

Emergency Action Plan for Dickinson Junior High School Athletics

Medical

1. Call 911
2. Instruct emergency medical service (EMS) personnel to the School Address, then to your location using the directions below:

<u>School Address</u>	<u>Gym Ambulance Directions</u>	<u>Fields/Track/Tennis Courts</u>
11611 Central Park Rd Texas City, Tx 77591 281-309-3800	From Central Park Rd, turn into the first entrance to DJHS. Follow that access road to the back of the School	From Central Park Rd, turn into the second entrance to DJHS and follow the access road to the courts or track

3. Provide necessary information to EMS personnel:
 - Name, address, telephone number of caller
 - Number of victims; condition of victims
 - First-aid treatment initiated
 - Specific directions as needed to locate the scene
 - Other information as requested by dispatcher
 - **Do not hang up on dispatcher until they tell you to do so!!!**

<u>Unconscious?</u>	
<u>Yes</u>	<u>No</u>
Call 911 Get AED Assess ABC's	Assess Injury Call 911 if warranted

4. Provide appropriate emergency care until arrival of EMS personnel; upon arrival of EMS personnel, provide pertinent information (method of injury, vital signs, treatment given, medical history) and assist with emergency care as needed.
5. For all emergencies where the victim is unconscious, please call 911, send someone for the AED and then begin basic lifesaving procedures.

Note:

- Follow instructions provided by EMS Personnel/Dispatchers
- Account for all students and record extent of injuries
- Secure student's emergency information and have it available for emergency medical personnel
- Send someone (student, coach etc...) to meet Ambulance at designated location & direct them to the scene (See map on reverse)
- After EMS arrives, alert the student's parent/guardian of the circumstances and plan of action (i.e. injury, where EMS will transport etc...)
- If an athletic training staff member is not onsite, they are available to consult with after EMS and parent have been contacted.
- A coach should accompany the athlete to the hospital

Weather

- For lightning, follow the DISD Lightning policy for all practices and games:
 - Use Perry Weather/Pocket Perry Text Message as warning system. If strikes are 6 miles or less, your team should be inside. You receive a text 30 mins after the last detected strike allowing you to return to activity
 - Use "Flash-to-Bang" as secondary warning system. At the sight of lightning, begin counting "One-thousand-one, One-thousand-two...". If you hear the "bang" of lightning before you reach the count of Thirty (30), remove your athletes from outside participation (this is NCAA protocol)
 - Safe shelter consists of any building with four walls, a roof, and plumbing. Dugouts and underneath bleachers are not safe shelters.
 - Utilize the 30-30 rule. At a count of 30 seconds or less, remove team from the field, and wait 30 minutes from the last detected lightning strike before returning outside.
- Wet Bulb Globe Temperatures should be used to determine safety for outdoor activities. See Perry Weather App, UIL & DISD guidelines for more information

If in
Doubt,
Call
911!!!

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Emergency Telephone Numbers:

Temeka Brown: 281-309-3810
School Nurse: Brandi Krenek: 281-309-3846
Rodney Smith – 281-309-3890
Catherine Flores – 281-309-3893
KJH School Liaison Office: 409-497-5842
John Harmon: 281-229-6583
Rachel Salazar – 281-309-3978

Order of Contact:

1. EMS
2. Parent
3. Site Administrator
 - Site Admin will contact School Principal/Athletic Trainer
 - Athletic Trainer will contact Athletic Director
 - Athletic Director will contact ESC if warranted

Location of JHS AED's

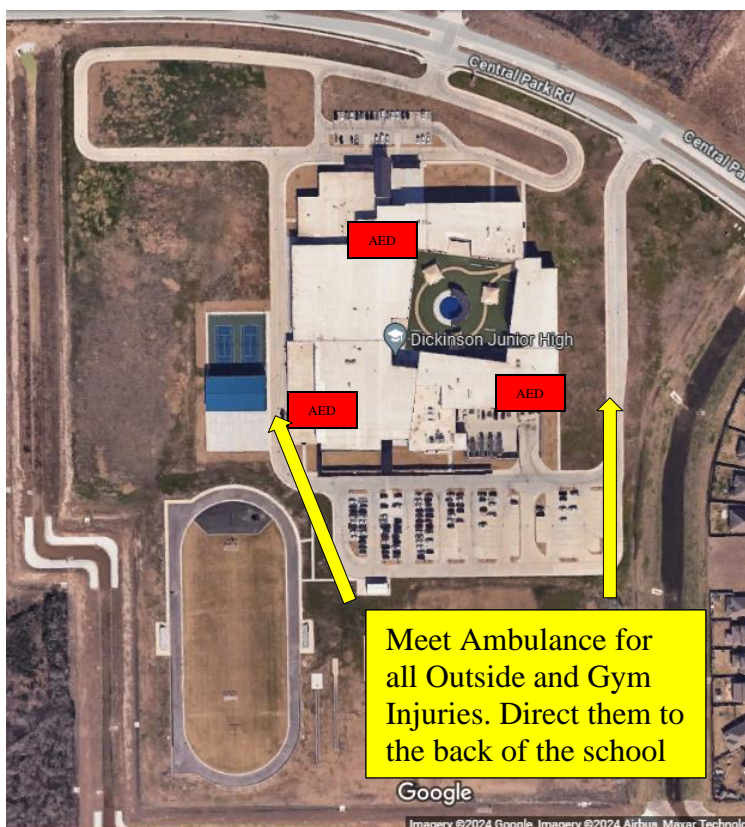
School Cabinets:

A-102 Front Foyer of School outside the Nurse's office

E223 next to the classroom door

Athletics:

C106 – Athletic Training Room



Required Cooling Stations

DISD will use Polar Pods for rapid cooling of students experiencing heat illness

1. Activate EMS
2. If possible/safe, transport student to shaded area
3. Deploy Polar Pod and place around athlete, using pillow to elevate head
4. Fill Pod with ice water & Zip Pod
5. Monitor Vitals until EMS arrives

DISD Wet Bulb Globe Requirements

*Refer to the Perry Weather App or Dashboard to see current WBGT

<82° WBGT Normal Activities

82.2°-86.9° Use Discretion – At least 3 rest breaks each hour. Minimum 3 minutes per

87.1°-90.0° 2 Hrs Practice Max – At least 4 rest breaks each hour. Minimum 4 minutes per

90.1°-91.9° 1 Hr Max – No equipment and no conditioning. 20 minutes total of rest breaks

≥92° No Outdoor Workouts