

Victoria Independent School District

Athletic Training Safety Manual



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Victoria Independent School District

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Objectives:

To provide safeguards against the hazards of extreme heat, cold, potential lightning risk, and athletic training administration.

Introduction:

Emergency situation may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the athlete during emergencies and/or life threatening conditions. The development of an emergency plan will help ensure the best care will be provided.

The extreme heat, cold in our region is a concern to the health and safety of our athletes. Heat and cold injuries cannot always be prevented, but with the education of coaches and controlled practice procedures, heat and cold related illnesses could be minimized.

Lightning causes more casualties annually in the United States than any other storm related phenomena, with the exceptions of floods. Many people are killed due to misinformation and inappropriate behavior during a thunderstorm. A group of qualified experts from various backgrounds collectively have addressed personal safety in regard to lighting, base on recently improved understanding of thunderstorms behavior. This "Lighting Safety Group", or LSG (Table 1), first convened during January, 1999 American Meteorological Safety Conference in Dallas, Texas to outline appropriate actions under various circumstances when lightning threatens. The development of the lightning policies will help to better prepare our athletic personnel in the event of the inclement weather.

Key Conclusions:

The education and implementation of heat, lightning, and cold policies will not prevent all heat and cold illnesses, but will enable us to minimize these problems. The key is to educate our coaches, athletes and parents in strategies to prevent heat or cold related illnesses.

Remember, the unpredictable nature of thunderstorms cannot guarantee the individual or groups absolute protection from a lightning strike. However, being aware of the dangers of lightning and its range will help to reduce the risk of injuries or death.

Heat Policy

Section I – Chain of Command

Notification of temperature

- Staff Athletic Trainers will obtain weather report from the Pocket Perry each morning before workouts. The Head Coach will be notified of potential delays due to heat.
- Weather will be monitored throughout the day and information will be relayed as necessary.
- The temperature of the day will dictate which protocol will be followed.
- Weather reports are not required on days where the temperature falls between 45 degrees and 90 degrees.

Enforcement of Policies

- Head Coach/Staff Athletic Trainer will monitor time of exposure.
- The Staff Athletic Trainer will meet with the Head Coach.
- Violation of policies will be reported to the Athletic Director in writing.

Section II – Heat Policy

Specific heat conditions will determine activity restrictions during practice according to the following:

100 degree temperatures and/or a heat index up to 110 degree

Football

Football teams will be in shorts and shoulder pads, with water break occurring every 30 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 2 hours of total heat exposure. Open water policy during entire practice.

Full pad workouts will have water breaks every 20 minutes. Each break will be 5 minutes of total rest time with helmets off. Practice will not exceed 1.5 hours of total heat exposure. Open water policy during entire practice.

Athletes should be allowed to remove helmets while not in contact drills.

Cross Country Workouts /Men's and Women's Track

Long distance runners have to stay on campus and/or within a park they can be seen by the coaches. Athletes cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 30 minutes with a 5-minute total rest time. Practice will not exceed 2 hours of total heat exposure.

Track and field athletes will take a 5 minute break every 30 minutes. Athletes should be off their feet.

Baseball, Softball, Soccer, Tennis, Band, Drill team and Color Guard

Players will be required to take a water break every 30 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure.

Off-Season Programs

45 minutes of total heat exposure with 1 water break during this time.

105 degrees and/or heat index up to 112

Football

Shorts, shirt and helmets only. Breaks will occur every 20 minutes. Workout will be limited to 1.5 hours of total heat exposure. Open water policy during entire workout.

Cross Country Workouts/ Men and Women's Track

Runners have to stay on campus and/or within a park where they can be seen by the coaches. Athlete cannot run routes where a coach cannot see the athletes running. Water breaks will occur every 15 minutes with a 5- minutes total rest time. Practice will not exceed 1.5 hours of total exposure.

Baseball, Softball, Soccer, Tennis, Band, Drill team and Color Guard

Tennis players will be required to take a water break every 20 minutes with 5 minutes of total rest time. Practice will not exceed 2 hours of total heat exposure.

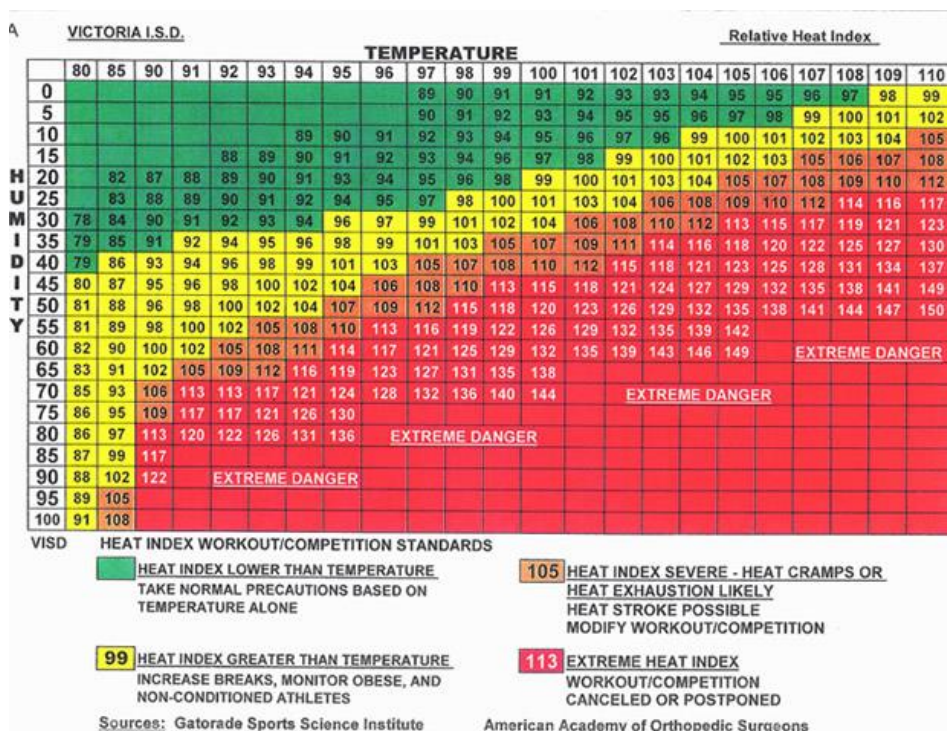
Off-Season Workouts

30 minutes of total heat exposure with 1 water break during this time.

106 degree or 113 heat index or above

NO OUTSIDE ACTIVITIES ALLOWED

Heat Chart 1



Section III Health Risk

Key Terms and Definitions:

Heat Cramps

Heat cramps are muscular pain and spasm due to heavy exertion and dehydration. Heat cramps usually involve the abdominal muscles or legs, and it is generally thought that dehydration is the cause.

Heat Exhaustion

Heat exhaustion typically occurs when people exercise heavily or work in a warm, humid environment where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock.

Heat Stroke

Heat stroke is life threatening. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled and referred for advanced medical attention.

Dehydration

When fluid loss exceeds fluid intake.

Effects of Dehydration

Dehydration can affect an athlete's performance in less than an hour of exercise – sooner if the athlete begins the session dehydrated.

Dehydration of just 1%-2% of body weight (only 1.5-3 lbs. for a 150 lb. athlete) can negatively influence performance

Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion and heat stroke)

Warning Signs of Dehydration

Recognize the basic signs of dehydration

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased Performance

Fluid Guidelines

Before Exercise

2-3 hours before exercise 17-20 oz. of water or a sports drink

10-20 minutes before exercise drink another 7-10 oz. of water or sports drink

During exercise

Drink early- even minimal dehydration compromises performance

Drink every 10-20 minutes, at least 7-10 oz. of water or sports drink. To maintain hydration, remember to drink beyond your thirst. Optimally, drink fluids based on amount of water and urine loss.

After exercise

Within 2 hours, drink enough to replace a weight loss from exercise. Drink approximately 20-24 oz. of a sports per pound of weight loss.

Re-hydration:

An athlete's hydration status can be monitored by:

Body weight after exercise vs. before (weighing in), Urine color (i.e. urine color chart per Internal Journal of Sports Nutrition), Urine volume

Cold Policy

Introduction

Cold exposure can be comfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature-regulating mechanisms constitutes a medical emergency.

Hypothermia frequently occurs at temperature above freezing. A wet and windy 30-50 degree exposure may be as serious as a subzero exposure. For this reason, Victoria ISD is developing a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and the clothing are wet (whether from sweat, rain, snow or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try to stay dry. Layers can be added or removed depending on temperature, activity, and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss, therefore the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

Cold Exposure:

Breathing of cold air can trigger asthma attack (bronchospasm)
Coughing, chest tightens, burning sensation in throat and nasal passage.
Reduction of strength, power, endurance and aerobic capacity
Core body temperature reduction, causing reduction of motor output

Cold Recognition:

Shivering, a means for the body to generate heat
Excessive shivering contributes to fatigue, loss of motor skills
Numbness and pain in fingers, toes, ears and exposed facial tissue
Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Chain of Command:

The following chain of command will occur:

Notifications of Temperature

- Staff Athletic Trainers will obtain weather report from the Pocket Perry or Weather Bug App each morning before workouts. The Head Coach will be notified of potential delays due to heat.
- Weather will be monitored throughout the day and information will be relayed as necessary.
- The temperature of the day will dictate which protocol will be followed.
- Weather reports are not required on days where the temperature falls between 45 degrees and 90 degrees.

Enforcement of Policies

- Head Coach/Staff Athletic Trainer will monitor time of exposure

- Staff Trainer will meet with Head Coach
- Violation of policies will be reported to the Athletic Director in writing

High School Athletic Cold Policy: Practice Policy

Wind Chill Factor under 35 degrees with rain:

- 35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes)
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-up with extremities covered

Wind Chill Factor under 32 degrees without rain:

- 45 minutes exposure/15 minutes inside gym
- Athletes must be in warm-ups with extremities covered

Wind Chill Factor under 32 degrees with rain:

- All practices will be inside
- No outside exposure

Wind Chill Factor under 30 degrees (Dry):

- 30 minutes of total exposure to chill factor
- 15 minutes inside
- Warm-ups must be worn at all times, extremities covered

Wind Chill Factor Under of 25 degrees:

- No outside
- All work must be inside

Cold Policy – Games

Game Day

- Game field must be clear of ice at the time of the event
- Events are recommended for rescheduling if the wind chill is under 32
- Clothing recommendation: Change wet clothing during half-time (i.e. socks, gloves, t-shirts).

Cold Policy – Practice and Travel:

School Day Cancellation – Full Day

- No travel or practice unless approved by the Athletic Director, Principal and/or Staff Athletic Trainer

School Day Early Dismissal – deteriorating weather conditions

- Practice must be approved by Athletic Director, Principal and/or Staff Athletic Trainer
- If approved practices should be over by 5:00 p.m.

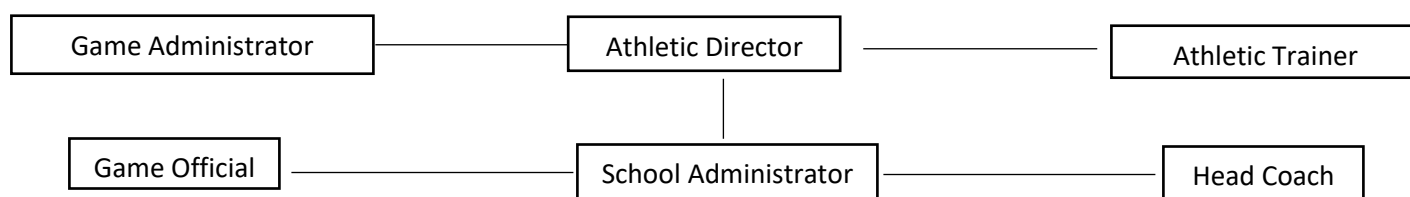
Lightning Policy

Background:

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the United States, the National Severe Storms Laboratory (NSSL) estimates more than 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.

Prevention and education of our coaches are the keys to lightning safety. Education begins with information on lightning. The references associated with these guidelines are an appropriate resource. Prevention should begin long before any athletic event or practice is held. The following steps are recommended by the NCAA and NSSL to mitigate the lightning hazard.

Section I: Chain of Command



The Game Administrator, Athletic Director and the Licensed Athletic Trainer will co- command the implementation of the lightning policy. The Game Manager, Athletic Director and the Licensed Athletic Trainer can activate the safety plan by suspending an event.

The Game Administrator or Athletic Director assumes the responsibility as spokesperson to participating teams, school administrators, game officials, press box and news media.

Section II: Designate a Weather Watcher

The Athletic Training Staff will actively obtain weather reports the day of the game and during the event. This information will be shared within the department and the licensed Athletic Trainer will disseminate the information within the chain of command.

Section III: Monitor Local Weather Forecasts

All representatives in the “Chain of Command” are required to monitor local weather forecast. The Athletic Trainers of Victoria ISD are equipped with 24 hour passwords to allow the web access to the National Weather Service.

Be aware of the National Weather Service – issued (NWS) thunderstorm “watch” and “warning” as well as the signs of thunderstorms developing nearby.

- A “watch” means conditions are favorable for severe weather to develop in an area.
- A “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

The National Oceanic and Atmospheric Administration (NOAA) weather radio is an excellent tool for gathering daily forecasts and approaching storms. These radios can be purchased at Radio Shack.

Section IV: Define and List Safe Location

Define and List safe locations for participating athletic teams.

Primary Location

Any building that is normally occupied by people.

Example: Building with plumbing and/or electrical wiring that acts to electrically ground the structure.

Avoid using shower facilities for safe shelter and or do not use the showers plumbing facilities during thunderstorm.

Secondary Location

In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety.

A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle.

DO NOT TOUCH THE SIDES OF THE VEHICLE

Table II Safe Shelter for Participating teams

Memorial Stadium: Football, Soccer,

- Home Team – Field House Locker Room
- Visiting Team – Stadium Locker Room
- Event Spectators – Inside vehicles in parking lot/ under stadium

DEC Tennis

- Home team – inside tennis building
- Visiting Team – inside tennis building
- Event Spectators – inside vehicles

Stroman Tennis

- Home Team – Stroman middle school front gym
- Visiting Team – Stroman middle school front gym
- Event Spectators – inside vehicles

Victoria Youth Sports Complex: Softball

- Home team – inside vehicles in parking lot
- Visiting team – inside parents vehicles or bus
- Event Spectators – inside vehicles

Baseball – Riverside

- Home Team – home locker room
- Visiting team – visiting locker room
- Event Spectators – inside vehicles

East/West High School: Football, Baseball, Softball, Soccer, Tennis and Track.

- Home Team – locker rooms
- Visiting Teams- High School Gym
- Event Spectators- to personal vehicles

*** Baseball, softball dugouts and soccer benches are unsafe during lightning storms. All players, student trainers, managers and coaching staff should leave the field to the designated safe area.

Avoid being in or near:

High places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communication towers, flagpoles, light poles, bleachers (metal or wood), metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.)

When inside a building, avoid:

The use of the telephone, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside such as metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

Section V: “30-30” Lightning Safety Rules:

Suspension and Resumption of Athletic Activities

The key to a lightning safety plan of action is knowing the answer to the following two questions:

1. How far away am I (or group for whom I am responsible) from a safe location?
2. How long will it take me (and/or my group) to get to the safe location?

These questions need to be answered before lightning storms threaten. By knowing the answer to the above questions you will greatly increase your chances of not becoming a lightning strike victim.

The “30-30” Lightning Safety Rules: Suspension of Play (Table III)

(Table III)

Criteria for suspension of activities – By the time Flash to Bang count approaches 30 seconds, all individuals should already be inside a safe shelter.

Criteria for resumption of activities—wait at least 30 minutes after the last sound (thunder) or observation of lightning before leaving the safe shelter to resume activities.

To estimate the distance between you and a lightning flash, use the “Flash to Bang” method. The Flash to bang method is the most reliable, easiest and most convenient way to estimate how far away lightning is occurring.

Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. Audible range of thunder is about 8-10 miles.

The premise upon which the Flash to Bang method is based is the fact that light travels faster than sound, which travels at a speed of approximately one mile every five seconds.

How to use the Flash to Bang

Count the number of seconds, once lightning is sighted, until the thunder (bang) is heard. Divide by 5 to obtain how far away (miles) the lightning is occurring.

Example:

If an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away.

Play is suspended as Flash to Bang method reaches 30 seconds. This indicates the lightning is at the 6-mile range.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wakeup call to those monitoring inclement weather. The important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of safer shelter.

As a minimum, the National Severe Storm Laboratory (NLSS) and NCAA Committee on Competitive Safeguards and Medical Aspects of Sports strongly recommended that by the time the observer obtains a FLASH TO BANG count of 30 seconds, all individuals should have left the athletics site and reached a safe structure or location. Athletic events may need to be terminated.

The existence of blue sky and the absence of rain are not protection from lightning. Lightning can and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.

Beware

In large storms, the distance between successive lightning flashes was once thought to be 6 miles. Experts have revised that distance 2-3 miles. That is just 10-15 seconds in Flash to bang count. While seeking shelter when the Flash to bang count is under 30 seconds may put you at risk, as the next successive lightning strike may be on you.

Strike Alert Lightning Detector

The Pocket Perry app will be used in addition to the “Flash to Bang” method of lightning monitoring in this lightning policy. The Licensed Athletic Trainer will monitor the Strike Alert.

Even though technology and instrumentation have been proven to be effective, they cannot guarantee safety. The Strike Alert will be used to enhance warning during the initial stages of the storm by detecting lightning in relation to the area of concern.

“30-30” Safety Rule: Resumption of Play

Resumption of play can continue only when lightning or thunder has not been detected for 30 minutes. Every time lightning is detected within the 30 minutes, the clock restarts.

Speed of Texas Storm

A typical thunderstorm can travel up to 30 miles per hour. Experts believe 30 minutes allow for the thunderstorms to be about ten to twelve miles from the area. This minimizes the probability of a nearby, and dangerous, lightning strike.

Bolt out of the Blue

Evidence of blue sky in the local area, or a lack of rainfall is not adequate reasons to breach the thirty minute return to play rule. Lightning can strike far from where it is raining, even when the clouds begin to clear and show evidence of

Section VI: Obligation to Warn

Stadium Announcements and Posted Awareness instructions

Stadium announcements shall be repeated over the public address system (Table 4). Colorful notices and safety instructions will be posted in visible, high traffic areas. (Table 5)

Safety instructions for each Victoria athletic venue will be posted to give the nearest location of the safe shelter.

Section VII: First Aid

People who have been struck by lightning do not carry an electrical charge. Therefore, the first responder is safe to begin first aid procedures. When possible move the victim to a safe area.

Activate EMS as soon as possible and remember that lightning- strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt first aid and CPR has been highly effective for the survival of lightning strikes.

Section VIII: Safety Position without shelter

- Kneeling fetal position with hands covering ears
- Feet must be together
- Make yourself as close to the ground as possible

Table III: Public Address Announcement

This sporting event has been temporarily suspended due to:

- Inclement Weather Concern
- Police/Medical Concern
- Administrative Concern

All team members have been advised to seek shelter in the designated safe location. This suspension will last at least 30 minutes.

All spectators are advised to leave the stadium bleachers at this time. Stadium seating is an unsafe location for you to remain during the lightning storm. Event Spectator location here at (Name of School) is (location of safe place). Please seek this safe shelter at this time. Avoid high places and open fields. Do not seek shelter under trees, picnic shelters, and baseball or softball dugouts. Do not stand near a flagpole, light poles or metal fences.

The (Name of Safe Place) is a safe location, you may seek shelter inside the facility now. Do not remain outdoors, if you choose not to go to the designated area please return to a fully enclosed vehicle with a metal roof, with the windows rolled up. Do not touch the metal of your car during the lightning storm.

This delay will be at least 30 minutes. You will be notified when all is clear and play can resume.

Thank You

Table IV: Posted Awareness Instructions

Personal Lighting Awareness Instructions

Practice and training increased athletic performance.

Similarly, preparedness can reduce the risk of the lightning hazards. Lightning is the most frequent weather hazards impacting athletic events. Baseball, softball, football, golf, swimming, soccer, tennis, track and field events....all these and other outdoor sports have been impacted by lightning.

Advance planning is the single most important means to achieve lightning safety.

Spectator Safety:

If you hear it (thunder), clear it!!!!

If you see it (lightning), flee it!!!!

At the first sign of lightning or thunder, leave the event. Go to the designated safe place or your vehicle and take shelter there with your windows rolled up.

Avoid:

- Metal or wooden bleachers
- High places and open fields
- Going under trees
- Baseball or softball dugouts, picnic shelters, flagpoles, metal fences

Seek

- Any building normally occupied or frequently used by people.
- Any vehicle with a hard metal roof (not a convertible) and rolled up windows
DO NOT touch the metal of the vehicle during the lightning storm

Wait 30 minutes after the last observed lightning or thunder before you leave shelter. Event administrators will signal a resumption of activities.

If lightning strikes nearby, you should:

- Crouch down with feet together
- Place hands on ears to minimize hearing damage

Injured persons

- Do not carry an electrical charge and can be handled safely
- Apply First Aid procedures to a lightning victim if you are qualified to do so

Call 911 or send for help immediately

Table V: Lightning Safety Group

Brian Bennett Asst. Athletic Trainer The College of William Mary	Richard Kithil President/CEO National Lightning Safety Institute	John T. Madura Mgr., KSC Weather NASA
Leon Byerley Lightning Protection Technology	E. Philip Krider, PhD The University of Arizona Department of Atmospheric Sciences	Marcus McGee President Quality Protection Systems
Mary Ann Cooper, MD FACEP Lightning Injury Research Program The University of Illinois at Chicago	Lee C. Lawry Product Manager Global Atmospheric Physics	William P. Roeder Chief Staff Meteorologist Patrick, Air Force Base
Ken Cummins, PhD. Vice President Engineering Global Atmospheric, Inc.	Raul E. Lopez, PhD Research Meteorologist National Severe Storms Laboratory, NOAA	Jim Vavrek Science Teacher Henry W. Eggers Middle School
Ronald L. Holle Research Meteorologist National Severe Storms NOAA	Bruce Lunning, Laboratory CSP, CPCU, ARM Senior Loss Control Spec ST. Paul Fire and Marine Insurance	Christopher Zimmerman Safety Management Global Atmospheric, Inc.
Ken Howard Research Meteorologist National Severe Storms Laboratory NOAA		

Victoria VISD Athletic Training Emergency Plan

Introduction:

Emergency situations may arise at any time during an athletic event. Expedient action must be taken in order to provide the best possible care to the athletes of emergency plan will help ensure that the best care will be provided.

As athletic injuries may occur at any time and during any activity, the athletic training team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in area of emergency medicine. 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, proper preparation on the part of the athletic training team will enable each emergency situation to be managed appropriately.

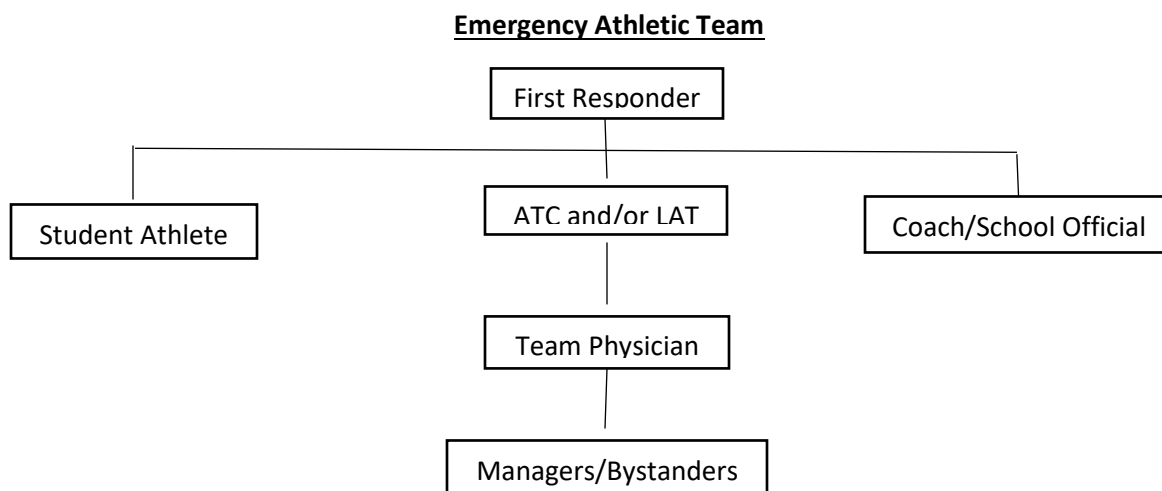
Components of the Emergency Plan:

There are three basic components of this plan:

- Emergency personnel
- Emergency Communication
- Emergency equipment

Emergency Personnel:

With athletic practice and competition, the first responder to an emergency situation is typically a member of the athletic training team, most commonly a certified or licensed athletic trainer. A team physician may not always be present every organization practice or completion. The type and degree of athletic training coverage for an athletic event may vary widely, based on such factors as the factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a student may be a student athletic trainer, coach or institutional personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission and emergency plan review is required for all athletic personnel associated with practices, completions, skills instruction and strength and conditioning.



The above is the formation of the sports medicine team. The emergency team consists of Certified/Licensed Athletic Trainers, team physician, student athletic trainers, emergency medical technicians, coaches, school officials, manager and possibly bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the Staff Athletic Trainer. There are four basic roles within the emergency medical team.

- Immediate care of the athlete – Acute care in an emergency situation
- Equipment retrieval – may be done with student trainer, coach or bystander
- EMS activation – should be done as soon as the situation is deemed an emergency
- Direction of the EMS to scene – one person of the situation medical team will always have directions to venue

It is important when activating EMS that the emergency team member that is responsible for this task follows this procedure.

Making the Call:

911 Telephone numbers for local police, fire department and ambulance service. The emergency number should not be called until the on-site medical staff (School Administration if Athletic Trainer is not Present) has assessed the situation.

Providing Information:

- Name, address, telephone number of caller
- Number of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (what entrance)
- Other information as requested by dispatcher

Emergency Communication

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals.

Access to working telephone or other telecommunication 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 communication plan should be in effect should there be failure to the primary communication systems. The most common method of communication is public telephone. However, a cellular phone is preferred if available. A cellular phone can be always with you and can stay near the emergency.

Emergency Equipment:

Emergency equipment should be at the site of the event with the ability of quick access. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operation condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and rehearsed emergency situations should be done with emergency personnel.

Transportation:

Emphasis is placed that all high risk sporting events has an ambulance at the venue site.

However, if the event is not covered by EMS, they should still be aware that an event is going on at the school. This can be done by sending the EMS director the schedules of the high risks events that are played at your school. 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.

In the emergency situation, the athlete should be transported by ambulance where the necessary staff and equipment is available to deliver appropriate care. An athlete with an emergency should never be transported by the emergency personnel of the attending school.

Conclusion:

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the athletic health care provider's training for each situation. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches well as the athletic training personnel. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR and first aid refresher training. Through the development of the emergency plan at Victoria ISD, the athlete will have the best care provided when an emergency situation arise.

Components of the Emergency Plan

- Emergency Personnel
- Emergency Communication
- Emergency Equipment

Roles within the Emergency Team

- Immediate care of athlete
- Emergency equipment retrieval
- Activation of the Emergency Medical System
- Direction of EMS to scene

Emergency Plan: East/ West High School Gyms Front and Back: Basketball and Volleyball

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed telephone in coaches office in Training Room: (361-788-2898) ext. East (38188, 38414) West (39188, 38406)

Emergency Equipment:

Supplies kept in gym athletic training room (vacuum splints, spine board and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Main (front) gym:

East High School 4103 E. Mockingbird Ln

Come off Mockingbird Lane into main drive, go straight to the back of the parking lot follow bus loop around next to tennis courts and stop at awning.

West High School 307 W. Tropical Dr

Turn off of Cuero Highway (87) on to Tropical Drive. Turn Left into Parking lot number 3 follow bus loop around next to tennis courts stopping at awning.

Emergency Plan: STEM Middle School : Wrestling

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed telephone in athletic office in gym: 361-578-0289

Emergency Equipment:

Supplies kept in gym athletic training room (vacuum splints, spine board and other emergency equipment)

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designated individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Secondary (back) Gym:

Come off Sam Houston Highway into main parking lot (in between tennis courts and high school). Go to the back of the parking lot in the northwest corner between the front gym and the back gym. Back ambulance into emergency area.

Emergency Plan: Natatorium/ District Event Center Track

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Athletic office: (361-574-3410)

Emergency Equipment:

Supplies brought to event by Lead Athletic Trainer

Roles of the First Responders:

- Immediate care of injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Direction of EMS to scene – Designate individual to flag down and direct them to the scene
- Scene control: limit scene to first aid responders and have bystanders removed from scene

Directions to Football/track/girls Soccer Practice Fields:

Come off of Sam Houston to parking lot in front Fine Arts Center, pull to circle drive. You will be directed from there by VISD Personnel.

Emergency Plan: East and West High School Football, Softball fields and Baseball Practice Fields

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and completion.

Emergency Communication:

Fixed telephone in coaches office in Training Room: (361-788-2898) ext. East (38188, 38414) West (39188, 38406)

Emergency Equipment:

Supplies provided on field or located in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from the scene

East High School 4103 E. Mockingbird Ln

Come off Mockingbird Lane into main drive, turn left at first drive, and go to the back of the parking lot. VISD Personnel will direct from there

West High School 307 W. Tropical Dr

Turn off of Cuero Highway (87) on to Tropical Drive. Turn Left into Parking lot number 1, and go to the back of the parking lot. VISD Personnel will direct from there

Emergency Plan: District Event Center Tennis Courts

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed Line located at Athletic Office 361-578-0289

Emergency Equipment:

Supplies provided in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders:

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS and direct them to the scene
- Scene control: limit scene to first aid responders and have bystanders removed from scene

Directions to DEC Tennis Courts:

Come off Sam Houston Highway in to the main parking lot between the tennis courts and high school. Go to the northeast corner in the back on the side of the tennis courts.

Emergency Plan: Memorial Stadium

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed telephone in athletic office in gym: 361-578-0289

Emergency Equipment:

Supplies provided on field (football)

Roles of First Responders:

- Immediate care of injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Memorial Stadium Main Football/Soccer Field:

Turn from Sam Houston Highway onto Miori Lane. Go down to stadium parking lot and turn right. Turn onto Stadium Drive, enter gate in the north end of the stadium (behind scoreboard). Back into stadium entrance gate.

Emergency Plan: Victoria Youth Sports Complex for Softball:

Emergency Personnel:

Licensed/ certified athletic trainer and student trainers on site for practice and competition.

Emergency Communication:

City of Victoria Site Coordinator 361-648-0113

Emergency Equipment:

Supplies provided on field or in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene Control: limit scene to first aid providers and have bystanders removed from scene
- Know field number

Directions to Victoria Youth Sports Complex: 107 N. Ben Wilson

Turn on to Ben Wilson, Enter main parking lot for Sports Complex. Stop at Front Gate VISD Personnel will direct to proper field

Emergency Plan: Riverside Park for Baseball

Emergency Personnel:

Licensed/certified athletic trainer and student trainer on site for practice and competition.

Emergency Communication:

City of Victoria Site Coordinator 361-648-0113

Emergency Equipment:

Supplies provided on field or in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
 - Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene Control: limit scene to first aid providers and have bystanders removed from scene

Directions to Riverside Park for baseball:

Go on Houston Highway down to Main Street. Take a right on main and go to Red River. Take a left on Red River. Go all the way down on Red River to Memorial Dr. Take a right on Memorial Dr. and go to baseball field parking lot.

Emergency Plan: Stroman Middle School Tennis Courts

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Coach's office: (361) 788-2898 ext 35632

Emergency Equipment:

Supplies provided on field or located in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to MHS Stroman Tennis Courts:

Go south on Ben Wilson Street. Go all the way down past Lone Tree until you hit the first parking lot of the Middle school. The tennis courts will be on your right.

Emergency Plan: Patti Welder Stadium:

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Maintenance Room Patti Welder Stadium 361-788-9614

Emergency Equipment:

Supplies provided on field or in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of individual, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Pattie Welder Stadium:

Take a left on Laurent Street off of Houston Highway. Go down approximately ½ mile from the red light. The Victoria ISD Bus barn will be on your left. Turn into parking lot of the Bus Barn. Patti Welder Stadium is in back of parking lot.

Emergency Plan: Patti Welder Gym/Field House

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed telephone in coaches office: 361-788-2898 ext. 32621

Emergency Equipment:

Supplies kept in gym athletic training room (vacuum splints, spine board and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Main (front) gym:

From North Street turn in parking just past the school in front of gym. VISD Personnel will direct from there.

Emergency Plan: Howell Middle School:

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Main Coaches Office in Field House: 361-788-2898 ext. 31624

Emergency Equipment:

Supplies provided on field or in the Field House athletic training room (vacuum splints, spine board, field cart and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of individual, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Howell Middle School:

Off of Sam Houston turn on to Leary Lane. Take drive into parking lot just before tennis courts. VISD Personnel will direct to proper location from there.

Emergency Plan: Cade Middle School

Emergency Personnel:

Licensed/certified athletic trainer and student trainer(s) on site for practice and competition.

Emergency Communication:

Fixed telephone in coaches: 361788-2898 ext.34188

Emergency Equipment:

Supplies kept in gym athletic training room (vacuum splints, spine board and other emergency equipment)

Roles of the First Responders

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent information requested)
- Notify on site game administrator
- Directions of EMS to scene – Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

Directions to Main gym:

Turn off of Cuero Highway (87) on to Tropical Drive. Turn Left into Parking lot number 3 follow bus loop around turn into drive next to tennis courts. VISD Personnel will direct you from there

Athletic Training Administrative Expectations:

Athletic Paperwork:

Student athletes **will** submit all athletic paperwork for the subsequent year to the Staff Athletic Trainer prior to participation.

Head coaches **will** create a roster on Rankone and will check roster for clearance and/or with Staff Athletic Trainer before the start of the season

Athletic Training Staff **will** retain physical and medical history forms, Emergency Release Forms, UIL, and Acknowledgement of Rule.

Head coaches are responsible for insuring that all athletes joining their teams after the beginning of the school year complete and submit their paperwork for approval before they participate in any athletic activity.

Policies and Procedures for Treatment of Injuries

Once a student – athlete has been injured, he/she should be sent to the Athletic Training Room for evaluation. If a student is seen or sent to the Dr., a Dr. release/note must be given to Athletic Trainer prior to participation in practice or game. Parent notes do not release or excuse student athletes.

Once evaluated, the Athletic Trainer will complete and Injury Form

Injury Report will be completed on Rank One