This Emergency Action Plan is a guide to be utilized in emergency situations. Lindale Soccer Association board members and volunteers are asked to become familiar with this document and keep it easily accessible.

Address: 21206 Highway 69 North, Lindale, TX, 75771

Emergency: 911

Smith County Sheriff’s office non-emergency dispatch: 903-566-6600

American Association of Poison Control: 800-222-1222

**Lightning**

Lindale Soccer Association will utilize a real-time lightning detection service (WeatherBug or similar) to determine the proximity of lightning strikes. The lightning detection app will be installed on the association iPad, located in the concession stand. The referee coordinator, board president, or other assigned individual(s) may also be called upon to assist in making others aware of an approaching lightning hazard.

If a lightning detection app is not available at Faulkner Park, Lindale Soccer Association will utilize the flash-to-bang method to determine the proximity of lightning. The designated official on site will monitor the lightning using this method. To use this method, count the seconds from the time lightning is sighted to when the clap of thunder is heard. Divide the number of seconds by five (5) to obtain (in miles) the distance the lightning is occurring. Thus, a flash-to-bang finding of 40 seconds = a distance of 8 miles.

**Lightning Strikes within 8-10 Miles**

The following actions will take place.

1. An air horn will sound for 5 seconds.
2. An announcement will also be made via social media/contact with referees.
3. The fields/playground will be cleared immediately.
4. Participants, game officials, coaches, and spectators will be relocated to their vehicles.
5. Games/practices will be delayed.

**Lightning Strikes within 11-20 Miles**

The head coaches and game officials will be notified of the approaching lightning.

**Safe Shelter**

A safe location is any substantial, frequently inhabited building. The building should have four solid walls, electrical, and plumbing, all of which aid in grounding a structure. The alternative choice for a safe location is a fully enclosed vehicle with a metal roof with the windows completely closed. It is important to not touch any part of the metal framework while inside the vehicle during ongoing thunderstorms.

**Areas to Avoid**

Shaded areas (tents, picnic areas, etc.); single tall trees; light or flag poles; water; metal bleachers; open fields, dugouts, fences, machinery

**Lightning Safe Position**

Crouch on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered. Do not lie flat on the ground. You should also avoid proximity to other people (allow 15 feet).

**Return to Athletic Activity**

The decision to resume athletic practice or competition (after it has been suspended due to severe weather and/or lightning) will be made by the designated official(s) on site. The event or practice will *not resume* until lightning strikes are greater than 8 miles away (per lightning detector) OR 40+ seconds have passed from the time lightning is sighted to when the clap of thunder is heard (per the flash-to-bang method) **AND** for no less than 30 minutes after the last lightning strike in the 8-10 mile radius. The air horn will be used to sound 3 short beeps to signal that it has been deemed safe to return to play.

**Tornado**

When a tornado watch or warning has been issued all games/practice underway will be cancelled.

The following actions will take place when games are suspended:

1. An air horn will sound for 5 seconds.
2. An announcement will also be made via social media/contact with referees.
3. The fields/playground will be cleared immediately.
4. Participants, game officials, coaches, and spectators will be relocated to their vehicles to leave, if safe, or to seek close, sturdy shelter.

**Safe Shelter**

A safe location is any substantial building with four solid walls; seek shelter in a small, windowless interior room or hallway. If strong winds and debris occur while driving to a safe shelter, pull over and park, keeping seat belt on. Put your head down below window level and cover your head with your hands or jacket/blanket. You may also find shelter in a low lying area or ditch.

**Areas to Avoid**

Areas with windows, large open rooms, small storage buildings/shed, bridges, and highway overpasses are not safe areas.

**Return to Athletic Activity**

The decision to resume athletic practice or competition will be made by the designated official(s) on site.

**Medical Emergency**

Emergency equipment- there is an AED (automated external defibrillator) and limited supplies located in the concession stand. Each coach should also have access to a small first aid kit provided by the association.

1. Provide immediate care to the injured athlete, coach, or spectator. Do not move them unless they are in an unsafe area. The mostly medically trained individual will take the lead role for the situation.
2. Call 911 and activate the emergency medical system. Provide dispatch with your name, address, type of injury/illness, specific directions to location, and other requested or pertinent info.
3. Retrieve appropriate emergency equipment from concession stand.
4. Designate an individual to “flag down” EMS and direct them to the scene.
5. Control the scene and move bystanders away.

**Concussion**

Concussions do not always involve a loss of consciousness. ANY traumatic contact to the head or to another part of the body causing a whiplash effect should be considered as a mechanism of possible concussion injury. While headache is the most common symptom of concussion, all people will experience concussion differently. Therefore, any of the potential signs and symptoms of concussion should be considered including: balance or memory problems, sluggishness, sensitivity to light/noise, poor concentration, nausea, confusion, seeing stars, etc.

If an athlete sustains any signs or symptoms of concussion, he/she must be pulled from play immediately. The “Possible Concussion Notification of US Youth Soccer Events” form should be completed for each athlete that has received a possible concussion during practice or competition.

**Return to Athletic Activity**

Rest is key after a concussion to allow the brain adequate time to heal. Please refer to the “Concussion Procedure and Protocol Info Form for US Youth Soccer Events” for concussion management steps. Any athlete with possible concussion must receive a release from a medical doctor to return to practice or competition.