submitted prior to participating in any practice or game. Each Head Coach must keep a copy of each athlete's Emergency Information, Medical Treatment & Consent form in their possession at each practice and game. The LJB Board will also keep a file of all signed Emergency Information, Medical Treatment & Consent forms. It is the responsibility of the Head Coach to make sure the rules are followed and to ensure that all assistant coaches have read and are familiar with the EAP.

Lindhurst Jr. Blazers Football and Cheer

Emergency Action Plan

The practice and game fields used for football by LJB do not have land-line telephones. It is the responsibility of each team coaching staff to have an operable cellular phone present at all practices and games. Do not rely on another team for a phone. The telephone should be checked prior to each practice or game to ensure proper working order. A back-up plan should be in effect should there be failure of the primary telephone. At any football field, whether home or away, it is important to know the location of a workable telephone.

Emergency Responsibilities

During practices, the coaching staff is responsible for administering first aid of any ill or injured LJB athlete. The coach must follow the scope of his/her training in administering first aid and not exceed the scope of that training. The purpose of first aid is to stabilize the situation by preventing it from worsening. Once the situation has been stabilized, emergency medical personnel should provide all remaining treatment.

During practice, the First Responder to an emergency situation for LJB is the highest certified and trained person on the site where the injury occurs. The First Responder will most often be the specific team Head Coach, although other personnel may fill this role if their certification and training is greater than that of the Head Coach. Individuals with lesser credentials should yield to those with more appropriate training. The primary role of the first responder is to establish scene safety and immediate care of the athlete. The First Responder must either have the First Aid kit with them or direct someone to retrieve it.

The basic duties of first aid are:

- Check the scene for safety and stop all activity near the athlete.
- Check the injured athlete and protect the athlete from further harm.
- Do not move the athlete if there is a possibility of head or neck injury or if the athlete is unconscious.
- Contact parent or guardian if not already present.
- Assume that all blood, body fluids and any other potentially infectious materials are infected with a blood-borne pathogen.
 - Use nitrile gloves and sterilized bandages to administer first aid.
 - All bleedings must be stopped prior to re-entering the practice or game.
 - Any blood on an athlete's uniform must be cleaned or disinfected before re-entering the practice or game.
 - All bandages or other materials that have come into contact with blood or other body fluids must be properly disposed of using the red Biohazard bags inside each team first aid kit.
- Activate the Emergency Action Plan if the athlete shows any of the following signs:
 - Unconsciousness
 - Trouble breathing, pain, pressure, or discomfort in the chest.
 - Severe bleeding, vomiting, or passing of blood.
 - Seizing from a diabetic emergency
 - Severe headache, injuries to the back, neck, or head
 - Possible broken bones or other signals that indicate that the athlete is at risk.
 - Care for the injured or ill athlete until EMS personnel arrive.

The primary role of the Second Responder is to activate the Emergency Action Plan (EAP). EAP activation must be done as soon as the situation is deemed an emergency or life-threatening event. Time is the most critical factor under emergency conditions. Activating the EAP system may be performed by anyone on the team who is familiar with the EAP. However, the person chosen for this duty must be someone who is calm under pressure and who has excellent oral communication skills. This person must be familiar with the location and address of the sporting event. Assist the First Responder as required and help control others in the area. Ask for assistance from others trained in emergency protocol.

Lindhurst Jr. Blazers Football and Cheer Emergency Action Plan

The third role, Directing EMS to the scene, must be performed by a designate of the Second Responder. Assistant coaches are good choices for this role. This person is responsible for meeting emergency medical personnel, as they arrive, and directing them to the site of the emergency.

Activating the Emergency Action Plan

The Second Responder will activate the EAP as follows:

Making the Call:

- Dial 911
- Provide name, current location, and telephone number to the dispatcher.
- Explain nature of the emergency, whether medical or non-medical *
- Provide number of athletes involved.
- Review condition of athlete(s)
- Inform of first aid treatment initiated by first responder.
- Provide specific directions as needed to locate the emergency scene.
- Share other information as requested by dispatcher.

If the on-site EMS responders determine that the athlete is in an emergency situation, it is the policy of LJB that the injured athlete be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Parents or guardians have the final say as to emergency transportation. LJB personnel will not transport injured athletes.

Non-Medical Emergencies

Non-medical emergencies encountered during practices and games include inclement weather and heat-related emergencies. LJB policy states protecting athletes and spectators is most important. All coaches must be aware of the danger presented by lightning, tornados, and other hazardous weather. The following guidelines represent general principles regarding the dangers involved with lightning and tornados. No severe weather safety guidelines will give 100% guaranteed safety, but these steps will help LJB coaches avoid the majority of casualties:

Lightning

If thunder is heard, there is a danger from lightning. Lightning can travel sideways for up to 10 miles and strike from blue skies. Football fields are especially dangerous areas during a lightning storm.

- If thunder is heard, the practice or game must be suspended. Everyone, including all spectators, must go to a safe shelter.
- Wait at least 30 minutes after hearing the last thunder before resuming play.
- If lightning is visible, the practice or game must be suspended.
- Seek safe shelter. The safest place to be during a thunderstorm is in a car or a fully enclosed building.
- Avoid the most dangerous locations such as open fields, higher elevations, metal objects such as goal posts and metal fences, and metal bleachers.

Hail

Suspend practices or games, clear the field, seek proper shelter, and follow the guidelines for lightning.

Tornados

All LJB coaches must be extra-vigilant when a Tornado Watch is in effect. A Tornado Watch means that weather conditions are favorable for development of a tornado. A Tornado Warning is a much more serious condition. A Tornado Warning means an actual tornado has been sighted. If a tornado warning is issued, all

Lindhurst Jr. Blazers Football and Cheer Emergency Action Plan

practice or games will stop immediately, and all participants and spectators will seek shelter. Seek shelter in a solid structure, preferably in a basement or an interior room. If no building is available, lay down in a ditch.

For LJB coaches, it is critical that calm control be maintained during inclement weather. Coaches must be able to communicate calmly with the athletes and parents and ensure that no one is left unaccounted for when seeking shelter.

There are no secure shelters at the fields used by LJB. When an inclement weather event occurs during a practice or game, coaches are to gather the athletes at the nearest structure for collection by their parents. No children- athlete shall be left unsupervised during an inclement weather event.

Heat-Related Emergencies

Heat-related emergencies are progressive conditions, typically caused by overexposure to heat. Heat emergencies fall into 3 categories of increasing severity: heat cramps, heat exhaustion, and heatstroke. Heat illnesses are easily preventable by taking necessary precautions in hot weather. If recognized early, heat-related emergencies can usually be reversed. Without intervention and resolution of the problem, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke, a life-threatening condition.

Heat-related emergencies can be avoided by canceling practice or games in extreme weather (high temperature and/or high humidity) and taking frequent breaks for water.

Signs of heat-related illnesses:

Early symptoms of heat illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps

Later symptoms of heat exhaustion

- Headache
- Dizziness
- Weaknesses and light-headedness
- Cool, moist skin
- Nausea and vomiting
- Dark yellow urine

Symptoms of heatstroke

- Fever (body temperature above 104 degrees F)
- Extreme confusion
- Dry, hot, and red skin
- Rapid, weak pulse,
- Seizures
- Unconsciousness

First Aid Response:

- Follow the basic duties of first aid.
- Move the athlete to a cool place.
- Loosen tight clothing.

Lindhurst Jr. Blazers Football and Cheer Emergency Action Plan

- Fan the athlete.
- If conscious, give cool water to drink.

If the athlete refuses water, vomits, or starts to lose consciousness:

- Send someone to call EMS and activate the EAP.
- Contact parent or guardian if not already present.
- Place the athlete on his/her side.
- Immediately decrease body temperature by hosing the athlete down with cold water or by placing them in an ice bath.
- Continue to cool the athlete by using ice or cold packs on the wrists, ankles, groin, neck, and in the armpits.
- Continue to check breathing and for a pulse until EMS personnel arrive.

Emergency Communication

Communication is the key to quick emergency response. Coaches and emergency medical personnel must work together to provide the best emergency response capability and must have athlete contact information as a part of pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. The emergency plan must be reviewed once a year with all coaching personnel, along with CPR and first aid refresher training. Through development and implementation of the emergency plan, LJB ensures the athlete will have the best care provided, should an emergency situation arise.