

Jonesboro Public Schools

Athletic

Emergency Action Plan

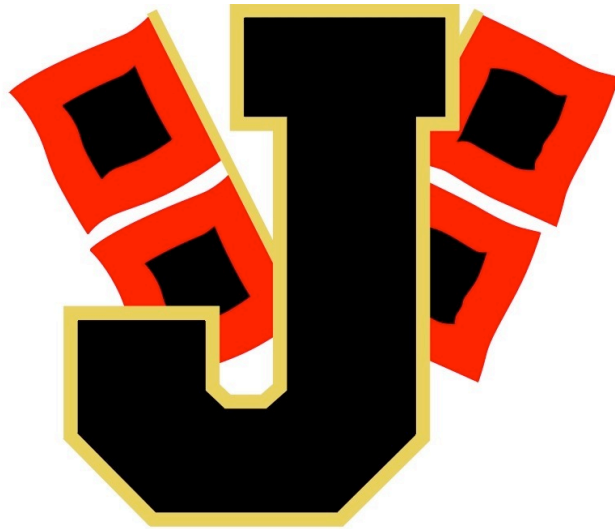


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JONESBORO PUBLIC SCHOOLS

Emergency Action Plan for Athletics

Introduction

Emergency situations may arise at anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant of emergency and/or life threatening conditions. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies occur at anytime and during any activity, all school activities workers must be prepared. This preparation involves formulation of an emergency medical personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

These are the basic components of every emergency action plan for athletics:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of Certified Athletic Trainers, Student Trainers, Coaches, and Administrators
5. Venue Directions (Map)

Emergency Plan Personnel

With athletic practice and competition, the first responder to an emergency situation is typically a coach or member of the sports medicine staff. A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary greatly, based on factors as the sport or activity, the setting, and type of training or competition. Often, the first responder is the coach or other institutional personnel. Certification in cardiopulmonary resuscitation (CPR/AED), first aid, prevention of disease transmission, and emergency plan review is strongly recommended for all athletics personnel associated with practices, competitions, skills instruction, and strength and instruction.

The development of an emergency action plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers, student athletic trainers, coaches, parents, and possibly other bystanders. There are four basic roles within the emergency team. The **First** and most important role is establishing safety of the scene and immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual at the scene. In most instances, this role will be assumed by the Certified Athletic Trainer, although if a physician is present, he/she may be called in. The **Second** role is the EMS activation, in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed as an emergency or life-threatening injury. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event. Typically, the school administrator is the best choice to fulfill this role. The **Third** role is equipment retrieval and may be done by anyone on the

emergency team who is familiar with the types and location of the specific equipment needed. Coaches or student trainers are good choices for this role. The Fourth role of the emergency team is that of directing medical personnel as they arrive at the site of the emergency. Depending on the ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A coach, administrator, security officer, or SRO may be appropriate for this role.

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one person assigned to each role. This allows the emergency team to function even though certain members may not be present.

Roles within the Emergency Team

- 1. Establish scene safety and immediate care of the athlete.**
- 2. Activation of the Emergency Medical System**
- 3. Emergency equipment retrieval**
- 4. Direction of EMS to the scene**

Activating the EMS System

Making the Call:

911(All emergencies in Arkansas)

Providing Information:

- Name, address, and telephone number of caller**
- Nature of emergency, whether medical or non-medical**
- Number of athletes**
- Conditions of athletes**
- First Aid treatment initiated by Trainer/Coach/Physician**
- Specific directions as needed to locate the scene**
- Other information as requested by the dispatcher**

Emergency Communication

Communication is the key to quick emergency response. Administration, athletic trainers, coaches, and emergency medical personnel must work together to provide the best emergency response capability and should have contact information such as a telephone tree established as part of the pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and build rapport between the groups of professionals. If emergency medical transportation is not available on site during a particular event then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back up plan communications plan should be in effect should there be failure of the primary communication system. A cellular phone is preferred if available. Please keep yours charged and available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Prearranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency should be checked on a regular basis and rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. Creating an equipment log book for continued inspection is strongly recommended. The school's Certified Athletic Trainers should be trained and responsible for the care of the medical equipment.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Medical Emergency Transportation

Emphasis should be placed at having an ambulance on site at high risk sporting events. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. If an ambulance is not present at the event, entrance to the facility should be clearly marked and accessible. In the event of an emergency, the 911 system will still be utilized for the activating emergency transport.

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency situations where there is impairment in level of consciousness (LOC), airway, or circulation (ABC) or there is neurovascular compromise should be considered a "LOAD and GO" situation and emphasis placed on rapid evaluation, treatment and transportation.

Non-Medical Emergencies

For the following non-medical emergencies: fire, bomb threat, severe weather and violent or criminal behavior, refer to the school's crisis plan.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel and local emergency response teams. Through the development and implementation of the emergency plan, JONESBORO PUBLIC SCHOOLS helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Jonesboro High School Emergency Action Plan: Football, Track, Soccer

Football, Soccer Game Field and Track at Jonesboro High School

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Jonesboro High School (870-933-5881). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested);
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene; (Gate must be opened)
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel (Gate Must be opened)
- Contact students parent or guardian

Venue Directions:

Football and Soccer game field; and Track facility: Ambulance should enter the facility from Highland Dr. on the southwest corner of the football stadium. There is a drive through gate and the ambulance may pull into the stadium and drive directly to the site of injury. School Address: 301 Hurricane Drive



RED ARROWS REPRESENT AMBULANCE ROUTE TO JHS FOOTBALL & SOCCER GAME FIELD & TRACK

Jonesboro High School Emergency Action Plan: JHS Basketball, Volleyball, & Wrestling

Main Gym, Practice Gym and Indoor Facility at Jonesboro High School

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Jonesboro High School (870-933-5881). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

Jonesboro High School Main Gym, Practice Gym, and Indoor Facility: Enter the student parking lot off Main St. Ambulance may park in front of main gym, for the practice gym, on ramp just to the right of the main gym, and behind the main gym for the indoor facility. School Address: 301 Hurricane Drive



RED ARROWS REPRESENT AMBULANCE ROUTES TO JHS GYM, PRACTICE GYM, AND INDOOR FACILITY
YELLOW SQUARES REPRESENT TRAINING ROOM LOCATIONS

Jonesboro High School Emergency Action Plan: Cheerleading and Dance

Cheer and Dance practice facility at Jonesboro High School

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Jonesboro High School (870-933-5881). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room, or storage.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

Jonesboro High School Cheer and Dance practice facility: Our Cheer and Dance practice facility is located on Highland drive on the southeast corner of the high school campus. It is a gray building with a J-Flag logo on the front of the building. Just behind former Exxon Station. School Address: 301 Hurricane Drive



RED ARROWS REPRESENT AMBULANCE ROUTES TO JHS CHEER & DANCE FACILITY

Jonesboro High School Emergency Action Plan: Bowling

JHS Bowling Facility at The Jonesboro Bowling & Recreational Center

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222
Jonesboro Bowling Center	870-972-5270

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches, Trim Gym Staff

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Bowling Center (870-972-5270). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

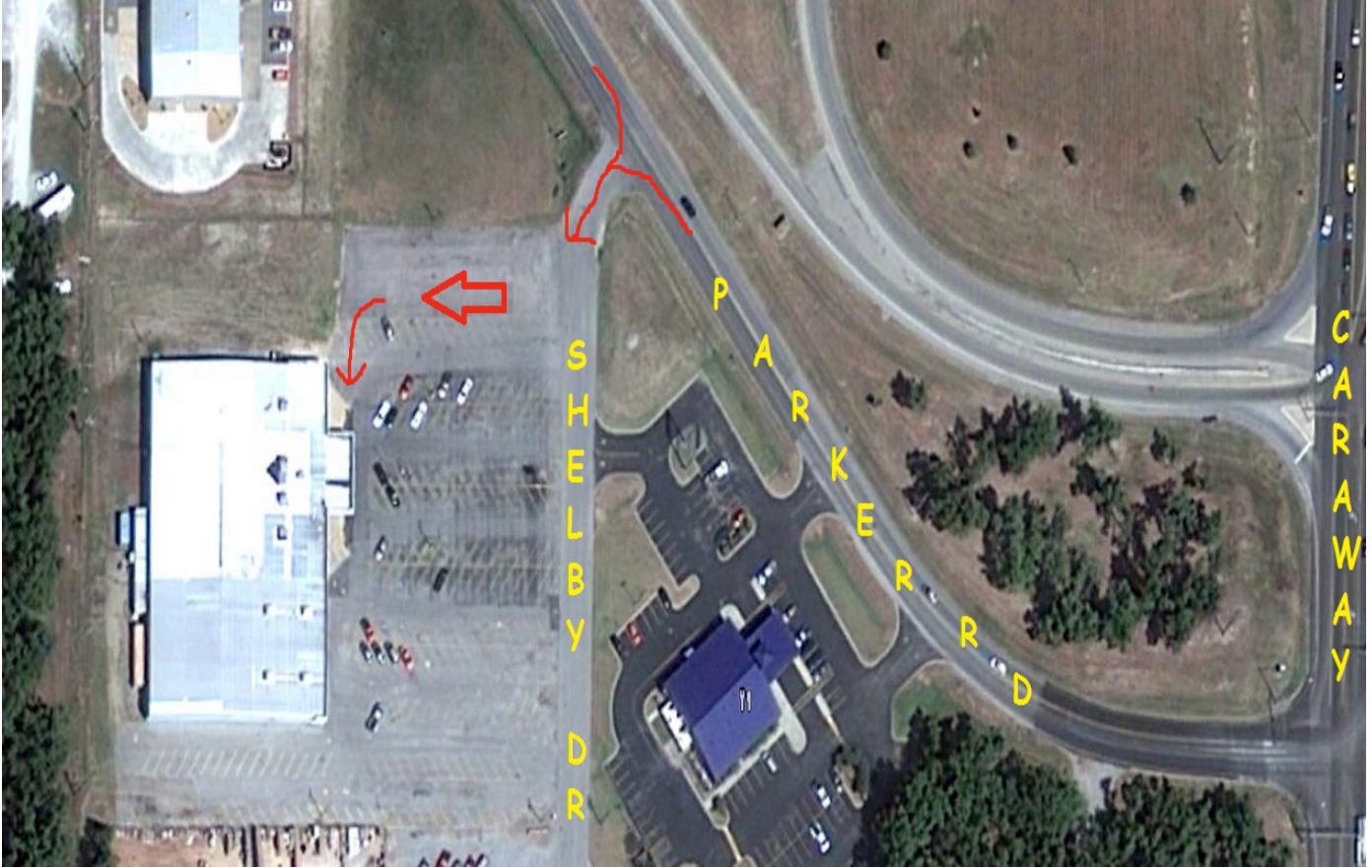
Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the Bowling Center storage area.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

Jonesboro Bowling Center is located at 3102 Shelby Dr. just off Parker Rd. between Caraway Rd. and Culberhouse. Ambulance should enter the main parking lot off Shelby Dr. Bowling Center Address 3102 Shelby drive.



RED ARROWS REPRESENT AMBULANCE ROUTE FOR JONESBORO HIGH SCHOOL BOWLING.

Jonesboro High School Emergency Action Plan: Golf

JHS Golf at the Jonesboro Country Club

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222
Jonesboro Country Club Phone	870-932-2371

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches, Trim Gym Staff

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from the JCC (870-932-2371). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the JCC Club House Area.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

The Jonesboro Country Club is located at 1408 East Nettleton between Main Street and Caraway Road.



RED ARROWS REPRESENT AMBULANCE ROUTE FOR JHS GOLF

Jonesboro High School Emergency Action Plan: Swimming

Swimming Practice Area at St. Bernard's Wellness Center

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222
Trim Gym Phone	870-932-0140

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches, Trim Gym Staff

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phone lines accessible from Trim Gym (870-932-0140). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

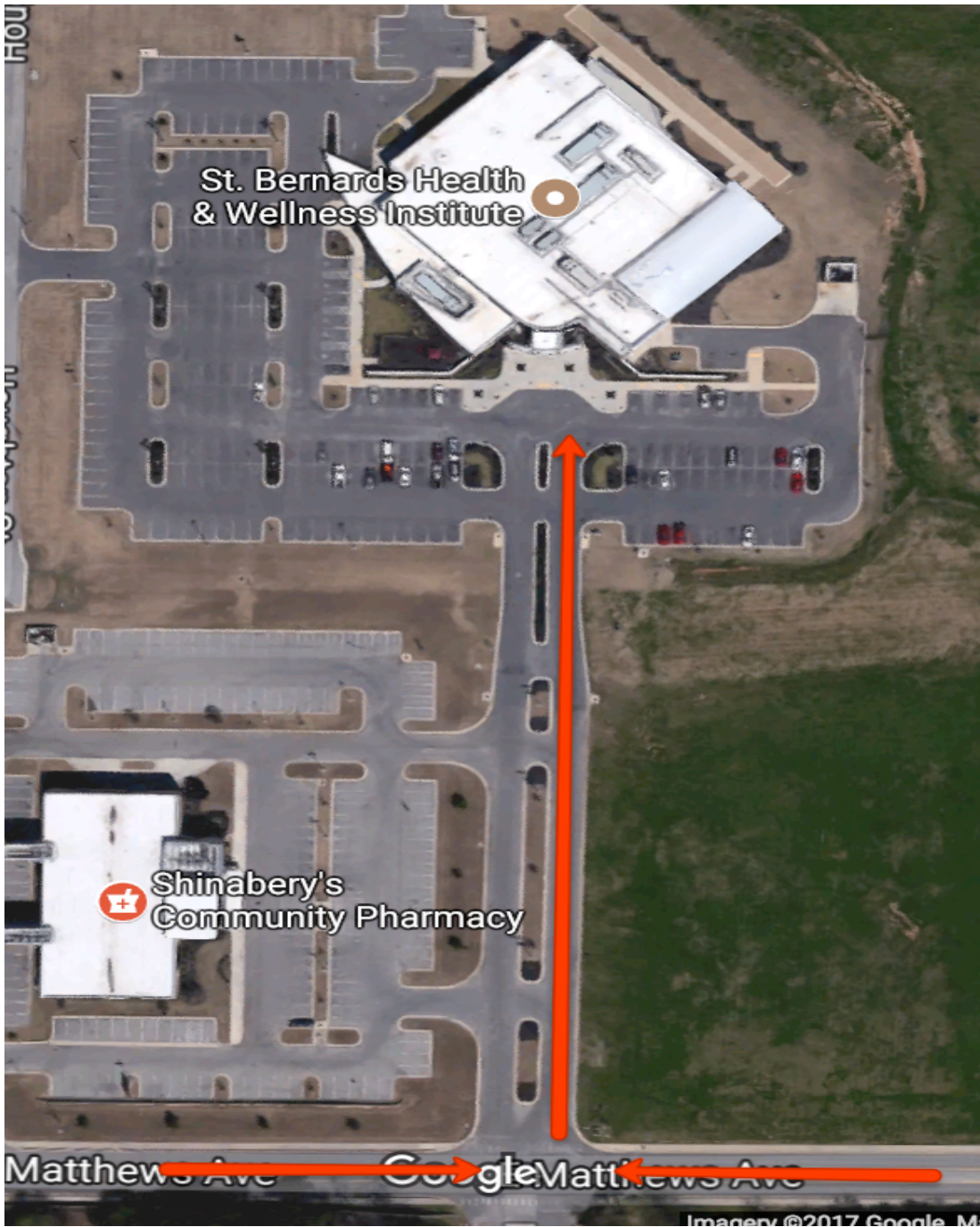
Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the Trim Gym's storage area.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested);
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to "flag down" EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

The St. Bernard's Wellness Center is located at 1416 East Matthews. Ambulance should enter the main parking lot off Matthews. Street.



RED ARROWS REPRESENT AMBULANCE ROUTE FOR JHS SWIMMING AT TRIM GYM

Jonesboro High School Emergency Action Plan: JHS Baseball, Softball, Annie Camp Football Practice, Basketball, and Volleyball

Baseball, Softball, Annie Camp FB Practice, Volleyball, and Basketball at Annie Camp

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Annie Camp (870-933-5820). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room, equipment room or coaches office.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

All athletic facilities located at Annie Camp Jr. High School are accessible from Ferrell Street off of West Matthews. All ambulance personnel should enter the campus from the back of the Annie Camp campus. Baseball is immediately to the left, softball to the right, main gym and practice gyms are to the right. The FB practice facility is located directly south of the baseball field. **All athletic emergency vehicles must enter from Ferrell St.**



RED ARROWS REPRESENT AMBULANCE ROUTES TO ANNIE CAMP JR HIGH IN CASE OF SPORTS EMERGENCIES

Jonesboro High School Emergency Action Plan: MacArthur Volleyball, Football, Basketball

Main Gym, Practice Gym/Weight Room, & MAC Football Practice Facility at MacArthur

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from MacArthur (870-933-5840). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room, equipment room or coaches office.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

All athletic facilities are located at school address on 1615 Wilkins. The gym and FB practice facility are adjacent to each other. Ambulance should enter the parking lot off Wilkins. School Address: 1615 Wilkins



RED ARROWS REPRESENT AMBULANCE ROUTE TO MACARTHUR JR HIGH GYM & FOOTBALL FIELD

Jonesboro High School Emergency Action Plan: MAC/VPA Gym

Weight Room and Practice Gym for MacArthur at Visual and Performing Arts

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Visual and Performing Arts (870-933-5830). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room, equipment room or coaches office at Mac. adjacent to these facilities.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

MacArthur Practice Gym and Weight Room are located at the Visual and performing Arts Magnet Building. The gym is located just to north of the main school entrance and the ambulance can park in the faculty parking lot. The weight room is located directly behind the gym and the ambulance can use the VPA faculty parking lot as well. School Address: 1804 Hillcrest Drive



RED ARROWS REPRESENT AMBULANCE ROUTE TO MACARTHUR PRACTICE GYM & WEIGHT ROOM

Jonesboro High School Emergency Action Plan: International Studies

Basketball, Volleyball athletic facility at International Studies

Emergency Contact Numbers:

EMS, Fire, Police	911
David Daniel (Athletic Director)	870-931-2400
Chad Burke (Athletic Trainer)	870-253-4098
Dr. Shannon Lewis (JHS Principal)	870-562-5179
Dr. Brad Faught (Principal MJHS)	870-974-0182
Reginald Murphy (Principal ACHJS)	870-270-8785
Josh Byard (Principal IS)	870-919-6427
Poison Control Hotline:	1-800-222-1222

Emergency Personnel: Administration, Certified Athletic Trainer, and Coaches

Emergency Communications: The Certified Athletic Trainers and/or Coach carry cellular telephones. Additional fixed phones lines accessible from Jonesboro High School (870-933-5825). Because some practices occur away from JHS practice facilities, we recommend the head coach of each of the teams carry a cellular phone, in case of emergency.

Emergency Equipment: If the ATC is present, necessary equipment is at the site. If not, all other first aid equipment is located in the training room, or storage.

Roles of Administration, Certified Athletic Trainer (ATC), Coaches

- Immediate evaluation and care of the more seriously-injured or ill student-athletes;
 - 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 requested;
- Direct EMS personnel (ambulance) to the scene;
- Emergency equipment retrieval
- Designate individual to “flag down” EMS and direct to the scene;
- Scene control: limit scene to sports medicine personnel and move bystanders (including players) away from the area.
- Ensure parking lot is clear and accessible to emergency personnel
- Contact students parent or guardian

Venue Directions:

International Studies is located at 1218 Cobb St. Ambulance route should enter from the rear of the building from Rains St. Physical address is 1218 Cobb St.



RED ARROWS REPRESENT AMBULANCE ROUTE TO IS GYM

JONESBORO PUBLIC SCHOOLS EMERGENCY PLAN FOR ATHLETICS

Emergency Contacts	
Police Department	870-935-5551
Fire and Ambulance	911
St. Bernard's Emergency Room	870-207-5200
NEA Baptist Emergency Room	870-972-7251
ATC – Cell Phone	870-253-4098
High School Main Office	870-933-5881
Administrative Office	870-933-5800
Athletic Director - Cell	870-931-2400
Annie Camp Jr. High School	870-933-5820
MacArthur Jr. High School	870-933-5840

AED Machine Locations – Jonesboro Public School’s August 1, 2017

Pre-K (1) – Housekeeping Room

JKC (1) – Nurse’s Office

Health and Wellness (1) – Nurse’s Office

IS (1) – PE Office/Stage area

Math and Science (1) – Nurse’s Office

Micro (1) – Nurse’s Office

VPA (1) – Hallway by PE office, just outside the gym.

Success (1) – Teacher’s Lounge

AC (3) – Main Gym, Auxiliary Gym and the Baseball Press Box

MAC (2) – Main Gym and Practice Gym

Area Tech Center (1) – Main office, in room behind the secretary’s desk.

JHS (4) – Nurse’s Office, and next to the Stem Office (2nd floor),

Hurricane Gym, Indoor Hallway, and Football Press Box

AAA Lightning Guidelines and Procedures

The following procedures will be put in place for lightning disturbances or other weather related issues:
Lightning Delay Procedures

- 1) Use the AAA Handbook/NFHS Rulebook as a guide to implement lightning delay procedures.
- 2) When thunder is heard or a cloud-to-ground lightning bolt is seen or an approved lightning/storm detector indicates that lightning is within eight (8) miles of the venue, the thunderstorm is close enough to strike your location. Suspend play and take shelter immediately.
- 3) Adhere to the 30 minute rule before resuming play, regardless of the point of interruption.
- 4) Communicate with host school administration, visitor administration, and head coaches of both teams as conditions change.
- 5) Attempt to finish contest, if at all possible, once lightning disturbances subside.
- 6) It is ultimately the responsibility of the game officials in communication with the host site administration as to whether to suspend the contest or extend the delay additionally.

*Refer to page 35 of the NFHS Sports Medicine Handbook for more information regarding lightning safety.

MRSA Procedures

Defense against MRSA

Athletes MUST wash their hand prior to any athletic participation.

Athletes should have all cuts and scrapes covered prior to participation. After participation clean the wound and recover.

DO NOT allow athletes to share water bottles, towels, razors, or athletic equipment. (use cups disposable drinks, individual towels or disposable towels, and make sure athletes are wearing the equipment that was issued to them.

Recommend alcohol based hand sanitizer available during practice and games.

Recommend all athletes take showers after practice and games.

Recommend to disinfect ALL balls used in practice or games by spraying with Lysol.

Clean locker rooms, meeting areas, in-door workout facilities, courts, and cheerleading mats with an FDA approved solution that targets MRSA (wrestling mats should be cleaned daily)

If you have turf in your indoor facility check with manufacturer to see which disinfectants are recommended.

Wash all soft good items daily (towels, practice gear, etc.)

Specific equipment for each sport should be cleaned regularly (volleyball knee pads, football equipment, catcher's gear, etc.

Recommend that weight rooms should be with disinfecting wipes and hand sanitizer (wipe down weights after each use, encourage athletes to clean hands, cover and tears on weight benches, athletes should wear shirts while working out)

Any athlete with signs and symptoms of an infection should be isolated from the rest of the team immediately and referred to a licensed health care professional, such as a school nurse, certified athletic trainer, or physician

**Refer to page 100 of the NFHS Sports Medicine Handbook for more information regarding skin conditions and infections.

Hot Weather Practice Procedures

INTRODUCTION

The following policy on heat illness has been developed by the Sports Medicine and Athletic Department to provide the highest quality healthcare for student athletes at Jonesboro High School. This procedure is reviewed annually and revised as needed. Annual training occurs for the sports medicine staff as well as annual updates and training with the local EMS provider. Prolonged environmental heat exposure and endogenous heat production during activity both require elaborate regulation by the endocrine, exocrine, circulatory, and neurologic systems. Heat illnesses are best thought of as a collection of illnesses that range from benign to potentially fatal. From the mild heat syncope and cramp, to moderate heat exhaustion, and the life threatening heat stroke, this guideline serves to review and provide optimal strategies to help minimize heat illnesses.

“Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.” From Korey Stringer Institute, University of Connecticut:

<http://ksi.uconn.edu/info/basic.html>

Because of this, Jonesboro School Athletic Department has adopted a **“cool first, transport second policy”**.

PREVENTION OF HEAT ILLNESS

Circumstances in which heat illness conditions occur may be predictable. The appropriate modification of these circumstances should be discussed and implemented starting during the pre-season.

Pre---Season

Thorough and complete pre-participation history and physical examination

- o Note history of heat illness
- o Note history of sickle cell trait and screening test results If positive:
- o Student athlete counseled on sickle cell trait
- o AT for sport notified
- o Coaches notified

Sickle cell trait does not predispose to heat illness but the conditions may be confused with each other and outcome from EHS may be more severe. (for more information on sickle cell – see page 113 in NFHS Sports Medicine Handbook)

- o Type and duration of training activities within the past 1---2 months
- o Extent of training done in heat
- o Acclimatize athletes to high heat and humidity gradually over 10---14 days
- o Set up strength and conditioning/acclimatization programs
- o Education athletic training staff and coaching staff on heat illness recognition, management and prevention
- o Review National Athletic Trainers’ Association Position Statement: Fluid Replacement for Athletes.
- o Perform training sessions when medical care is available and on---site 34

Preparation of Sports Medicine and Practice Facilities

- o Ice/water

- o Ice towels

- o Coolers/water bottles

- o Water/sports drink (Gatorade)

- o Ice tubs/cold whirlpools

2 large ice tubs outside on football practice field under misting tents during fall football camp

Cold whirlpool located in athletic training room

- o Lower air conditioning in buildings (70°)

Emergency planning/Communication

- o Communication between athletic trainers, team physicians and local EMS

- o Availability of cell phones or radios

- o Cold tubs---checked and filled before every practice

Cold whirlpool in athletic training room constantly full and checked each morning

- o Temperature maintained at 55 degrees

Ice tubs filled before practice and ice chest filled with ice and ready for use

If immersion necessary, additional ice is readily available from athletic training room and/or in ice chest located next to the ice tubs during fall camp

- o Carts for patient transport

Pre---Practice

Monitor Heat Index via internet weather report

Communicate with coaches (adjust practice times, breaks, intensity of workout)

Equipment check---utilize light colors, lightweight, and sun---protection

Communicate with student---athletes

Diet/nutrition (when and what to eat)

Stop medications that impair heat loss, increase thermogenesis, or decrease sweating (Ephedra compounds, antihistamines, large amounts of caffeine, diuretics) and substitute with safer medications

Hydration

- o See National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes

Weight charts

- o Daily weigh---in pre and post practice

- o If > 3% weight loss from day before, must increase salt/fluid intake before practice and monitor athletes for signs of symptoms heat illness closely

At discretion of Sports Medicine team &/or parent, student athlete may be held from practice until rehydrated

Ice/water/ice towels available

Designate cool/shaded area (4 - 10x10 pop-up tents, misting lines, fans,& 8-benches)

Ice tubs (practice field, athletic training room)

- o Temperature of tubs and cold whirlpool re---checked

- o Athletic training staff ensures that there is enough ice in ice machine and/or ice chest to adequately cool water and checks to make sure there is ice floating at the top of the ice tubs

Emergency equipment (AED, oxygen, thermometer, transport carts, etc) 35

During Practice

Monitor Heat Index every 20---30 minutes via internet weather report as needed

Minimize warm up time in heat

Conduct warm ups in the shade or cooler (indoor) environments when possible

Communication with coaching staff

- o Increase breaks (frequency & duration)

- o Lower intensity of workout depending on heat

- o Minimal equipment, clothing

Ice, water, towel availability

Injured athletes observe practice from cool/shaded areas

Cold tubs (Athletic Training Room and football practice field)

- o Can access athletic training room with cart to transport student athletes from practice field.

(Cart access to rear entrance of athletic training room.)

- o Ice towels on practice field to be used during transport

Sports Medicine Staff field communication (cell phones, radios)

Heat Illness recognition

- o Any athletes who display signs and symptoms of heat illness must have participation restricted based on the judgment of the sports medicine staff/coach/parent

Practice modification

- o Rest breaks should be planned to match conditions and intensity of activity

- o Minimize the amount of equipment and clothing worn in hot or humid conditions

Pre---hydration and hydration during activity

- o See National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes

Post---Practice

Communicate with coaches (injury report; weather forecast, etc.)

Communicate with student athletes

- o Encourage student athletes to sleep at least 6---8 hours at night in a cool environment

- o Eat a well---balanced diet that includes proper hydration

Lots of fluids; low---fat meal; no caffeine or alcohol

Lightly salted foods; no fast food; drink fluids with meal

- o Extra sodium may be required when exercising in hot conditions or on days with multiple practices, either in diet or rehydration beverages

- o Signs placed in athletic training room & locker rooms regarding heat illness prevention

Hydration

- o See National Athletic Trainers' Association Position Statement: Fluid Replacement for Athletes

Weight charts

- o Note > 3% weight loss and monitor athletes for signs or symptoms heat illness closely and educate the student athlete regarding appropriate rehydration

Have cold tubs available (athletic training room)

- o Cold whirlpool is available post---practice for cryotherapy in athletic training room

- o Outdoor ice tubs may also be used for cryotherapy

Ice is added as needed to achieve a temperature of 55 degrees 36

RETURN TO ACTIVITY

If an athlete has experienced any of the previous heat related illnesses, he or she should be evaluated by a physician to determine a return to play strategy. Student athletes with exertional heat stroke should avoid heat exposure for a minimum of one week. The student athlete should not return to athletic activity until fully cleared by physician.