

EVANGELICAL CHRISTIAN SCHOOL



Emergency Action Plan

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Table of Contents

Introduction to Emergency Action Plan.....	1
Emergency Protocol.....	2
ECS Address and Facility Specific Directions.....	3
ECS Campus Map.....	6
Automated External Defibrillator (AED) Locations.....	7
Other Medical Conditions.....	8
Environmental Conditions.....	9

Evangelical Christian School has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer and athletic director.

What is an emergency and who is in charge?

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 athletic trainer, coaches, administrators and students responders be effective. This guide is intended to delineate roles and outline the 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 neck or back injury
- an athlete has an open fracture (bone is punctured through the skin)
- severe heat exhaustion or suspected heat stroke
- severe bleeding that cannot be stopped



The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be helpful and will be the person who stays with the athlete until EMS arrives.

All paid coaches are required to be certified in CPR, AED and First Aid and should act according to these credentials during an emergency situation.

Emergency Protocol

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

1. This 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 and CPR. If possible, someone else on the chain of command should also stay and assist. The front office or an administrator should be notified that there is an emergency situation on campus.

2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNLESS EMS HANGS UP FIRST.**

3. There are no public phones on campus that are easily accessible after school hours. A cell phone should be used for all emergency situations. Speaker phone mode should be used, if possible, so that you can communicate with EMS while also providing care to the injured individual.

4. The leader will send help to nearby gate entrances and intersections to direct the ambulance. The helpers should stay in their positions and direct the ambulance through the proper turns to get to the athlete.

5. The leader will designate another adult to attempt contact with the athlete parents. Emergency contact information can be found inside the head coaches medical kit, which should be with the coach at all times. If a parent can not be contacted, there are other emergency contacts on the back of the emergency card that can be called. If no one can be reached, the contact form should be given to the athlete or EMS to take with them to the hospital. Ideally, an adult (head coach or assistant coach) should travel with the athlete to the hospital until a parent arrives.

6. If transport is deemed necessary by EMS, the athlete will be taken to Healthpark Medical Center, unless EMS is given different instructions.

Evangelical Christian School Information and Directions

Evangelical Christian School is located at 8237 Beacon Blvd, Fort Myers, Florida 33907.

The closest major intersection to the school is **US-41 and Beacon Boulevard** if you are going to the *front entrance of campus*.

Directions to the front entrance of campus: Drive south on US-41 past Page Field to the traffic light onto Beacon Manor and take a left. Continue east on Beacon Manor until the stop sign. Turn left onto Beacon and follow the road north to the school. Beacon Blvd ends at the front entry gate of Evangelical Christian.

An alternate route to the *back entrance of the school* is to use the intersection at **US-41 and South Airport Road**.

Directions to the back entrance of campus: Drive south on US-41 to the traffic light by Page Field and turn left on to South Airport Road, next to the gas station. Drive east on South Airport Road and as the road curves to the left, take a right at South Danley Drive. Turn left at the first intersection onto South Road. Drive East on South Road to 4th Street and make a right. 4th Street ends at the back gate to the school campus.

Specific Directions to Athletic Venues

Sentinel FieldHouse (Gymnasium)

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, follow that curve to the front entrance of the gym under the lighted LED Display.

Sentinel Field and Track

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, stay straight and enter through the gate to go back toward the main stadium. Follow the road to the main entrance of the field. The ambulance should stay off the track, unless it is necessary for them to drive closer.

Sentinel Weight Room

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, stay straight and enter through the gate to go back toward the main stadium. Follow the road to the back parking lot. The door next to the concession stand is the best entrance to use.

Sentinel Park (Baseball field)

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, stay straight and enter through the gate to go back toward the main stadium. Follow the road to the main entrance of the football field. The ambulance should stay off the track, unless it is necessary for them to drive closer.

OR

Follow the directions to the back entrance of the school.

Instead of turning on to the school campus from 4th Street, the gate to center field can be opened for the ambulance to drive through.

Cheer Landing, ECS Practice Fields and Softball Field

Begin by following the directions to the back entrance of school with the following changes:

Once the ambulance turns left on to South Road, have them make a right at 3rd street. After turning right, turn left into the gravel parking lot which is right next to the practice fields and cheer landing.

Sentinel Wrestling Room

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, follow that curve past the gym entrance and park outside the building. The door into the gym can be accessed so that EMS can get to the wrestling room through the gymnasium and adjoining hallway.

OR

Following directions to the back entrance of the school with the following changes.

After turning right on to 4th street, tell them turn right on the dirt road which is right before the back entrance gate to the school. This road, which drives past the dumpsters, will come to the back entrance of the wrestling room for an easier transport. A wheeled stretcher will fit through the back door.

Girls Weightroom/Basketball Lockerroom

Follow the directions to the front entrance of the school.

Upon entering the school, follow the road to the right as it circles around the main playground on campus. After passing the playground on your left, the road curves to the left, follow that curve past the gym entrance and park outside the building. The door into the gym can be accessed so that EMS can get to the Weightroom/Lockerroom through the gymnasium and adjoining hallway.

OR

Following directions to the back entrance of the school with the following changes.

After turning right on to 4th street, tell them turn right on the dirt road which is right before the back entrance gate to the school. This road, which drives past the dumpsters, will come to the back entrance of the weight room for an easier transport. A wheeled stretcher will fit through the back door.

ECS Athletic Venues Map

1. Sentinel Field House (Gymnasium)
2. Sentinel Field and Track (Main Field)
3. Sentinel Park (Baseball)
4. Sentinel Boys Weight room
5. Sentinel Wrestling Room
6. Sentinel Girls Weight room
7. Cheer Landing
8. Practice Field
9. Future Softball Field site



Location of Automated External Defibrillators (AED's)

There are two AED's on campus at Evangelical Christian School.

The first AED is located in the gymnasium. The AED is inside a box that is mounted on the middle post at the south entrance of the gym. Inside the box is the AED and a small medical supply kit with necessary items including gloves, a CPR mask, scissors and a gauze. Inside the back side of the AED is a set of children AED pads that can be put in the AED if needed.

The second AED is inside the athletic trainers blue medical backpack. There is a zipper with a red CPR mask attached. Inside that pocket is the AED and all necessary supplies. There is not a set a child sized pads with this AED.

Other locations for ECS athletics

Park Meadows (Tennis): 1894 Park Meadows Drive, Fort Myers, Florida 33901

Fort Myers Aquatic Center (Swimming): 1750 Matthew Drive, Fort Myers, Florida 33907. This facility is equipped with the WeatherBug Lightning Detector System. There is an AED that is kept in the office but is only available between 10am and 5pm.

Wild Cat Run (Golf): 20300 Country Club Drive, Estero, Florida 33928. This facility is equipped with the ThorGuard Lighting Prediction System. There are several AED available including at the clubhouse, on the driving range and at the bath houses on the course.

If you are coaching at an off-campus facility, please be sure to familiarize yourself with their lightning detection system the location of the AED. If there are any questions, please contact the Certified Athletic Trainer at ECS.

Other medical situations

Skin disorders

An athlete with a skin disorder should be sent immediately to the Athletic Trainer for evaluation. If necessary, the athletic trainer will refer to a physician for diagnosis and treatment.

In the sport of wrestling, this process requires a physician to complete the FHSAA *Skin Condition Examination Report Form (WR-2)* for the wrestler to be cleared for competition.

Concussion

A concussion, mild or severe, is a traumatic brain injury and should be treated as such. This injury can be the result of a bump, blow and jolt to the head and/or body. If an athlete is suspected to have a concussion, they should be removed from play immediately. The athlete is not allowed to return to play until cleared by a physician. The Florida High School Athletic Association (FHSAA) requires all athletes with a concussion to see a physician and complete a return-to-play protocol, which must be documented on the FHSAA *Post Head Injury/Concussion Initial Return to Participation form (AT-18)*. The return-to-play protocol should be supervised by the Certified Athletic Trainer or his/her designee. At Evangelical Christian School, the parent of any athletes suspected to have a concussion will be given a concussion packet that outlines the treatment of their child and the protocol that must be followed.

Environmental situations

Lightning

Evangelical Christian School utilizes the ThorGuard lightning prediction system. This system measures the electromagnetic disruptions within our immediate area, roughly a 2.5 mile radius surrounding our campus. When the level of EM, more commonly known to us as static, reaches the point to where lightning is conducive an alarm will sound. This “red alert” alarm will be one, long sound. At this point, all student-athletes, coaches and spectators should take cover inside the building or designated spot per sport. When the EM level has returned to normal, three short horns will sound deeming the “all clear” and activities can resume.

When you are at another location, please be aware that a lightning prediction or lightning detection system may not be used. In this scenario, the National Weather Service can be used on a cell phone or computer as a reference for severe weather. The flash to bang method can also be used to determine the distance of the storm by counting the number of seconds between the flash of lightning to the sound of thunder. Anything under 30 seconds is considered to be too close for safe activity.

Once lightning and/or thunder is detected, all activities should be put on hold for 30 minutes. If any subsequent lightning or thunder occur, the thirty minute timer resets.

If at any time lightning and seen and safety of our student-athletes is a concern, please seek shelter and do not wait for the lightning system to sound an alarm.

Football: During football games, the home team will return to their locker room in C3. The visiting team will be sent to the elementary boys locker room. All spectators are encouraged to leave the stadium and go into the gym via the outside entrance under the portico.

Baseball: During baseball games, the home team will return to their locker room in C6. The visiting team is sent to the elementary boys locker room. All spectators are encouraged to leave the stadium and go into the gym via the outside entrance under the portico.

Other sports: All other sports should send athletes, coaches and spectators into the building to sit in the gym or athletic hallway, depending on what events are taking place during that time. Locker room availability for teams will be determined by athletic director or administrator in charge and will depend on other athletic events, such as basketball, going on during that time.

Heat Illness and Hydration

The key to heat related injuries is prevention. Educating your athletes about the importance of eating right and staying hydrated will help prevent heat illness from occurring. It is recommended that during exercise, water should be consumed every 15 to 20 minutes, at the very least. For certain sports, such as football, there are preseason regulations, given by the FHSAA, to acclimatize athletes to the extreme heat and humidity that is common in our area.

There are four stages of heat illness that an athlete can progress through if not prevented and/or treated properly. Heat cramps, heat syncope, heat exhaustion and heat stroke each have specific signs and symptoms. Failure to recognize these signs and symptoms puts the athlete at risk and could cause fatality. In addition, an athlete may not progress through each phase in order. If any athlete is suspected to be suffering from heat illness, immediate treatment should be delivered. This treatment includes, but is not limited to, removing excess clothing, giving cool fluids, moving the athlete to a cool place and applying ice packs.

Football: Per FHSAA regulations, football players must go through a 6 day acclimatization period before practicing in full pads. The guidelines state that days 1 and 2 of practice athletes should only wear helmets, days 3-5 athletes are allowed to wear helmets and shoulder pads and day 6 athletes are allowed to wear full gear and have full contact. Please refer to the FHSAA manual for any updates to this regulation.

Athletes should have access to water during all practices and competitions. At no point should an athlete be prevented from hydrating. Cooler and water bottles are available for use. Please speak to the athletic trainer or athletics office for further instructions on what is available during your season.

	Heat Cramps	Heat Syncope	Heat Exhaustion	Heat Stroke
Core temperature			103 or above	104 or above
Skin color and temperature			cool and pale	hot and red
Sweating	moderate to profuse		profuse	slight to profuse
Pulse		rapid and weak	rapid and weak	tachycardia
Blood Pressure		sudden drop that returns to normal	low	high
Respiration			hyperventilating	rapid
Mental State		dizziness, fainting	dizziness, fatigue, slight confusion	confusion, violent behavior, unconsciousness, incoherent
Other signs	cramping in one or more muscles		headache, nausea, vomiting, thirst	headache, nausea, vomiting, dilated pupils
Treatment	rehydrate, stretch, ice massage to cramping muscles	remove from heat, remove heavy clothing, cool athlete with ice packs on neck, armpits and groin, rehydrate if the athlete is responsive	remove athlete from the heat, remove heavy clothing, cool athlete with ice packs on neck, armpits and groin, rehydrate if the athlete is responsive.	Call 9-1-1 immediately and begin cooling using an ice water immersion tub. (See <i>Cold Water Immersion Protocol</i>)
Referral to doctor	determined by athletic trainer	determined by athletic trainer	YES	YES

Cold Water Immersion Protocol

Evangelical Christian School has two cold water immersion tubs that can be used in the event of heat stroke. During football season, one cold tub will be kept on the practice field. The other cold tub will be stored in C5.

In the event that a student-athlete is suspected to be suffering heat stroke, a cold water immersion tub should be used and the steps below should be followed immediately.

1. Call 9-1-1
2. Remove excess clothing and equipment
3. Immerse student-athlete in the cold tub and circulate water to maximize the cooling process
4. Stay with athlete until 9-1-1 arrives and maintain airway and breathing

Wet Globe Bulb Thermometer Protocol

To monitor environmental factors for the purpose of keeping our student-athletes at low-risk of heat illness, Evangelical Christian School will use a Kestrel 5400 Wet Bulb Globe Thermometer. A reading will be taken each afternoon at 3:00pm and coaches will be notified by cell phone/text message of the weather status and any alterations that must be made during practice. Another reading will be taken each hour and coaches will be notified of any change. The chart below shows the guidelines that will be used.

WBGT READING	ACTIVITY GUIDELINES & REST BREAK GUIDELINES
Under 82.0	Normal activities--Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout
82.0 - 86.9	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes duration each
87.0 - 89.9	Maximum practice time is two hours. For Football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each hour of a minimum of four minutes each
90.0 - 92.0	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20-minutes of rest breaks provided during the hour of practice
Over 92.1	No outdoor workouts; Cancel exercise; delay practices until a cooler WBGT reading occurs

It is important to understand the the temperature is not the only factor that should be considered when determining the safety of our student athletes. The WBGT reading is a measurement of heat intensity , air temperature, humidity and wind speed.

Fire

In the event of a fire, everyone inside the building should proceed to the nearest exit and remain outside and away from the building. The person with the highest chain of command should call 911. Any teams that are outside should stay away from the building. Do not let kids run back to the building to gather any personal belongs. While waiting for 911 to arrive, keep your team together and supervise your athletes at all times.