

St. Johns High School
Department of Athletics



Emergency Action Plan

Introduction:

The purpose of the emergency action plan is to guide athletic personnel and emergency medical services in the event of an emergency.

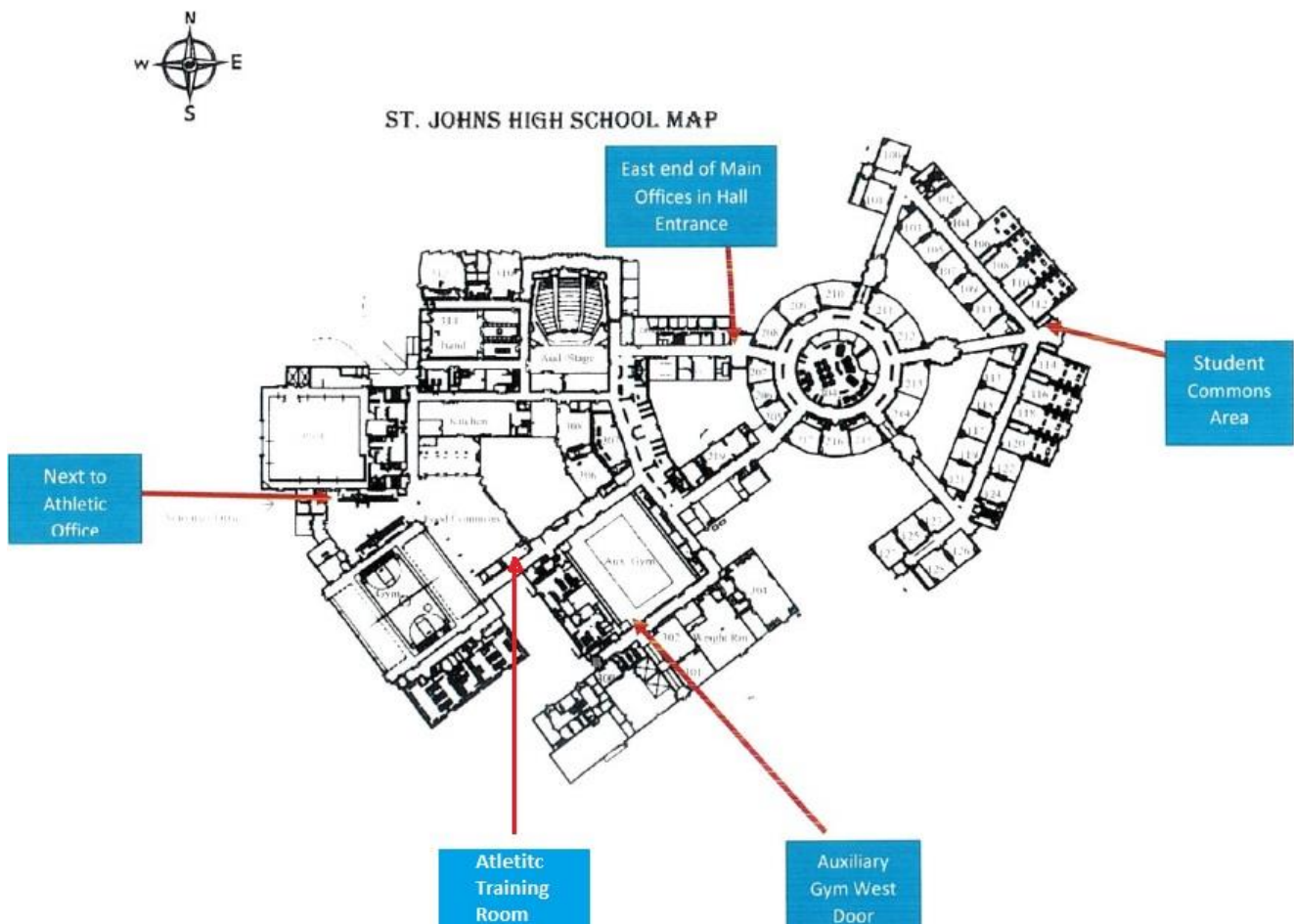
Emergency Personnel:

- Team Physician: On site for all home varsity football games
- EMT's: On site for all home football games. Available via activation of EMS.
- Certified Athletic Trainer (ATC): On site for all home competitions and most regular season practices or accessible by phone.
- Athletic Training Student (ATS) CPR/First Aid Certified: Present and available to assist in providing care under the direct supervision of a Certified Athletic Trainer.
- CPR/First Aid Certified Coach: Present at all practices/competitions.

Emergency Equipment (and location)

- Athletic Training Kit: located with ATC
- Med Kit: located with coach at all practices and competitions
- Splint Kit, Crutches: located in the Athletic Training Room and football stadium AT room
- Spine Board: located on the pool deck, also available via EMT's for home football games
- Automated External Defibrillator (AED): 1 AED used for outdoor practices and competitions located with ATC , 1 AED located next to Athletic Office/Pool/Main Gym Entrance, 1 AED located inside Auxiliary Gym at South West Door, 1 AED located at North East end of Main Offices in hall entrance, 1 AED located in Student Commons Area on East end of school.

AED (Defibrillator) Placement in High School



Roles of First Responders: *Highest ranking health care provider (Team Physician, EMT, ATC and coach, respectively) will serve as “team leader” during any Emergency situations.*

1. Establish safety of the scene
2. Immediate care of the athlete
3. Assess Airway, Breathing, Circulation (ABC's)/ survey for severe orthopedic injury
4. Activate the Emergency Management System (EMS), when necessary
 - a. Call 911, provide name, address, telephone number, number of people injured, condition of injured persons, treatment being given, direction to location, additional information as requested. Hang up AFTER the dispatcher.
5. Emergency equipment retrieved by ATC, ATS or coach
6. Athletic department personnel control the scene: limit scene to health care providers, move bystanders away from the area
7. Game Day manager or designated individual should obtain keys to open necessary doors, hallways or gates to allow access for emergency personnel. Should flag down EMS and guide them to location of the emergency.
8. A parent or coach will accompany the athlete to the hospital with insurance information.
9. Notify the athlete's emergency contact about the injury, the care given and location of the facility he/she is receiving care.

On Scene Management of Injury/Illness

Conscious

Head/Neck Injury

- Check Airway, Breathing, Circulation
- ATC- stabilize C-spine/evaluate injury
- ATC/ATS/Coach/AD - Activate EMS

No Head/Neck Injury

- ATC/ATS/Coach activate EMS if necessary
- ATC initiate evaluation
- Determine:
 1. Assessment of condition
 2. Safest method for removing athlete from field (splint, walk assist etc.)

In case of severe orthopedic trauma:

- Initiate EMS if determined by ATC/Coach
- Athletic Personnel control the scene/assist EMS in getting to location

*Life-threatening/Emergent injuries include: Unconsciousness, suspected spinal cord injury, obvious fracture, uncontrolled bleeding, severe allergic reaction/asthma and heat stroke.

Unconscious

Assume Head/Neck Injury

- *Check ABC's
- *Initiate EMS
- *Position athlete in Supine, via log roll
- *If football, remove facemask, helmet and shoulder pads before going to ER*

Cardiac Emergency

ATC Checks ABC's/provides care

- **If ATC is not present, then a coach should activate EMS and begin providing care
- ATS/Coach activate EMS and locate AED (See page 2 for locations)
- **Athletics Personnel control the scene/assist EMS in getting to location

Sickle Cell Collapse

ATC Checks ABC's/initiate care given

- **If ATC is not present, then a coach should activate EMS and begin providing care
- ATS/Coach activate EMS and locate AED (See page 2 for locations)
- **If athlete is conscious and alert move them to Athletic Training Room.
- **Begin Re-hydration, and cooling with cold towels and ice packs if necessary
- **Athletic Personnel control the scene/assist EMS in getting to location

Heat Illness

ATC removes athlete from play and begins the following:

****If ATC is not present, then a coach should begin providing care**

Muscle Cramps: Move athlete to a cool area inside or to a shade covered area outside. Begin re-hydration, apply ice packs to injured area and stretch affected muscle groups.

Heat Exhaustion: Move athlete to a cool area inside. Monitor core temperature, heart rate, blood pressure and oxygen saturation. Begin re-hydration and apply ice packs/cold towels around neck, armpits and groin.

Heat Stroke: Check ABC's, activate EMS, if conscious move athlete to a cool area inside, monitor core temperature, heart rate, blood pressure and oxygen saturation. Begin re-hydration, apply ice packs/cold towels and total body cooling via cold tub prior to EMS transport.

Concussion

Any athlete suspected to have a concussion **MUST** be removed from participation and evaluated by the ATC or appropriate healthcare provider (MD, DO, PA, NP)

****If ATC is not present and a coach suspects an athlete has sustained a concussion they must remove the athlete from play and not allow them to return until they have been evaluated by an ATC or another Healthcare Professional.**

****If upon evaluation the ATC's assessment is a concussion then they may not return to play until they have completed the MHSAA Concussion Management Plan and return to play protocol.**

****If Athlete is unconscious then follow steps at the top of page 4.**

Respiratory Distress

1.) ATC/Coach removes athlete from play and evaluates symptoms.

2.) ATC provides care/activate EMS if symptoms do not subside or if they become exacerbated

****If ATC is not present, then a coach should activate EMS if the athlete's symptoms do not subside or if they become exacerbated**

****Athletic Personnel control the scene/assist EMS in getting to location**

MHSAA Thunder and Lightning Policy

- Monitor local weather reports each day before any practice or competition.
- Under MHSAA recommendations, when lightning is observed or thunder is heard, the practice/contests must be suspended. The occurrence of lightning or thunder is not subject to interpretation or discussion – lightning is lightning; thunder is thunder.
 - Participants and support personnel shall be moved to appropriate indoor facilities.
 - When lightning is observed or thunder is heard and the practice/contest is suspended, participants shall not return to the playing field until lightning has been absent from the local sky and thunder has not been heard for 30 minutes.
 - Spectators shall be advised of the action being taken to seek shelter.
- **Safe Shelter Locations (Tornado & Severe Weather Shelter Locations):**
 - **Soccer** – Middle school and vehicles.
 - **Tennis** – Activities Entrance door #37 to the high school.
 - **Softball** – High school, vehicle and dugouts.
 - **Football** – Home side move to home locker room, coach's office, athletic training room, concession stand, concession storage and men and women's bathrooms. Visitor side move to visitor locker room, bus, vehicles, concession stand, concession storage and men and women's bathrooms.
 - **Baseball** – High school, vehicle and dugouts.
 - **Cross Country** – Middle School and vehicles.
 - **Track** – Middle school and vehicles.

Directions to Facilities

Emergency Plan: Football Stadium

Emergency Personal: Team physician, EMTs, certified athletic trainer and student athletic trainer(s) on site for gameplay.

Emergency Communication: First responder should alert EMTs on site or activate EMS (**911**).

Emergency Equipment: Supplies (splint kit, crutches, AED) transported to venue for each competition from the Athletic Training Room.

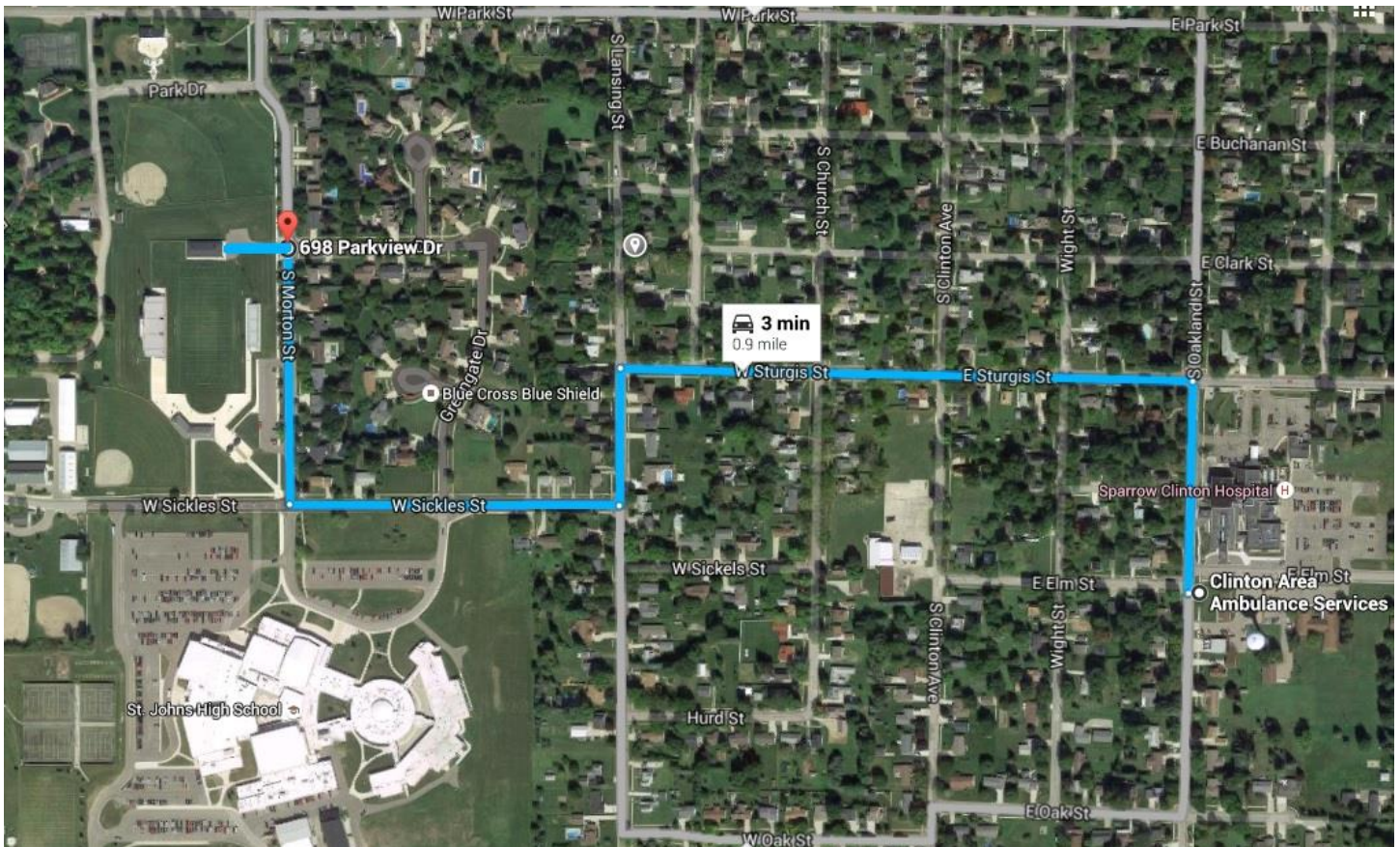
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS)
 - 911 if EMTs are not on site (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Open appropriate gates.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head north on Oakland Street. Turn left onto Sturgis Street. Turn left onto Lansing Street. Turn right onto Sickles Street. Turn right onto Morton Street. Heading north, turn left into the third drive through the gate on the north end of the facility near the locker rooms. Proceed through the gate to the field.

Position where personnel will meet emergency help:

- One person will meet EMS at the open gates on north east side of football field.



Emergency Plan: Main Gymnasium and Pool

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for practice and gameplay.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) reside in the Athletic Training Room. AED located behind home bench with ATC and outside of main gym next to the Athletic Office/Pool.

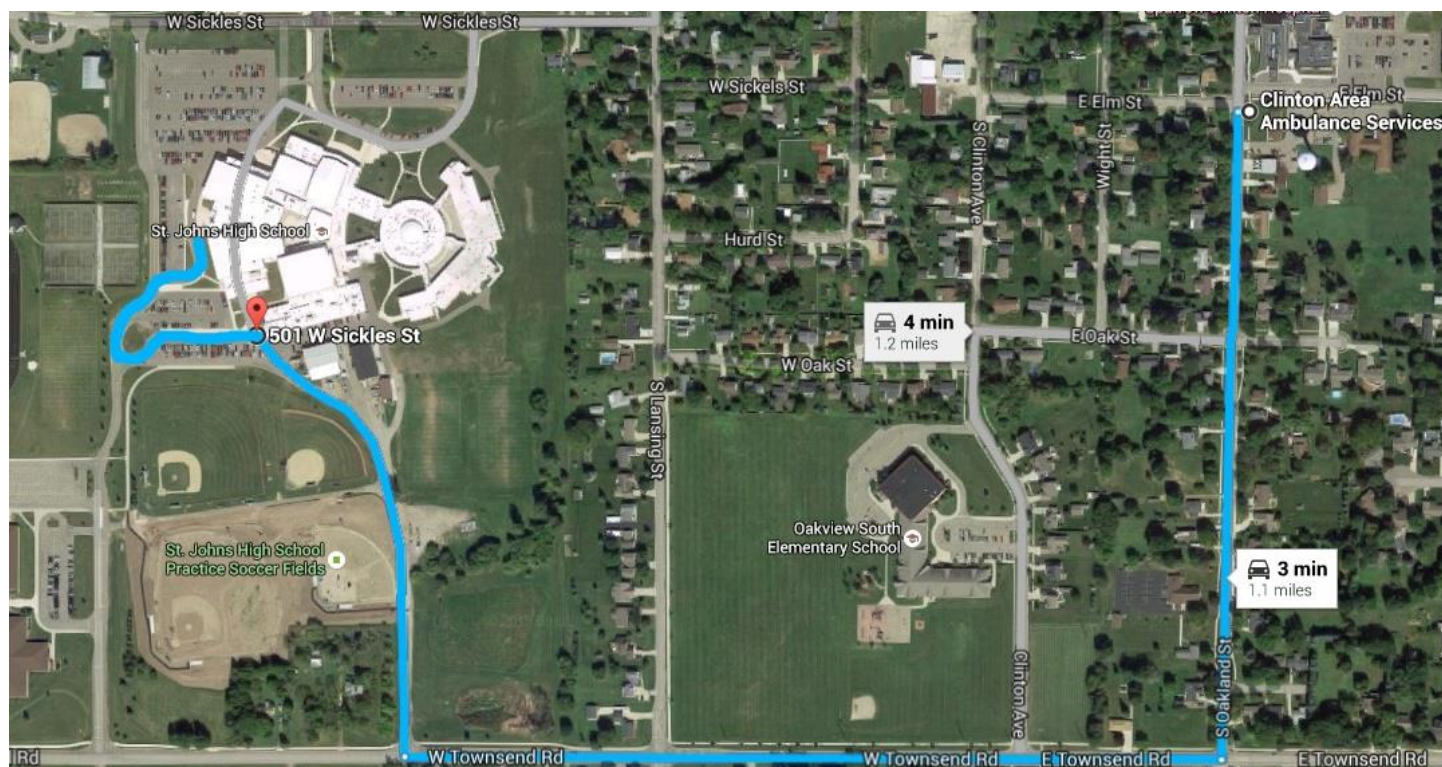
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS).
 - 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townson Road. Turn right onto the first southern entrance of SJHS. Follow the road and veer left until you reach a stop sign and turn right. Veer right on the third intersection and park in front of the Activities Entrance at door #37 on the West side of the school. Enter and the gymnasium is located to the right and pool to the left.

Position where personal will meet emergency help:

- One person will meet EMS at door #37 on the west side of SJHS.



Emergency Plan: Auxiliary Gymnasium

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for practice and gameplay.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) reside in the Athletic Training Room. 1 AED located inside the auxiliary gym near South West doors and inside Athletic Training room.

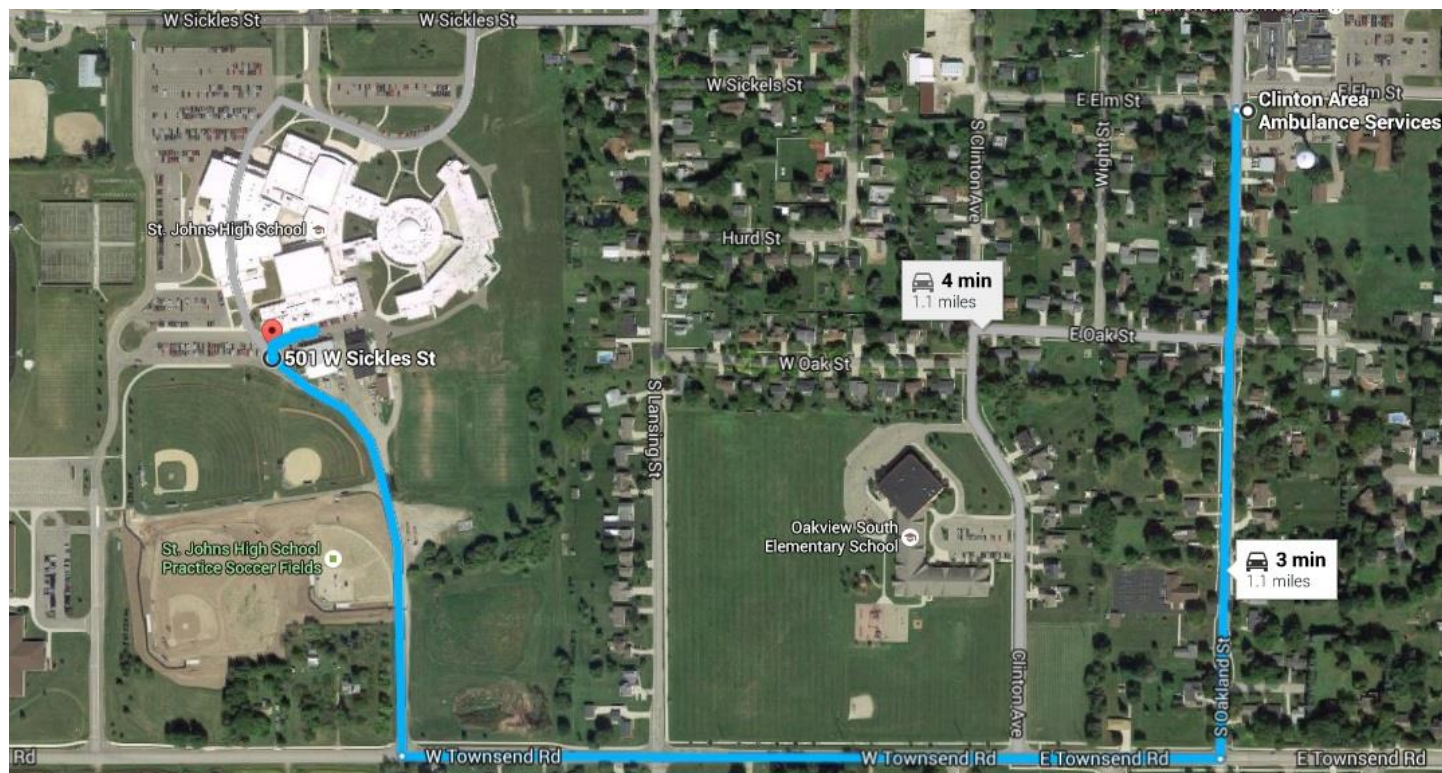
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS).
 - a. 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townson Road. Turn right onto the first southern entrance of SJHS. Follow the road and turn right. Continue until you reach door #23 at the southern end of SJHS. Park in front of door #23. Enter and the auxiliary gymnasium is straight up the inclined walkway.

Position where personal will meet emergency help:

- One person will meet EMS at door #23 at the southern end of SJHS.



Emergency Plan: Baseball Field

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for practice and gameplay.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) reside in the Athletic Training room. 1 AED is located with ATC on site.

Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS)
 - a. 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Open appropriate gates.
 - Designate individual to “flag down” EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townsend Road. Turn north onto the second entrance toward the middle school. Enter the service road through the gate to the right at the road divider. Baseball field will be on the left.

Position where personnel will meet emergency help:

- One person will meet EMS at the service road intersection.



Emergency Plan: Softball Field

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for practice and gameplay.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) reside in the Athletic Training room. 1 AED is located with ATC on site.

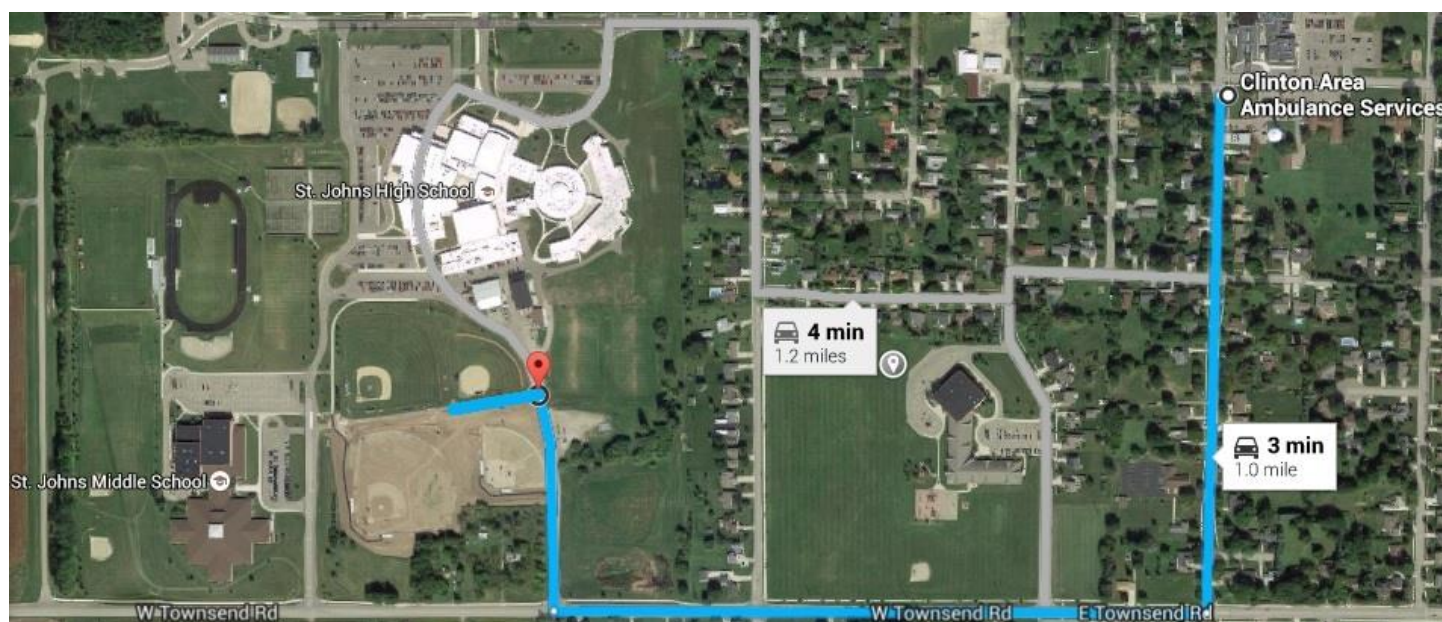
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS)
 - a. 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - a. Open appropriate gates.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland St. Turn right onto Townsend Road. Turn right onto first southern entrance to SJHS. Follow road and look for softball field to the left. Turn left at service road through gate toward softball field.

Position where personnel will meet emergency help:

- One person will meet EMS at the service road intersection to let EMS through the gate.



Emergency Plan: Football Practice Fields

Emergency Personal: Sports medicine staff on-site for practice when available.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) located inside Athletic Training Room. AED located with ATC on site.

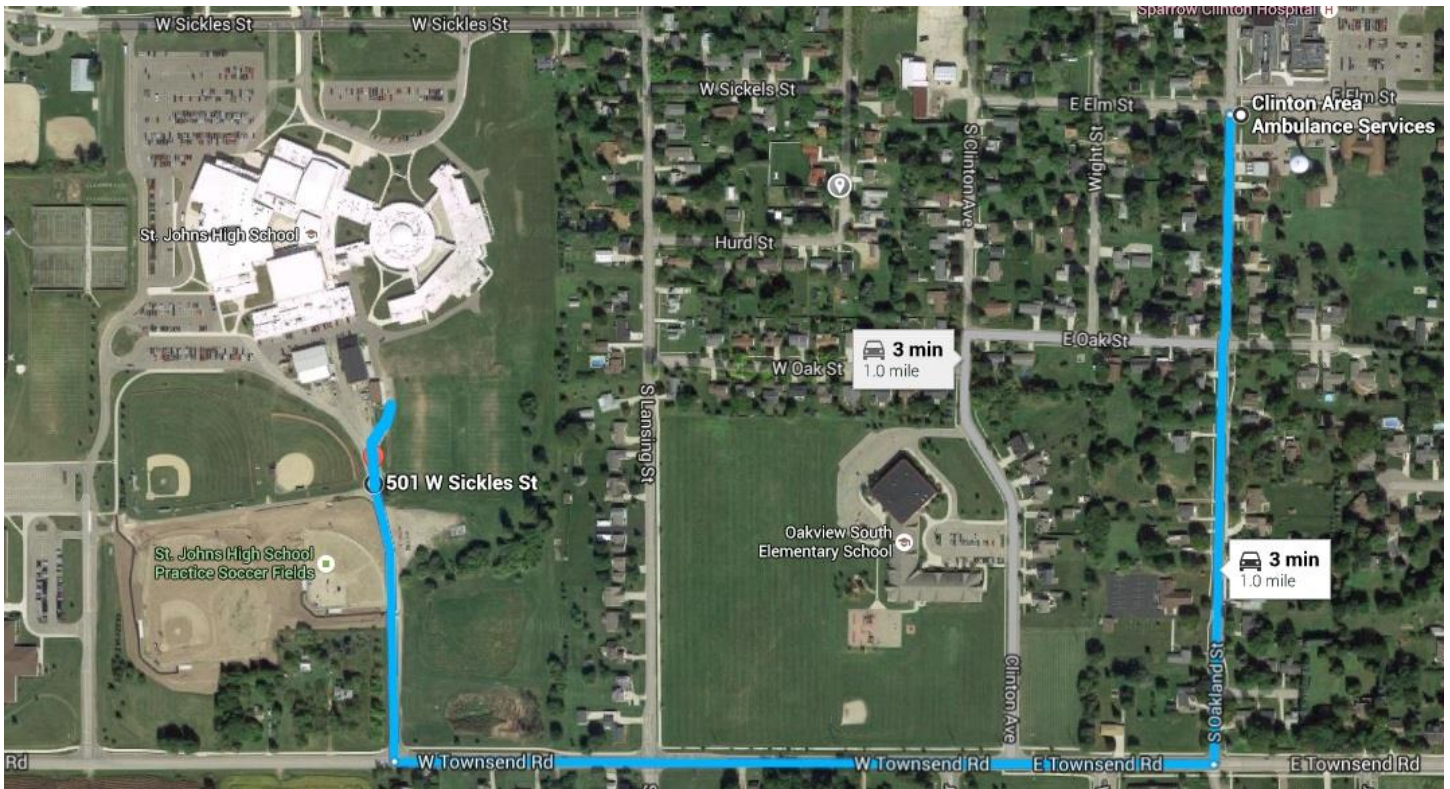
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS).
 - 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townsend Road. Turn right onto first southern entrance to SJHS. Heading north, veer right at the first intersection onto the gravel road. Football practice fields are on the right.

Position where personnel will meet emergency help:

- One person will meet EMS at the gravel road intersection west of the practice field to direct EMS from there.



Emergency Plan: Tennis

Emergency Personal: Sports medicine staff accessible from the Athletic Training Room (located between main and auxiliary gym).

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) located in Athletic Training Room. 1 AED located inside SJHS through Activities Entrance door #37. 1 AED located with ATC on site.

Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Designate individual to “flag down” EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townsend Road. Turn right at second entrance to SJHS toward the middle school. Continue straight north and tennis courts will be on the left. Park ambulance at sidewalk.

Position where personnel will meet emergency help:

- One person will meet EMS outside of the tennis court entrance at the end of the sidewalk.



Emergency Plan: Soccer and Track and Field

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for gameplay.

Emergency Communication: First responder should activate EMS (911).

Emergency Equipment: Supplies (splint kit, crutches) located in Athletic Training Room. 1 AED located with ATC on site.

Roles of First Responders:

5. Immediate care of injured or ill student athlete.
6. Emergency equipment retrieval.
7. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
8. Direction of EMS to scene.
 - Designate individual to “flag down” EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head south on Oakland Street. Turn right onto Townsend Road. Turn right onto the second entrance toward the middle school. Head north on the road and turn left into the large parking lot toward the track. Park ambulance at the end of the sidewalk and access the soccer field or track heading north on the sidewalk.

Position where personnel will meet emergency help:

- One person will meet EMS at the curb at the end of the sidewalk south of the soccer field and track to direct ambulance.



Emergency Plan: Gymnastics (Wilson Center)

Emergency Personal: Certified athletic trainer and student athletic trainer(s) on site for gameplay.

Emergency Communication: First responder should activate EMS (**911**).

Emergency Equipment: Supplies (splint kit, crutches) brought to Wilson Center. 1 AED located with ATC on site.

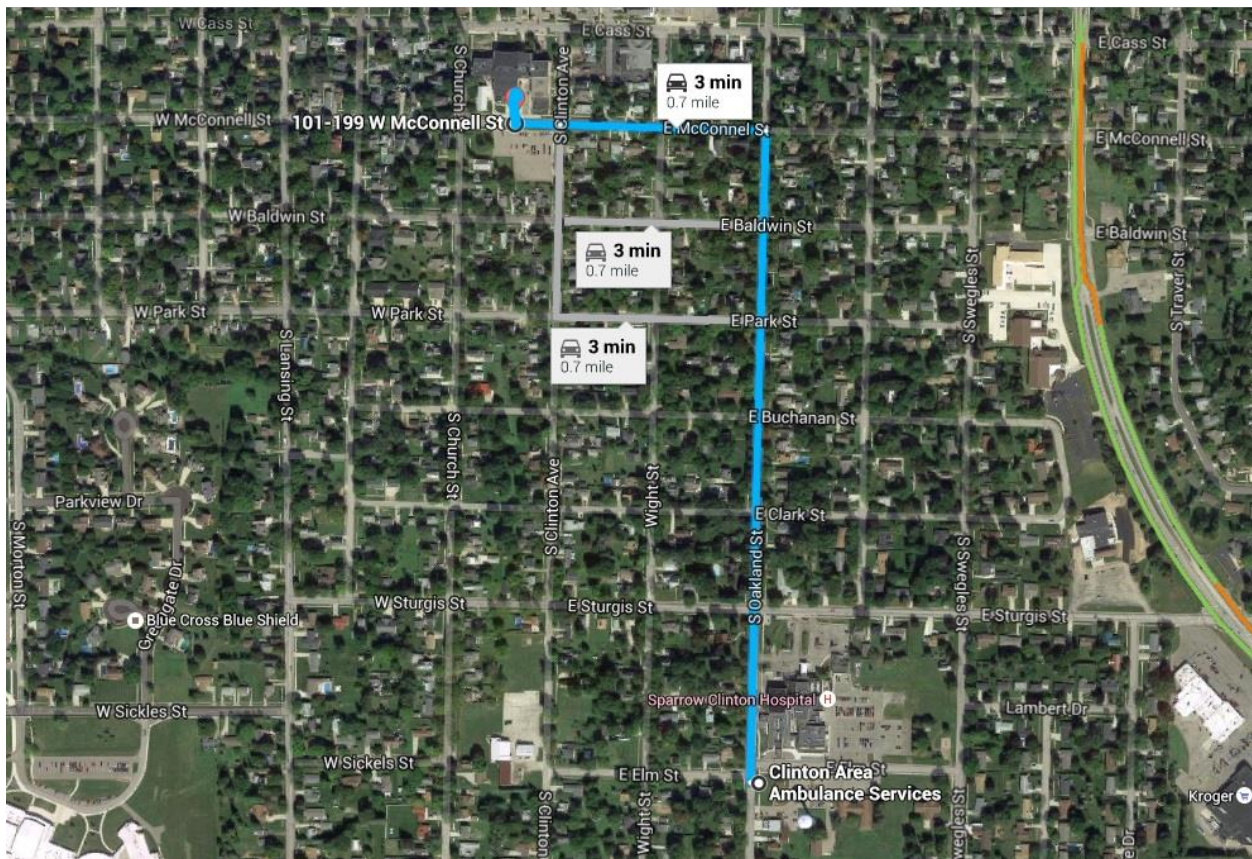
Roles of First Responders:

1. Immediate care of injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system (EMS)
 - 911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested).
4. Direction of EMS to scene.
 - Designate individual to "flag down" EMS and direct to scene.
 - Scene control: limit scene to first aid providers and move bystanders away from area.

Venue/Driving Directions: Head north on Oakland Street. Turn left onto McConnel Street. Wilson Center will be on the right. Enter from the southern entrance in door # 3. Competition area will be on the left inside the gymnasium. Park ambulance just outside the southern entrance of door #3.

Position where personnel will meet emergency help:

- One person will meet EMS at the southern entrance of the Wilson Center.



Directions to Hospital/Urgent Care

Sparrow Clinton Hospital:

From SJHS, head north toward Sickles Street. Turn right onto Sickles Street. Turn left onto Lansing Street. Turn right onto Sturgis Street. Turn right onto Oakland Street. The ER is located on the south side of the building.



Sparrow Clinton Hospital
805 South Oakland Street
Saint Johns, MI 48879

Important Contact Information

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