

## Emergency Action Plan for Dickinson High Football/Soccer/Track

### Medical

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

<u>Field Address</u>	<u>Field Ambulance Directions</u>
3300 Baker Dr. Dickinson, Texas 77539	From FM 517, go north on Baker Dr, and turn right into the football field parking lot. Go to the SW corner of the stadium (concession A)

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!!!
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

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

### 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.

If in  
Doubt,  
Call  
911!!!

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### **Emergency Telephone Numbers:**

School Nurse: 281-229-6438  
School Liaison Office: 281-229-6418  
John Harmon: 281-229-6583  
Katy Alvarez: 281-229-6543  
Yazmin Lara: 281-229-7891  
Ezequiel Contreras: 281-229-7259

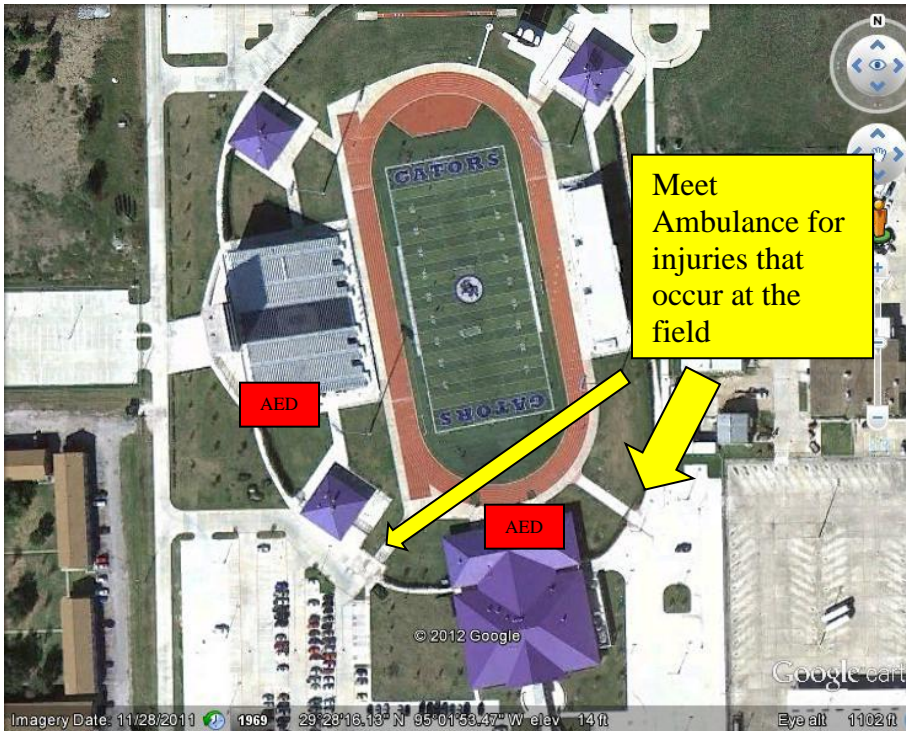
### **Order of Contact:**

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 AEDs

#### Pressbox:

- AED located in upstairs pressbox of the football/soccer field.
- AED located in the NE corner of the weight room inside the double doors
- Athletic Training Room Mobile AED



### 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. Pads, Helmets and Shorts Only
90.1°-91.9°	1 Hr Max – No equipment and no conditioning. 20 minutes total of rest breaks
≥92°	No Outdoor Workouts