

Athletics Emergency Action Plan

Great Crossing HS Department of Athletics

Updated: July 2022
Revise on: July 2023



Table of Contents

General Statement/Emergency Contacts.....	3-5
Coaches Role in Athletic Injury Care/Management	6
AED Operation/Locations	7
GCHS Gymnasium EAP	8-9
GCHS Football/Lacrosse EAP	10-11
GCHS Soccer/Track & Field EAP	12-13
GCHS Softball EAP	14-15
GCHS Baseball EAP	16-17
GCHS Field House (Wrestling, Archery, Weight Lifting) EAP	18-19
Great Crossing Park/CCx EAP	20-21
Map of Campus/Entrances	22
Lightning Policy	23-24
Severe Heat Policy/Heat Illness Response.....	25-28

The Athletic and Sports Medicine departments are responsible for implementing an emergency action plan in order to provide efficient and standard care in the event of an emergency. The following outlines should be followed in the event of an emergency situation that may arise during any athletic event to any person on site. This plan should be updated and rehearsed annually by all staff members of the athletic department in order to ensure preparedness in the event of such emergencies.

This document outlines all components of the Emergency Action Plan for all athletic facilities on Great Crossing High School's Campus. The main components that all athletics staff should be familiar with include:

1. Emergency personnel / roles
2. Emergency communication
3. Emergency equipment
4. Emergency transportation

Emergency Personnel:

All athletics staff members should be familiar with the EAP, as well as the duties of various roles. This is important in the event that someone becomes the first or only responder in an emergency. In a typical athletics practice or competition, the certified athletic trainer on site will most likely be the first responder to an emergency situation. Coaches may also become the first responders in the event that a certified athletic trainer is not present. In any case, the most qualified individual should provide any necessary emergency action including CPR, first aid, and acute care. Other personnel on site will become members of an emergency team to perform the following roles:

1. Establish scene safety and immediate care of the athlete
 - a. This person should assess scene safety and perform emergency care to the best of their ability.
 - b. This person should also appoint those around them to perform the other roles listed below if not already designated.
2. Activate Emergency Medical System (Call EMS)
 - a. This person must be able to communicate clearly and effectively over telephone and should be familiar with surrounding area.
 - b. This person will immediately call 911 and/or local police, fire department, ambulance.
 - c. This person will provide the following information:
 1. Name
 2. Number of injured persons
 3. Condition of injured persons
 4. First aid treatment initiated by first responder
 5. Specific directions to facility and site of emergency
 6. Phone number to reach
 7. Other info. Requested by dispatcher

- d. This person should also be able to clearly direct EMS to the scene if necessary. They may refer to designated location document for directions.
3. Retrieve any emergency equipment
 - a. Equipment should be retrieved by someone familiar with the area and the location of the equipment.
 - b. The Athletic Trainers will be responsible for care and placement of all emergency equipment.
 - c. Emergency equipment should be easily accessible, visible, and the immediate responder should be able to effectively describe where the equipment is located.
 - d. All personnel included in Emergency Action Plan should be familiar with use and function of emergency equipment.
 - e. This equipment should be tested and verified on a regular basis.
4. Direct EMS to scene of emergency
 - a. Another person should oversee meeting EMS upon arrival and should be able to direct them through the best route to reach scene of emergency.
 - b. This person should ensure that all pathways are clear and that the route is easily accessible.
 - c. This person should also know the meeting point of their designated location to meet EMS and direct them to site of emergency. The designated meeting points will be listed in the outline for each location.

Additionally, the following chain of command should generally be followed in the event of an emergency.

1. Head Athletic Trainer
2. Assistant Athletic Trainer
3. Athletic Director
4. Head Coach
5. Assistant Coaches

While these members of the Emergency Team work to perform the best possible emergency care, other staff members may perform the following roles:

- a. Maintain scene – keep spectators, athletes, parents, etc. under control
- b. Ensure safety of scene
- c. Alert/escort family to private area
- d. Remove unnecessary persons from site

Emergency Communication:

A working telephone should be accessible during all workouts, practices, games, or any other event occurring on site. There should also be a back-up communication plan in the event of failure of the initial communication. In the event of failure of initial communication, use the nearest land line to your location. This phone should be easily accessible and should be tested and checked prior to each on-site event. In the event of an emergency where an Athletic Trainer or other known first responders are not present, CONTACT 911 FIRST. Once EMS has been reached, contact one of the following:

- a. Ellen Reinhold (Head ATC) – (616) 745-2685
- b. Ansley Swann (Asst. ATC) – (704) 989-1856
- c. Austin Haywood (Athletic Director) – (859) 338-4746
- d. DT Wells (County Athletic Director) – (502) 316-3922

Communication will be vital in order to activate quick emergency response. This is why it is imperative that all members of the athletic and sports medicine departments review and rehearse this emergency action plan annually, at minimum. It is also important that this plan is communicated and rehearsed with local EMS to ensure efficiency and proper execution in the event of an emergency. In the event that EMS is not able to reach the scene of emergency, first responders on site must be able to have clear communication with EMS staff for further instruction.

Emergency Equipment:

All essential and necessary emergency equipment should be on site and easily accessible. All personnel should be familiar with location, function, and operation of each type of emergency equipment. The Athletic Trainers are responsible for ensuring that all emergency equipment is in good operating condition and checked on a regular basis. It is the Athletic Director's and coaches' responsibility to ensure that all staff members are trained on how to use emergency equipment and that any necessary credentials are kept up to date. Usage of this equipment should be included in all EAP rehearsal. ALL Great Crossing staff members should know the locations of nearest AED's at all times.

Emergency Transportation:

EMS and ambulance will not always be on site for athletic events. On site personnel and first responders will activate EMS and coordinate rapid access and cleared route to site for entering/exiting field. Department of Athletics staff WILL NOT transport injured persons in personal vehicles, or vehicles of anyone who is not the parent or guardian of the athlete without guardian consent. Parents/guardians may transport child/student athlete if warranted.

Conclusion:

The following EAP should be updated annually at minimum, or as often as seen fit by involved personnel. A meeting will be held before the beginning of each sports season to review and rehearse the revised EAP that has been put in place for that year. These elements of maintaining an emergency action plan are crucial to ensuring the school's and athletic department's preparedness for the event of an emergency. A student athlete's or injured person's survival may depend on this written plan. This plan will ensure that all student athletes will be provided the best possible care in an emergency.

Coaches Role in Athletic Injury and Care Management:

Great Crossing's athletic trainers are not able to be present for every athletic practice and event. Therefore, it is critical that all coaches for every sport know the different roles and procedures of the emergency action plan in the event that they become first responders. Procedures for these various scenarios are listed below.

Protocol 1: Practices and games without Certified Athletic Training Coverage

1. Provide appropriate first aid
2. Activate EMS if necessary
3. Contact ATC as soon as possible
4. Contact parents/guardians as soon as possible
5. Fill out appropriate incident report in a timely manner

Protocol 2: Practices and games with Certified Athletic Training Coverage

1. Notify ATC of injury if they are not already aware
2. Exercise management of team away from injured athlete
3. Assist ATC in activation of EMS if necessary
4. Assist ATC with advanced emergency care upon request

General Policies and Guidelines

The head coach is responsible for completing Incident Reports after any emergency that may have occurred. They are also responsible for ensuring that there is a physical on file for each athlete on their team.

All coaches are required to maintain a current First Aid and CPR certification and coaching certifications warranted by the KHSAA. The Athletic Director/Office are responsible for keeping these on file and ensuring that they are up to date.

Automatic External Defibrillator Policies & Procedures

Introduction

Defibrillation is a means of determining certain potentially fatal arrhythmias during a cardiac arrest. A direct current defibrillator applies a brief, high-energy pulse of electricity to the heart muscle. Automated external defibrillators (AEDs) were introduced in 1979. AEDs accurately analyze cardiac rhythms and, if appropriate, advise/deliver an electrical counter shock. AEDs are currently widely used by trained emergency personnel. It is recognized that successful resuscitation is related to the length of time between the onset of a heart rhythm that does not circulate blood (ventricular fibrillation, pulse-less ventricular tachycardia) and defibrillation. The provision of timely emergency attention saves lives. Athletic events present a high risk for cardiopulmonary emergencies. By training certified athletic trainers and coaches, the first responders in these settings, in the use of AEDs and providing rapid access to AEDs, the emergency response time is shortened.

Operation Considerations

GCHS Sports Medicine utilizes two brands of AEDs – Phillips and Cardiac Science. They are portable, battery powered, automatic defibrillators. They automatically analyze the patient’s cardiac electrical signal. When a shockable rhythm is confirmed, the AED charges. Utilizing a voice prompt and a flashing red rescue button, it advises that it is ready for the rescuer to deliver a high-energy defibrillating electrical shock. AEDs features include voice prompted operation, an automatic daily self-test, and an internal clock. If maintenance is required, loud beeps will sound periodically and/or display on the front of the AED the need for maintenance. Records of expiration dates of pads and batteries are kept on file with the athletic department.

Great Crossing High School has AEDs on every level of the school, all located by the main floor bathrooms.

Where and how to access AED for each sporting venue on GCHS Campus:

Venue	AED Location	Alternate AED Location
GCHS Gymnasium	Great Hall – by bathrooms	Athletic Training Room
Field House Weight Room	Weight Room Entrance	Athletic Training Room
Field House Turf	Weight Room Entrance	Athletic Training Room
Downstairs Wrestling Room	Weight Room Entrance	Athletic Training Room
Upstairs of Field House	Athletic Training Room	Weight Room Entrance
Football	Gator	Football Concession Stand
Soccer/Track	Gator	Football Concession Stand
Baseball/Softball	Gator	Baseball/Softball Concession
Cross Country	Portable AED	Great Crossing Park concession



GCHS Gymnasium – Procedure for Emergency Care

The following outlines should be followed for on court/field protocol. The head athletic trainer is responsible for first response to any injuries and emergencies. The following personnel that should become first responders are included in the outline. All personnel listed should be familiar with the EAP, should know their roles, and should be familiar with other roles in the EAP if they become the first or only responder in an emergency.

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline to the gym is in the front office of the school. If the ATC is not present, coaches are responsible for contacting EMS and then contacting one of the ATCs and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit nearby for all home athletic events and practices. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Fall and Spring seasons, the vacuum splint kit will be housed in the field house athletic training room. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO

NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.

- b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.
3. Direction of EMS to scene
 - a. If EMS is not on site, a member of emergency personnel, and designated by ATC, will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School - 120 Betsy Way, Georgetown, KY 40324

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. RIGHT on McClellan Circle
4. LEFT on Betsy Way
5. FIRST RIGHT at round-about
6. Park at front entrance of school by the flag pole
7. **Designated Meeting Point: Front Entrance of School (by flag pole)**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



Birds Nest Stadium (GCHS Football Field) – Procedure for Emergency Care

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline to the football field is in the weight room of the field house. If the ATC is not present, coaches are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Coaches are responsible for knowing alternate locations of AEDs in the event that an ATC is not on site. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the gymnasium athletic training room. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.

- b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.
3. Direction of EMS to scene - If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School - 120 Betsy Way, Georgetown, KY 40324

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. Pass Elkhorn Crossing School
4. RIGHT on Stamping Ground Rd. (at Veterinary Clinic)
5. RIGHT into stadium
6. Enter through gate on left directly behind the scoreboard
7. **Designated Meeting Point: Double gate of field (behind scoreboard)**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GCHS Soccer Field and Track and Field – Procedure for Emergency Care

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline is in the weight room of the field house. If the ATC is not present, coaches are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the gymnasium athletic training room. Coaches are responsible for knowing alternate locations of AEDs in the event that an ATC is not on site. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.

- b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.
3. Direction of EMS to scene - If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School - 120 Betsy Way, Georgetown, KY 40324

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. Pass Elkhorn Crossing School
4. RIGHT on Stamping Ground Rd. (at Veterinary Clinic)
5. RIGHT into stadium
6. PASS GCHS Football Field & front entrance to stadium
7. Enter through gate on the left, directly behind the scoreboard
8. **Designated Meeting Point: Double gate of field (behind scoreboard)**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GCHS Softball Field – Procedure for Emergency Care

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline is in the weight room of the field house. If the ATC is not present, coaches are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the gymnasium athletic training room. Coaches are responsible for knowing alternate locations of AEDs in the event that an ATC is not on site. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.

3. Direction of EMS to scene - If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School- 120 Betsy Way, Georgetown, KY 40324

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. RIGHT on McClellan Circle
4. LEFT on Betsy Way
5. SECOND RIGHT at round-about
6. Proceed to Elkhorn Crossing School Parking Lot
7. Proceed to back of ECS, down to baseball field
8. Designated person should meet at ECS parking lot and direct EMS through designated gates, past baseball field and concession stand
9. **Designated Meeting Point – Double gate closest to ECS by baseball field**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GCHS Baseball Field – Procedure for Emergency Care

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline is in the weight room of the field house. If the ATC is not present, coaches are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the gymnasium athletic training room. Coaches are responsible for knowing alternate locations of AEDs in the event that an ATC is not on site. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.

- b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.
3. Direction of EMS to scene - If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School - 120 Betsy Way, Georgetown, KY 40324

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. RIGHT on McClellan Circle
4. LEFT on Betsy Way
5. SECOND RIGHT at round-about
6. Proceed to Elkhorn Crossing School Parking Lot
7. Proceed to back of ECS, down to baseball field
8. Designated person should meet at ECS parking lot and direct EMS through designated gates, past baseball field and concession stand
9. **Designated Meeting Point - Double gate closest to ECS by baseball field**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GCHS Field House – Procedure for Emergency Care
(Wrestling, Archery, Weight Lifting)

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline is in the weight room. If the ATC is not present, coaches and/or teachers are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Additionally, the athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the gymnasium athletic training room. Coaches are responsible for knowing alternate locations of AEDs in the event that an ATC is not on site. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - a. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - b. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.

3. Direction of EMS to scene - If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School_- 120 Betsy Way, Georgetown, KY 40324

If emergency has occurred downstairs:

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. RIGHT on McClellan Circle
4. LEFT on Betsy Way
5. SECOND RIGHT at round-about
6. Through Bus Area/Parking Lot
7. LEFT by softball field/green house
8. Park in front of entrance, close to garage doors.
9. **Designated Meeting Point – Indoor turf field garage doors**

If emergency has occurred upstairs:

1. LEFT on S. Broadway St.
2. LEFT on W. Main St., continue onto Frankfort Pike
3. Pass Elkhorn Crossing School
4. RIGHT on Stamping Ground Rd. (at Veterinary Clinic)
5. RIGHT into stadium
6. Enter through South Gate to field on left (by scoreboard)
7. Drive up to field house, park behind GC endzone by locker rooms
8. **Designated Meeting Point – South gate of football field (behind scoreboard)**

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GCHS Cross Country – Great Crossing Park

Emergency Personnel:

1. Physician (if present)
2. Head ATC
3. Asst. ATC
4. Police/security (if present)
5. Coaches
6. Athletic Director/Administrative staff

Emergency Response Communication: The athletic training staff will have cell phones, as well as other emergency personnel. If performing emergency response care, someone else may be designated to contact EMS. This should be someone familiar with the EAP if possible. If a cell phone is not available, the nearest landline should be used. The nearest landline is any classroom/office, depending on where the individual is. If the ATC is not present, coaches are responsible for contacting EMS and then contacting the head ATC and/or Athletic Director.

Emergency Response Equipment: Designated persons should be familiar with location of and should retrieve equipment upon request. The ATC on site will have a first aid athletic training kit and AED nearby for all home athletic events and practices. Coaches are responsible for transporting portable AED to all practices and events, as well as knowing alternate locations of AEDs on campus. The athletic training room will have a vacuum splint kit, crutches, ice, and tools for equipment removal. During Winter season, the vacuum splint kit will be housed in the field house athletic training room. Coaches may be provided a basic first aid kit for away contests upon request. EMS will provide a spine board and other life support equipment.

Role of First Responders:

1. Immediate first aid care/treatment of injured patient
2. Activation of EMS – must be contacted for any life-threatening conditions (loss of consciousness, no breathing, no pulse, severe bleeding, head/neck injury)
 - b. Call 911 and provide necessary information: name, location of injured athlete, telephone # where call is placed, # of individuals injured, condition of injured athlete(s), first responder treatment already given, specific directions for the venue (on file with the EMS/Fire Dept) and any other information requested. DO NOT end 911 calls until you have been given confirmation or additional instruction from the EMS dispatcher.
 - c. If EMS personnel are on scene, the ATC or person designated by ATC will signal them on court by crossing fists above head or other communication if necessary.

3. Direction of EMS to scene

- d. If EMS is not on site, a member of emergency personnel and designated by ATC will meet EMS at the front entrance of the school and ensure that there is a clear path to the emergency scene.

Venue Directions from Scott Co. EMS Station: Great Crossing High School_- 120 Betsy Way, Georgetown, KY 40324

Individual with the injured athlete will need to tell EMS location of athlete based on where the emergency has occurred.

Role of Non-medical personnel:

1. Maintain scene – keep spectators, athletes, parents, etc. under control
2. Ensure safety of scene
3. Alert/escort family to private area
4. Remove unnecessary persons from site



GREAT CROSSING HIGH SCHOOL

- 1 GREAT CROSSING HIGH SCHOOL
- 2 MAIN ENTRANCE - PARENT PICK UP/DROP OFF
- 3 BUS PICK UP/DROP OFF
- 4 GREENHOUSE
- 5 SERVICE DOCK
- 6 PARKING LOT 'A' - 260 SPACES
- 7 PARKING LOT 'B' - 400 SPACES
- 8 VISITOR & ACCESSIBLE PARKING - 34 SPACES
- 9 BASEBALL FIELD
- 10 SOFTBALL FIELD
- 11 BASEBALL/SOFTBALL PRESSBOX & RESTROOMS
- 12 PARKING LOT 'C'
- 13 FOOTBALL STADIUM
- 14 FIELDHOUSE
- 15 SOCCER STADIUM & 8 LANE TRACK
- 16 EXISTING ELKHORN CROSSING SCHOOL
- 17 EXISTING WESTERN ELEMENTARY SCHOOL
- 18 EXISTING ROBERT & JEMINA JOHNSON STATE HISTORIC SITE
- 19 EVENT/OVERFLOW PARKING - 300 SPACES
- 20 FIELDHOUSE/ TEAM PARKING





GCHS Lightning Safety Policy

Removing Athletes

The head coach of each designated sport is responsible for removing athletes from the practice/game area. If head coach is not present, this responsibility will lie with assistant coaches or staff present. The athletic trainer on site will advise coaching staff of lightning status.

The athletic trainer on site is responsible for watching for lightning, listening for thunder, as well as keeping track of the radar and lightning strikes on the WeatherBug™ app. They may also refer to other mobile devices or computers. The AT is responsible for updating and keeping coaches informed.

Criteria for Evacuation

All personnel are to evacuate to a safe structure or location if indicated by the athletic trainer on site. If necessary, administrative staff will open the field house and/or school to house athletes, staff, parents, and fans. If either of these locations are unavailable, a bus or car with a hard top and roll up windows may be used for shelter. Due to COVID-19, the home team will be required to use the indoor turf facilities, while the visiting teams may either board their buses or will be escorted to the gym for shelter.

Teams and personnel are to follow state regulations for lightning protocol, as the athletic trainer sees fit. If lightning is spotted within 10 miles of vicinity, all athletes and personnel must exit the field and go indoors. The wait period from the first strike spotted is 30 minutes. If another strike of lightning is spotted before the 30 minutes is up, the wait period of 30 minutes must start over. If the 30-minute wait period completes with no sight or report of lightning or thunder, athletes may resume activity until further notice. This is in accordance with KHSAA guidelines.

Lightning Strike Emergency Care

Do not hesitate to help a victim of a lightning strike. Individuals struck by lightning do not carry a charge and it is safe to touch them to render medical treatment. If possible, an injured person should be moved to a safer location before beginning first aid. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes, the existence of a blue sky and the absence of rain do not eliminate the possibility of lightning. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder no matter how far away.

Severe Weather Policy from KHSAA Handbook

The Referee or head official must delay or cancel a competition at the first sound of lightning or thunder at the site and the site should be cleared of all persons immediately by event administration. If it is anticipated that the storm will pass, the competition may be resumed following a three (3) minute warm-up period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder. If the severe weather is of great length or intensity, the Referee or lead contest official has the responsibility and authority to cancel the competition. Officials are encouraged to learn the weather forecast prior to game time. Safety of the public and participants is the most important factor in any decision of this type (KHSAA Policies and Procedures).

Safety Shelter for Sports/Venues:

Baseball: Lower level of Field House

Softball: Lower level of Field House

Football: Lower level of Field House

Soccer: Lower level of Field House

Track/Field: Lower level of Field House

Cross Cx: School building/Cars

Bass Fishing: Designated building on site/Cars

Trap Shooting: Designated building on site/Cars



GCHS Severe Heat Policy

Pre-season activities and events early in the school year may face extreme temperatures. The new standard for measuring these temperatures, per the KHSAA, is the Wet Bulb Globe Temperature (WBGT). If WBGT measuring device is not available, the alternate measurement is the heat index. The athletic trainer on site is responsible for monitoring the WBGT and/or heat index. The following protocol should be followed regarding these measurements:

82.0-86.9 WBGT/ >95° Heat Index

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. Optimal water breaks every 30 minutes for 10 minutes in duration. Ice-down towels for cooling should or a designated cooling area with proper equipment should be readily available. Athletes should be monitored carefully.

87.0-89.9 WBGT/95° - 99° Heat Index

Provide ample amounts of water and always have water available. In these parameters, water breaks are mandatory every 30 minutes for 10 minutes in duration. Contact sports and activities with additional equipment should remove anything not required for contact. The athletes' time outside should be reduced and coaches should consider postponing practice to later in the day. WBGT and Heat Index should be checked every 30 minutes to monitor any changes.

90.9-91.9 WBGT/100° -104° Heat Index

Use extreme caution in performing outdoor activity in these parameters. Water breaks should be increased in frequency and duration (mandatory every 15-20 minutes). Excess equipment must be removed in order to participate in activity.

92.0 WBGT or above/104° Heat Index or above

No outside activity is permitted.

Heat Illness Response

The athletic trainers and all personnel involved in activity on the field should be knowledgeable and aware of various heat disorders that may occur. All coaches should be able to quickly recognize signs and symptoms of these various heat illness conditions and know how to properly respond and treat each. Heat illness refers to various conditions that a person may experience from exertion or exercise in hot temperatures. Heat Illness Symptoms may include:

- Dry mouth
- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Altered vision
- Cramps
- Chills
- Nausea
- Vomiting
- Pale or flushed skin
- Excessive Fatigue

Any of these symptoms should be taken seriously and treated immediately in order to prevent progression of a heat related condition. There are various typical exercise-related heat illness conditions that, while separate, are related.

- **Exercise-associated muscle cramps**
 - Signs/Symptoms: sudden, painful, involuntary muscle spasms caused by exertion
 - Treatment: rest to cool down, consume salty foods or concentrated liquids (i.e. electrolyte beverages such as Gatorade with salt added, pickle juice), continue to move and use the affected muscle group with stretching and massage, and discontinue strenuous activity.
 - If cramps do not improve with treatment, seek medical treatment.
- **Heat Syncope**
 - Usually occurs within first 5 days of acclimatization.
 - Signs/Symptoms: episodes of fainting, dizziness, tunnel vision, pale skin, decreased heart rate, but normal temperature.
 - Treatment: move to shaded/cool area, elevate legs above level of head, rehydrate, monitor vital signs.
 - Return to Play: any athletes that experience heat syncope will be withheld from activity for remainder of day. They will go through an acclimatization process with Athletic Trainer before returning to full activity.
- **Heat Exhaustion**
 - inability to exercise effectively in the heat. This may be secondary to a combination of factors such as hypoglycemia and energy depletion among others.
 - Signs/Symptoms: elevated body temperature (98.6-104° F), heavy sweating, potential cognitive changes, signs of dehydration.

- Treatment: move athlete to a cool space and/or use cold ice towels. They should rest on their back with their legs elevated, remove any unnecessary clothing and equipment, and begin fluid replacement.
 - Return to Play: Athletes who experience heat exhaustion will be withheld from activity. They must be cleared by a doctor before returning to activity, although EMS activation may not be necessary. They will also go through an acclimatization process with AT before fully returning to activity.
- **Exertional Heat Stroke**
- ****Most severe of heat illness conditions****
 - Signs/Symptoms: high body temperature (above 104° F) in addition to central nervous system dysfunction such as collapse, confusion, or altered consciousness.
 - Treatment: patient should be cooled first and then treated. In this case, the athlete's entire body should be immersed in ice and water. Rectal temperature should be monitored, and the athlete should remain in cooling environment until rectal temperature is 102° F or lower. Once this is accomplished, they should be transported for further emergency medical treatment.
 - Return to Play: Any athletes that have experienced exertional heat stroke must be cleared by a doctor before returning to any activity. They will also go through an acclimatization process before returning to full activity.
 - **EHS is a medical emergency that, if untreated, can cause multi-organ system failure, long-term complications, and even death. It is important that signs and symptoms of heat stroke be quickly recognized and aggressively treated. If a person is believed to be experiencing heat stroke the emergency action plan should be activated and EMS should be contacted immediately.**

It is imperative that all coaches and athletics staff members be able to quickly recognize and respond to any heat related condition. All coaches should be educated on this response plan. The athletic trainers are responsible for providing access to a cold immersion tub or other necessary supplies such as ice, cold towels, and water to respond to these scenarios. If the athletic trainer is not on site, it is the coaches' responsibility to make sure water and ice are accessible and proper treatment is provided in any case of heat illness. Finally, the athletic trainer is responsible for implementing a Heat Illness Reduction Plan in order to prevent and prepare for heat related emergencies. All coaches should be aware of this plan and aware of the steps in order to prevent heat illness. The Heat Illness Reduction Plan can be found on the next page.

Heat Illness Reduction Plan

1. Pre-participation physical exams – all athletes are required to undergo screenings for any underlying conditions that could make them more susceptible to complications of heat illness.
2. Training:
 - a. Recognizing symptoms – all GCHS sports medicine personnel and coaches should be trained to recognize the signs and symptoms of heat illness and should know proper treatment for any of these conditions.
 - b. Acclimatization - studies show that heat illness occurs with increased frequency throughout the first 7-14 days of practices. Athletes should be acclimated to weather, workouts, and new equipment over a two-week period.
 - c. Hydration - athletes should be trained and educated on proper hydration and nutrition. They should drink approximately 64 ounces of water daily, as well as every 15-20 minutes during practice or competition. Both dehydration and overhydration can lead to heat illness. Signs of these can be dark urine or rapid weight loss/gain during exercise.
3. Access to Proper Supplies – The Athletic Trainers are responsible for ensuring accessibility to proper response equipment such as a heat stress monitor, thermometer, and cold-water immersion tub to provide treatment. A cold immersion tub should be readily available at all times for practices and competitions throughout the course of April 15 – October 15.
4. Emergency Action Plan – The entirety of this emergency action plan (pages 1-28) should be updated, rehearsed, and implemented annually at minimum. All coaches should be familiar with emergency response protocols listed throughout this document in which they will be responsible for their athletes. This is essential to ensure that the entire GCHS staff is prepared to handle any emergency, heat related or otherwise.