

MCHS XC Invitational

Athletic Emergency Action Plan

Mt. Carmel High School Athletics has a written emergency action plan that should be followed in the event of a medical emergency during the MCHS Cross Country Invitational. **All Coaches should be familiar with this document and their role and responsibility in an emergency.** Any questions should be directed to the athletic trainer, or on site physician (if available).

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 physician (if available), athletic trainer, coaches, and adult responders be effective. This guide is intended to delineate roles and outline protocol to be followed should an emergency occur.

Situations where 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a head, neck or back injury
- An athlete has an open fracture (bone has punctured through the skin)
- Severe heat exhaustion or **suspected heat stroke**
- Severe bleeding that cannot be stopped
- Severe allergic reaction
- Seizure, poisoning, drowning, stroke

Chain Of Command

Team Physician

Certified Athletic Trainer

Paramedic

EMT

Meet Director

Head Coach

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to activate EMS. This person will also instruct others how they may be of help, and will be the person who stays with the athlete until they are transported via ambulance to receive further care.

All medical personnel should be well versed in heat illness management, specifically cool-call-care protocol.

Athlete with Suspected Heat Illness

Normal Core Body Temperature:

- Remain with athlete in a shady/cool location. Provide ice bags on back of neck, arm pits, and groin.
- Take necessary steps to quickly and effectively cool athlete
- If possible, pour cold water on their head and remove excess clothing (typically not an issue with XC athletes).
- Athletic Trainer releases care to head coach or parent when athlete is not showing signs and symptoms of heat exertion.

Elevated Core Body Temperature: COOL CALL CARE

- **IMMEDIATELY** submerge athlete into ice bath (head out)
- **Physician (if available) places continuous rectal thermometer**
- Continuous movement of water around the athlete in the tub
- Keep athlete submerged in ice bath (head out) until rectal temp reads **LESS THAN 102 degrees F**
- After athletes core body temp is **BELOW 102 Deg F**, they will be transported via EMS to the closest hospital

Once it has been decided that EMS should be activated, the following protocol will be followed:

1. The highest person on the chain of command will be deemed the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should stay and assist.
2. **The meet director should be notified via walkie talkie that EMS has been activated.**
3. The leader will activate on site EMS, or will designate another person to do so. **The ONSITE ambulance and crew** are responsible for calling a transporting ambulance, and guiding that crew to the location. EMS should be told what the emergency is, the condition of the athlete. (see Appendix A for course map).
4. **The meet director** will send runners to all intersections between the parking lot and the venue where the injured athlete is located. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.

5. The leader will designate another person to attempt contact with the athlete's parents.
Emergency contact information and the medical release form for the athlete can be found with the head coach. They are to always keep a binder with all emergency contact information on them at all times (as stated in the registration process). If a parent is not present, a coach, administrator, or other adult will accompany the injured athlete to the hospital with the emergency contact and medical release form.
6. The leader will fill out an incident report ASAP and turn it in to the front office.

Morley Field is located at:

2221 Morley Field Drive
San Diego, CA 92104

Closest Hospital/ER:

Naval Medical Center Emergency Room
34800 Bob Wilson Drive
San Diego, CA 92134

Scripps Mercy San Diego
4077 5th Ave
San Diego, CA 92103

Rady Children's Hospital
3020 Children's Way
San Diego, CA 92123

Location of AEDs

1. There are 2 AEDs available at Morley Field. One in the field house adjacent to Joe Schloss Way, and one at the finish line with the medical staff. (see map with AED locations)

Important CONTACT INFO:

ALL Medical personnel and Meet directors will have a walkie talkie
USE THIS FOR COMMUNICATION of emergencies during the meet
Medical on Channel 2, Meet Director on 1

Appendix A



Athletic Trainer
Location



AED Location



Finish Line