

Emergency Action Plan for McAdams Junior High 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/Tennis Courts</u>
11415 Hughes Road Dickinson, Texas 77539	From Hughes Rd, turn into the driveway that runs just east of the school	From Hwy 3, Turn West onto Benoist Dr. Stay Right at the fork, and wind around the field to the circle

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:

Matt Cooper: 281-229-7125
School Nurse: 281-229-7148
Michael Guillory – 281-683-7625
Kati Bitner – 281-229-7213
MJH School Liaison Office: 281-229-7114
John Harmon: 281-229-6583
Mia Pelton – 281-229-6584

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

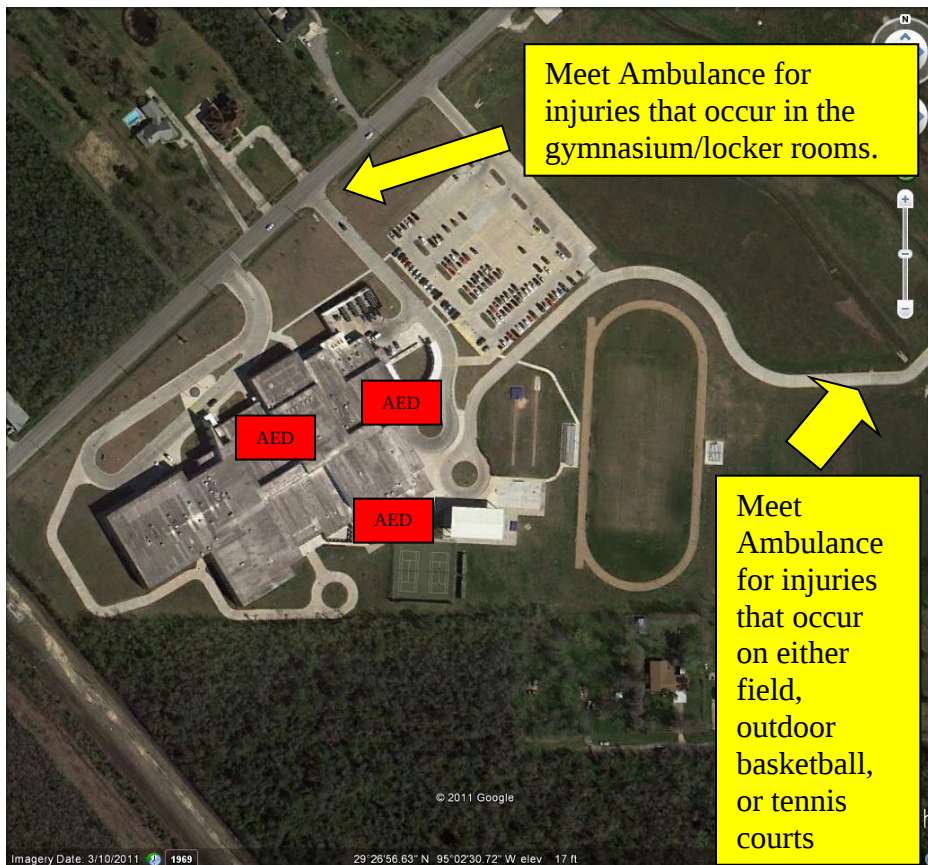
Location of MJH AED's

School:

- Main Intersection at front of school
- Between the Gyms and the Cafeteria

Athletics:

- Girls PE Office (this AED may be moved for active sporting events)



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

<82.0°

82.0°-86.9°

87.0°-90.0°

90.1°-92.0°

≥92.1°

WBGT Normal Activities

Use Discretion – At least 3 rest breaks each hour. Minimum 3 minutes per

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

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

No Outdoor Workouts