

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



ACTIVATING THE EMS SYSTEM

Making the Call:

- **Call 911**

Other Numbers:

- El Centro Police Department (760) 352-2111
- El Centro Fire Department (760) 337-4530
- El Centro Regional Medical Hospital (760) 339-7100
- Ambulance: American Medical Response (877) 267-6622
- EC Trojans Commissioner: Joey Imperial (760) 960-1486
- EC Trojans President: Sierra Olden (760) 457-8333

Providing Information:

- Name, address of venue, telephone number of caller
- Nature of emergency, whether medical or non-medical
- Number of athletes injured
- Condition of athletes (breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious)
- First Aid treatment initiated by first responder (blood control, rescue breathing, CPR, etc)
- Specific directions as needed to location of injured athlete (see individual venue info)
- Other information requested by dispatcher

EMERGENCY ACTION PLAN

This Emergency Action Plan (EAP) is designed to assist El Centro Trojans Youth Football & Cheer Coaches in responding to emergency situations during practice or games. The development and implementation of the EAP will ensure the coaching staff is supplied with the information necessary for reacting responsibly and in a clear-headed manner in the event of an emergency.

Expedient action must be taken in order to provide the best possible care to the sports participant in emergency and/or life-threatening conditions. The organization has a duty to maintain an emergency plan that can be implemented immediately, and to provide appropriate standards of emergency care to all sports participants.

Our bylaws require that at minimum two coaches per team and/or squad must attend and complete a live person certified course on First Aid, CPR, and Safety Training class. This is to be done prior to the start of the football season every year. Our bylaws also state that no practice and/ or games can start if a First Aid, CPR, and Safety Trained Certified coach is not available.

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



Any certified EMS authority on all matters pertaining to health and safety of the student-athletes, coaches, and officials supersedes the authority of all EC Trojans coaches and/or Board members. All athletes must have a completed sports medical physical form signed by a medical professional, and also a signed Emergency Information & Consent form submitted prior to participating in any practice or game. Each team's business manager must keep a copy of each athlete's Emergency Information & Consent form in their possession at each practice and game. It is the responsibility of the Head Coach to make sure the rules are followed and to ensure that all assistant coaches have read and are familiar with the EAP.

EMERGENCY RESPONSIBILITIES

During practices, the coaching staff is responsible for administering first aid of any ill or injured EC Trojans athlete. The coach must follow the scope of his/her training in administering first aid and not exceed the scope of that training. The purpose of first aid is to stabilize the situation by preventing it from worsening. Once the situation has been stabilized, emergency medical personnel should provide all remaining treatment.

During practice the **First Responder** to an emergency situation for EC Trojans is the highest certified and trained person on the site where the injury occurs. The First Responder will most often be the specific team Head Coach, although other personnel may fill this role if their certification and training is greater than that of the Head Coach. Individuals with lesser credentials should yield to those with more appropriate training. The primary role of the first responder is to establish scene safety and immediate care of the athlete. The First Responder must either have the First Aid kit with them or direct someone to retrieve it.

Responder at all EC Trojans games.

The basic duties of first aid are:

- Check the scene for safety and stop all activity near the athlete.
 - Check the injured athlete and protect the athlete from further harm.
 - Do not move the athlete if there is a possibility of head or neck injury or if the athlete is unconscious.
 - Contact parent or guardian if not already present.
 - Assume that all blood, body fluids and any other potentially infectious materials are infected with a blood-borne pathogen.
- a. Use nitrile gloves and sterilized bandages to administer first aid.
 - b. All bleeding must be stopped prior to re-entering the practice or game.
 - c. Any blood on an athlete's uniform must be cleaned or disinfected before re-entering the practice or game.
 - d. All bandages or other materials that have come into contact with blood or other body fluids must be properly disposed of using the red Biohazard bags inside each team first aid kit.

Activate the Emergency Action Plan if the athlete shows any of the following signs:

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



- a. Unconsciousness
 - b. Trouble breathing, pain, pressure or discomfort in the chest
 - c. Severe bleeding, vomiting or passing of blood
 - d. Seizing from a diabetic emergency
 - e. Severe headache, injuries to the back, neck, or head
 - f. Possible broken bones or other signals that indicate that the athlete is at risk.
- ** Care for the injured or ill athlete until EMS personnel arrive.

The primary role of the Second Responder is to activate the Emergency Action Plan (EAP).

EAP activation must be done as soon as the situation is deemed an emergency or life-threatening event. Time is the most critical factor under emergency conditions. Activating the EAP system may be performed by anyone on the team who is familiar with the EAP. However, the person chosen for this duty must be someone who is calm under pressure and who has excellent oral communication skills. This person must be familiar with the location and address of the sporting event. Assist the First Responder as required and help control others in the area. Ask for assistance from others trained in emergency protocol.

- a. The third role, **Directing EMS to the scene**, must be performed by a designate of the Second Responder. Assistant coaches are good choices for this role. This person is responsible for meeting emergency medical personnel, as they arrive, and directing them to the site of the emergency.



El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



ACTIVATING THE EMERGENCY ACTIVATION PLAN

The **Second Responder** will activate the EAP as follows:

Making the Call:

1. Dial 911
2. Provide name, current location, and telephone number to the dispatcher
3. Explain nature of the emergency, whether medical or non-medical *
4. Provide number of athletes involved
5. Review condition of athlete(s)
6. Inform of first aid treatment initiated by first responder
7. Provide specific directions as needed to locate the emergency scene
8. Share other information as requested by dispatcher

If the on-site EMS responders determine that the athlete is in an emergency situation, it is the policy of EC Trojans that the injured athlete be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. **Parents or guardians have the final say as to emergency transportation.** EC Trojans personnel will not transport injured athletes.

NON-MEDICAL EMERGENCIES

Non-medical emergencies encountered during practices and games include inclement weather and heat-related emergencies. EC Trojans policy states protecting athletes and spectators is most important. All coaches must be aware of the danger presented by lightning, tornados, earthquakes, and other hazardous weather. The following guidelines represent general principles regarding the dangers involved with lightning and tornados. No severe weather safety guidelines will give 100% guaranteed safety, but these steps will help EC TROJANS Coaches avoid the majority of casualties:

Lightning

If thunder is heard, there is a danger from lightning. Lightning can travel sideways for up to 10 miles and strike from blue skies. Football fields are especially dangerous areas during a lightning storm.

- **If thunder is heard**, the practice or game must be suspended. Everyone, including all spectators, must go to a safe shelter.
- **Wait at least 30 minutes** after hearing the last thunder before resuming play.
- **If lightning is visible**, the practice or game must be suspended.
- Seek safe shelter. The safest place to be during a thunderstorm is in a car or a fully enclosed building.

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



- Avoid the most dangerous locations such as open fields, higher elevations, metal objects such as goal posts and metal fences, and metal bleachers.

Hail

Suspend practices or games, clear the field, seek proper shelter, and follow the guidelines for lightning.

Tornados

All EC Trojans coaches must be extra-vigilant when a Tornado Watch is in effect. A **Tornado Watch** means that weather conditions are favorable for development of a tornado. A Tornado Warning is a much more serious condition. A **Tornado Warning** means an actual tornado has been sighted. If a tornado warning is issued, all **practice or games will stop immediately**, and all participants and spectators will seek shelter. Seek shelter in a solid structure, preferably in a basement or an interior room. If no building is available, lay down in a ditch.

For EC Trojans coaches, it is **critical** that calm control be maintained during inclement weather. Coaches must be able to communicate calmly with the athletes and parents and ensure that no one is left unaccounted for when seeking shelter. When an inclement weather event occurs during a practice or game, coaches are to gather the athletes at the nearest structure for collection by their parents – **During practices, this collection point will be at the front parking lot of the Southwest High School**. No children-athlete shall be left unsupervised during an inclement weather event.

Earthquakes

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a vehicle pull over to a clear location and stop. Avoid bridges, overpasses and power lines, if possible. Stay in your vehicle until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Call 911 and wait for assistance.

After the Earthquake:

Once the earthquake has stopped:

- Move to the designated assembly area and take accountability of all personal; report missing persons to the EMS personal.
- Do not re-enter any building until it is cleared by Wright State Police, Physical Plant, emergency response personnel, Environmental Health and Safety, or another university official.
- Limit cell phone usage to text messaging only to allow emergency response communications to function properly.
- Monitor State Alert for updates.
- Remain aware of the potential for aftershocks to occur.
- Buildings, parking structures, and roadways may remain closed for a period of time following an earthquake while damage assessments and repairs are conducted.

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



- Be aware that utilities such as gas, power, and water lines may be damaged.

Heat-Related Emergencies

Heat-related emergencies are progressive conditions, typically caused by overexposure to heat. Heat emergencies fall into 3 categories of increasing severity such as heat cramps, heat exhaustion, and heatstroke. Heat illnesses are easily preventable by taking necessary precautions in hot weather. If recognized early, heat-related emergencies can usually be reversed. Without intervention and resolution of the problem, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke, a life-threatening condition. Heat-related emergencies can be avoided by canceling practice or games in extreme weather (high temperature and/or high humidity) and taking frequent breaks for water.

Signs of heat-related illnesses:

Early symptoms of heat illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps

Later symptoms of heat exhaustion:

- Headache
- Dizziness
- Weaknesses and light-headedness
- Cool, moist skin
- Nausea and vomiting
- Dark yellow urine

Symptoms of heatstroke:

- Fever (body temperature above 104 degrees F)
- Extreme confusion
- Dry, hot and red skin
- Rapid, weak pulse,
- Seizures
- Unconsciousness

First Aid Response:

- Follow the basic duties of first aid
- Move the athlete to a cool place
- Loosen tight clothing
- Fan the athlete
- If conscious, give cool water to drink

El Centro Trojan Youth Football & Cheer Emergency Action Plan Manual



If the athlete refuses water, vomits, or starts to lose consciousness:

- Send someone to call EMS and activate the EAP
- Contact parent or guardian if not already present
- Place the athlete on his/her side
- Immediately decrease body temperature by hosing the athlete down with cold water or by placing them in an ice bath.
- Continue to cool the athlete by using ice or cold packs on the wrists, ankles, groin, neck, and in the armpits
- Continue to check breathing and for a pulse until EMS personnel arrive

Emergency Communication

Communication is the key to quick emergency response. Coaches and emergency medical personnel must work together to provide the best emergency response capability and must have athlete contact information as a part of pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. The emergency plan must be reviewed once a year with all coaching personnel, along with CPR and first aid refresher training. Through development and implementation of the emergency plan, EC Trojans ensures the athlete will have the best care provided, should an emergency situation arise.

**Adopted by the El Centro Trojan Youth Football & Cheer Association
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