Walnut Hills High School

Emergency Action Plan

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Overview

Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities personnel must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately and efficiently.

Components of an Emergency Action Plan
1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, school nurse, certified athletic trainer, allcoaches, etc.]. CPR Certification expiration dates must be maintained by the athletic director or athletic trainers. All coaches are required to have CPR/AED, NFHS Fundamentals of Coaching, and OHSAA Rules Clinic.

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even

bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

1) **Establish scene safety and immediate care of the athlete:**
a) This should be provided by the most qualified individual on the medical team (the first individual in the chain of command).

2) **Activation of Emergency Medical Services:**
a) This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.

3) **Equipment Retrieval:**
a) May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.

4) **Direction of EMS to the scene:**
a) One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.

Activation Of Emergency Medical Services:

Call 9-1-1

Provide information

- Name, address, telephone number of caller
- Nature of the emergency (medical or non-medical)*
- Number of athlete(s)
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (i.e."use the northwest entrance and continue around building.")
- Other information requested by the dispatcher
- DO NOT HANG UP UNTIL TOLD TO DO SO

Staff Education:

This emergency action plan should be followed in the event of a medical emergency, weather emergency, or any other emergency situation. All school officials should be familiar with this document and know their role and responsibility in an emergency. Any questions should be directed to Athletic Trainer(s): Regan West or Carson Thomas (or school administrator, in the absence of a licensed athletic trainer).

An ***emergency*** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an individual to the hospital.

Emergency Situations:

- Individual is not breathing
- Individual is unconscious or unresponsive to verbal/physical stimulus
- Individual is in severe heat exhaustion or suspected heat stroke
- Individual is hypothermic/frostbitten
- Individual is in diabetic emergency
- Individual has a suspected spinal injury
    - **For cervical spine emergencies in football and boy's lacrosse, it is the policy of Walnut Hills High School not to remove the helmet and shoulder pads. The face mask will be removed for airway access, but all other equipment will remain on the patient as they are transported**
- Asthma attack that cannot be controlled with rescue inhaler
- Individual has a severe allergic reaction, and/or an EpiPen has been administered
- Severe head trauma
- Individual has an open/compound fracture
- Individual is bleeding severely that cannot be stopped through on-site first aid
- Individual has suspected internal injury and/or internal bleeding
- Individual has suspected major joint dislocation that was not successfully reduced after one attempt
- Individual is experiencing a seizure for the first time or has no known seizure disorder/history
- Individual is suspected to be suffering from a stroke

It is imperative in these situations that coordination and communication between the team physician, athletic trainer, coaches, administrators, and student responders be effective and efficient. This guide is intended to delineate roles and outline protocols to be followed should an emergency occur.

Chain of Command:

The athletic trainer should always act as primary caregivers at the site of the injury or accident (when on-site) and would manage the situation according to the following rank:

1. Team Physician (if present)

2. Athletic Trainer

3. Head Coach

4. Athletic Director/Assistant Athletic Director/Game Day Manager (if present)

5. Athletic Training Student (if present)

6. Assistant Coach(es)

7. Other Athletes

In the event that a certified athletic trainer is not on-site at the time of injury the following chain of command would be used:

1. Head Coach

2. Athletic Director/Assistant Athletic Director/Game Day Manager (if present)

3. Assistant Coach(es)

4. Other Athletes

Important Phone Numbers:

- Regan West, Athletic Trainer: (O) 513-363-8447
- Carson Thomas, Athletic Trainer: (O) 513-363-8447
- Shauniece Steele, Head Athletic Director: (c) 513-370-1299
- Cincinnati Fire: 911
- Main Office: 513-363-8400

- Landline phones at Walnut Hills High School are located in the main office, classrooms, coaches' offices, athletic training rooms, and athletic training office.
- The leader will send a runner to all relevant locations, i.e. gates, parking lots, or intersections, to help direct the ambulance to the patient.
- The leader will designate another administrator or coach to attempt contact with the patient's parents. Emergency contact information can be found on the Final Forms E-card which coaches, athletic trainers, and school administrators should have access to at all times. If a parent is not present, the emergency medical form should accompany the patient to the hospital or a digital copy, from a mobile device, should be provided to EMS when they arrive.
- If transport is deemed necessary by EMS, the patient will be taken to the nearest hospital, or otherwise specified by the parent or guardian.
- An administrator should be notified that there is an emergency situation on campus, if not present, once the patient is in a stable condition.
- Walnut Hills School is located at:

  3250 Victory Parkway
  Cincinnati, OH 45207

  **There are specific addresses for each location on campus to be given to 911 operators. Addresses can be found below and are posted on condensed EAP signs at each on campus location.

On Campus Event Locations:

High School (HS) Gym:
1515 Jonathan Avenue
Cincinnati, Ohio 45207

Inclement weather

In the event of inclement weather, such as tornado warnings, all participants will return to the locker rooms under the gym, where they will shelter until the all clear is given. Spectators will remain in the hallway under the gym and against the wall or in the restrooms.

Junior High (JH) Gym:
1501 Blair Avenue
Cincinnati, OH 45207

Inclement weather
In the event of inclement weather, such as tornado warnings, all participants will return to the locker rooms under the gym, where they will shelter until the all clear is given. Spectators will remain in the hallways beneath the junior high gym.

Natatorium:
1515 Jonathan Avenue
Cincinnati, Ohio 45207

Inclement weather
In the event of inclement weather, such as tornado warnings, all participants will return to the locker rooms where they will shelter until the all clear is given. Spectators will remain in the hallway below the high school gym and against the wall until the all clear is given.

Tennis Courts:
1515 Jonathan Avenue
Cincinnati, Ohio 45207

Inclement weather
In the event of a tornado warning, spectators will be instructed to enter the school building and remain on the lowest level possible away from windows. School representatives will help direct spectators to the correct location in the school building.

Marx Stadium:
3300 Sulsar Road
Cincinnati, OH 45207

Inclement weather

In the event of inclement weather, such as lightning, all participants will return to the locker rooms under the high school gym, where they will shelter until the all clear is given. Spectators will be asked to return to their cars until the all clear is given.
In the event of a tornado warning, spectators will be instructed to enter the school building and directed to remain on the lowest level possible away from windows. School representatives will help direct spectators to the correct location inside the school building.

Christopher South Athletic Complex:
3183 Gilbert Avenue
Cincinnati, OH 45207

Inclement weather
In the event of inclement weather, such as lightning, all participants will move into the indoor training facility located on South Field where they will shelter until the all clear is given. Spectators will be asked to return to their vehicles until the all clear is given.
In the event of a tornado warning, all participants will be moved to the locker rooms below the junior high school gym until the all clear is given. Spectators will be instructed to enter the school building and remain on the lowest level possible away from windows. School representatives will help direct spectators to the correct location in the school building.

Off Campus Event Locations:
Varsity Baseball:
Roselawn Park Field, Reds Urban Youth Academy
2026 E. Seymour Avenue
Cincinnati, OH 45237

Junior Varsity Baseball:
Cleveland Parker Field
940 Cleveland Ave
Cincinnati, OH 45229

JH Baseball:
Cleveland Parker Field
940 Cleveland Ave
Cincinnati, OH 45229

HS Golf:
Losantiville Country Club
3097 Losantiville Avenue
Cincinnati, OH 45213

JH Golf:
Reeves Par 3 Golf Course
4757 Playfield Lane
Cincinnati, OH 45226

HS Softball:
LeBlond Field
2335 Riverside Dr
Cincinnati, OH 45202

JH Softball:
Owl's Nest Park
2030 Fairfax Avenue
Cincinnati, OH 45207

- Park also sits on Madison Road, however the softball diamond is on the Fairfax Avenue side of the park by the Academy of World Languages

Special Considerations
All off campus events will follow the Emergency Action Plans for their specific sites, locations, and facilities. In the event of inclement weather, such as lightning or tornado warnings, individuals should be either indoors or inside their vehicles until the all clear is given.

<u>WHHS Campus Ambulance Entrances</u>
Location #1: High School Gym, High School Athletic Training Room, and Tennis Courts
Location #2: Junior High Gym, Junior High Athletic Training Room, Athletic Department Offices, and Weight Room
Location #3: Marx Stadium Field and Track, Natatorium

Location #4: Christopher South Athletic Complex and Indoor Training Facility

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Automatic External Defibrillator (AED) Access

High School Gym

- AED is located to the right of the restrooms in the HS gym lobby

Natatorium

- AED is located in the hallway perpendicular to the pool, next to the Athletic Training Room, just outside the restrooms

Marx Stadium

- An AED is located just inside the tunnel entrance, across from the girls locker room

- An AED is located inside the concession stand, under the stadium bleachers

Tennis Facility

- AED is located underneath the phone and badge reader next to the utility closet

Junior High Gym

- AED is located on the wall next to the assistant athletic directors' office in the hallway directly adjacent the gym

Weight Room

- AED is located in the school hallway just outside of the Weight Room

Christopher South Athletic Complex

- AED is located inside the family bathroom next to concessions

Mobile AEDs

- There are three mobile AEDs with the sports medicine staff for on and off campus event coverage

*Coaches should take note of the closest AED to their practice and game locations.

Mental Health EAP

Mental Health Crisis Important Numbers

- Suicide Prevention Hotline: 988
- Crisis Text Line: Text "4hope" to 741741
- School Psychologist Office Phone 513-363-8413

Mandated Reporters

- Coaches are Mandatory Reporters under the title of "School Employees"
- Mandated reporters are required by law to report if they suspect or know that child abuse is occurring. The Ohio Revised Code Section 2151.421 clearly removes the option of choice, and requires immediate reporting of known or suspected and alleged child abuse and neglect.
- Under the following circumstances, mandated reporters are required by law to share information with others.
    - Presenting information about hurting themself or another person.
    - Evidence or disclosure of abuse (physically, emotionally, or sexually) or neglect.
    - Threats to school security
    - Counseling records that are court ordered
    - Duty to Warn

- The expectation must be made clear to the patient, especially those under the age of 18, that even if they do not want the information shared, the coach/athletic trainer is obligated to notify school officials and/or local authorities in these situations.

Mental Health Crisis

<u>Emergency Situation: Potential Violence</u>

- Recognition
    - Any "yes" answer should be considered an emergency:
        - Am I concerned the patient may harm themself?
        - Am I concerned the patient may harm others?
        - Am I concerned the patient is being harmed by someone else?
        - Did the patient make verbal or physical threats?
        - Is the patient exhibiting unusual ideation or thought disturbances that may or may not be due to substance use?
        - Does the patient have access to a weapon?
        - Is there a potential for danger or harm in the future?

- Management: If Immediate Risk to Safety
    - Remain calm - maintain calm body language and tone of voice
    - Listen to the patient. Allow them to express their thoughts. Provide them an opportunity to be heard. It is OK to have a moment of silence between you and the patient.
    - Avoid judging the patient: provide positive support

- Keep yourself safe - do not attempt to intervene if there is eminent threat of harm or violence
- Keep others safe - try to keep a safe distance between patient in distress and others in the area
- Alert designated school officials and/or colleagues such as academic advisor/school nurse/athletic trainer or administrator. Have the school contact the student-athlete's parents or emergency contact.
- If the patient seems volatile or disruptive, get help from another adult. Do not leave the patient alone, but do not put yourself in harm's way if they try to leave.
- If you call 911, provide the following information:
    - Patient's name and contact information
    - Physical description of the patient (height, weight, hair/eye color, clothing, etc.)
    - Description of the situation and assistance that is needed
    - Exact location of the patient
    - If patient leaves the area or refuses assistance; note direction in which they leave to direct responders

<u>Emergency Situation: Non-Violent</u>

- Management:
    - Offer a quiet and secure place to talk
    - Show your genuine concern
    - Avoid judging the patient: provide positive support
    - Do not offer advice or try to solve their problem. It's not in a coach's scope to do this. Only a licensed mental health care provider should attempt to provide advice to an individual in distress
    - Help the patient understand that they are not alone - others have been there too
    - Listen to the patient and allow them to express their thoughts
    - Provide an opportunity to be heard. It's ok to have a moment of silence between you and the patient
    - Ask questions that encourage conversation. Asking these questions will <u>not</u> plant the idea in their head.
        - Can you tell me what's troubling you?
        - Are you thinking of hurting yourself?
        - Is someone hurting you?
        - Have you thought about suicide?
    - If the patient is expressing suicidal ideation
        - Determine if they have formulated a plan
        - Emphasize ensuring the patient's safety while being aware of your own
        - DO NOT leave this person alone
    - Alert designated school officials. Have the school call the patient's parents or emergency contact

- You may offer a positive reinforcement, such as: “It took courage for you to disclose this information to me. By telling me, it says you want to do something about what is going on. Let's get you in contact with someone that can give you the care that you need.”
- Document and communicate your concerns following the appropriate reporting process.There may be information you are not privy to

Proper Reporting Process Policy

A coach who initiates an Emergency Action Plan regarding Mental Health should report this information to the Walnut Hills High School Athletic Director, Shauniece Steele, in coordination with Athletic Trainer(s): Regan West and Carson Thomas. That information will then be directed to the Walnut Hills High School Principal, John Chambers.

Policies and Procedures



Heat Policy

Walnut Hills Athletics will be following heat recommendations outlined by the National Athletic Training Association's (NATA) Position Statement on Exertional Heat Illness. If heat is a concern, the sports medicine staff will take a WBGT reading and make decisions regarding practices beginning immediately after school no later than 2pm. The reading will be done on the turf field at Marx stadium. The sports medicine staff will take a WBGT reading and make a decision for late afternoon/evening practices and games no later than 5pm. Routine temperature checks during heat delays will be every 30 minutes from initial reading. (ex. at 1:30pm, WBGT read at 90.1 degrees, at 2:00pm the next reading will be measured)

The purpose of a heat policy is "to anticipate potential problems. A preseason heat-acclimatization policy should be developed for organized sports and event guidelines formulated for hot, humid weather conditions based on the type of activity and wet-bulb globe temperature (WBGT). In stressful environmental conditions, particularly during the first 2–3 weeks of preseason practice, activity should be delayed or rescheduled or the practice session shortened to reduce the risk to participants. Special attention should be given to practice drills that involve high-intensity activity and full protective equipment worn by players, as these factors may exacerbate the amount of heat stress on the body."
Citation: NATA Position Statement: Heat Illnesses.pdf

Heat Restrictions (Cat 2)

- Under 79.7F - Normal activities: provide ≥3 separate rest breaks per hour with a minimum duration 3 min each during workout.
- 79.9 - 84.6F - Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide ≥3 separate rest breaks per hour with a minimum duration of 4 min each.
- 84.7 - 87.6F - Maximum practice time is 2 hours for all sports.
    - For football: players restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts.
    - For all sports: provide ≥4 separate rest breaks per hour with a minimum duration of 4 min each.
- 87.8 - 89.6F - Maximum length of practice = 1 hour.
    - For football: No protective equipment may be worn during practice and there may be no conditioning activities.
    - For all sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
- At or Over 89.8F - No outdoor workouts. Delay practice and games until a cooler WBGT is reached.

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Taken from Table 5, NATA Position Statement: Exertional Heat Illnesses
Citation: NATA Position Statement: Heat Illnesses.pdf

Guidelines for hydration and rest breaks

- Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
- The ideal location of the rest time should be a "cooling zone" and not in direct sunlight.
- For football, helmets should be removed during rest time.
- When the WBGT reading is greater than 84.6F:
    - Cold-immersion tubs must be available for practices and games for the benefit of any player showing signs of heat illness.
    - The WHSM team has 100 gallon tubs at Marx Stadium and Christopher South Athletic Complex that will be utilized for rapid cooling during heat stress emergencies.

Special Considerations

"When individuals compete in high WBGT conditions, the risk of Exertional Heat Illness (EHI) increases the following day. This factor appears to be one of the best predictors of EHI and should be considered when planning successive practice sessions."
Citation: NATA Position Statement: Heat Illnesses.pdf

Therefore, when there are multiple successive days of excessive heat, extra precautions may be recommended at the discretion of the sports medicine staff due to increased risk of heat illness.

Lightning Policy

Walnut Hills Athletics will be following the OHSAA guidance regarding lightning and inclement weather. All information listed below can be found at https://www.ohsaa.org/.

Thirty-Minute Rule

Competition or practice shall be suspended upon the first indication that thunderstorm development is within 10 miles of the game or practice site. Once lightning has been recognized, either via sight or lightning location tracking applications, or thunder is heard, individuals should move to a safe area until the storm has moved out of range. Inclement weather safe locations are site dependent and are listed above in the event location specifics. It is required to wait at least 30 minutes after the last lightning strike has been recognized or thunder is heard prior to resuming practice or competition. Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

Cold Weather Policy

Walnut Hills Athletics will be following the NATA guidance regarding cold weather conditions as listed below.
Citation: NATA Position Statement Cold Weather.pdf

The following guidelines can be used in planning activity depending on the **wind-chill temperature**. Conditions should be constantly re-evaluated for change in risk, including the presence of precipitation:

- 30 degrees F and below: Be aware of the potential for cold injury and notify appropriate personnel of the potential. Coaches should consider requiring athletes to wear appropriate warm clothing and bring change of clothing if precipitation is expected.
- 25 degrees F and below: Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
- 15 degrees F and below: Consider modifying activity to limit exposure or to allow more frequent chances to rewarm (no more than 15 minutes outside at a time).
- 0 degrees F and below: Terminate or reschedule activity. No outdoor activity allowed.

Special Considerations

- Extremities need to be covered when the wind-chill is below 32 degrees WITHOUT precipitation.
- Extremities need to be covered when the wind-chill is below 40 degrees WITH precipitation

Air Quality Policy

Walnut Hills Athletics will be following air quality recommendations outlined by the EPA and the U.S. Air Quality Index (AQI). If air quality is a concern, the sports medicine staff will make a decision regarding practices beginning immediately after school no later than 2pm. The sports medicine staff will make a decision for late afternoon/evening practices and games no later than 5pm. Walnut Hills Athletics will be following the AQI scale detailed below to guide our activity recommendations and modifications when applicable.

Air Quality Guidelines

Air Quality Index	Outdoor Activity Guidance
 GOOD	Great day to be active outside!
 MODERATE	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 UNHEALTHY FOR SENSITIVE GROUPS	It's OK to be active outside, especially for **short activities** such as recess and physical education (PE). For **longer activities** such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 UNHEALTHY	For **all outdoor activities**, take more breaks and do less intense activities. Consider moving **longer or more intense activities** indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.
 VERY UNHEALTHY	Move **all activities** indoors or reschedule them to another day.

Daily AQI Color	Levels of Concern	Values of Index
Green	Good	0 to 50
Yellow	Moderate	51 to 100
Orange	Unhealthy for Sensitive Groups	101 to 150
Red	Unhealthy	151 to 200
Purple	Very Unhealthy	201 to 300
Maroon	Hazardous	301 and higher

Special Considerations

Student-athletes with known asthma or other respiratory illnesses are more susceptible to worsening air quality. If AQI is in the red (151-200), it is the decision of the Walnut Hills Sports Medicine team to not allow student-athletes with known respiratory issues to practice outside. They will be accommodated with indoor workouts, if requested. These athletes should continue to carry inhalers on their person, regardless of air quality.