

WHITE OAK HIGH SCHOOL

ATHLETIC EMERGENCY/CRISIS PLAN

The policies and guidelines set forth in this manual are intended to ensure proper health care and safety to student athletes and others involved with and/or attending athletic activities at White Oak High School, as well as to provide a standard of conduct for the White Oak sports medicine/coaching staff in the event of serious injury or emergency situation.

I. Emergency Procedure

- A. Emergency- an unexpected serious occurrence that may cause injuries requiring immediate professional medical attention.
1. Individual is unconscious and/or not breathing.
 2. Individual appears to be suffering from a cardiac crisis.
 3. Individual has spinal/neck injury and cannot move or feel extremity.
 4. Individual has an open fracture.
 5. Individual has apparent internal injuries.
 6. Individual has signs and symptoms of shock.
 7. Individual is suffering from heat illness.
 8. Any other injury requiring immediate medical attention.
- B. In the event of an emergency, the ATC (Certified Athletic Trainer) will immediately assign someone to call 911 and to meet EMS, then provide care for injured individual.
- If ATC is not present, head coach will assign 911 responsibilities
 - All WOHS coaches are required to renew their CPR/First Aid/AED certification annually
 - AEDs (automated external defibrillators) are located in the Gym lobby near Front Office and in hallway near Media Center entrance

****At no time should any person not certified by an accredited medical board or association attempt to administer health care to an injured individual unless they are instructed to administer care by a 911 operator or by certified medical personnel recognized by the school.**

- C. When calling 911 provide the operator with as much information as possible. This information should include:
1. Your name, address of event, phone number, & exact location on campus
 2. Type of emergency
 3. Number of injured persons
 4. Extent of injuries/present condition of injured individual
 5. Current assistance being given
 6. Any other information requested by 911 operator
 7. FOLLOW ALL DIRECTIONS AND DO NOT HANG UP

D. Head, Neck and Spinal Injuries

In the event an individual has suffered a serious head, neck or spinal injury, **DO NOT MOVE THE PERSON or REMOVE HELMET AND/OR PADS.** Call 911 and treat for injuries. If CPR is necessary, to minimize cervical spine movement use Trainer's Angel or Anvil Pruner to remove face mask. The helmet itself will help to stabilize the head and limit movement of the neck.

E. Concussions and Loss of Consciousness

Any severe impact to the head that causes the jarring of the brain can result in a concussion. Signs of concussion include: fluctuating levels of consciousness, balance problems, memory loss or concentration difficulties, as well as self-reported symptoms like headache, ringing in the ears and nausea. Any athlete that sustains trauma to the head should be evaluated for signs of a concussion.

Management of Concussion In Sports (American Academy of Neurology Guidelines, NCHSAA Requirements)

Grades of Concussion

<i>Grade 1:</i>	<i>Grade 2:</i>	<i>Grade 3:</i>
<ol style="list-style-type: none"> 1. Transient confusion (Inattention, inability to maintain a coherent stream of thought and carry out goal-directed movements. 2. No loss of consciousness 3. Concussion symptoms or mental status abnormalities on exam resolve in LESS THAN 15 Minutes 	<ol style="list-style-type: none"> 1. Transient confusion 2. No loss of consciousness 3. Concussion symptoms or mental status abnormalities (including amnesia) on exam LAST MORE THAN 15 MINUTES 	<ol style="list-style-type: none"> 1. <u>Any</u> loss of consciousness <ol style="list-style-type: none"> a) Brief (seconds) b) Prolonged (minutes)

Management Recommendations

<i>Grade 1:</i>	<i>Grade 2:</i>	<i>Grade 3:</i>
<ol style="list-style-type: none"> 1. Remove from contest 2. Examine immediately and at 5-minute intervals for the development of mental status abnormalities or post-concussive symptoms 3. Evaluate at rest and with exertion 4. May return to contest if mental status abnormalities or post-concussive symptoms clear within 15 minutes AND 5. <u>Patient is cleared and receives written release from a duly licensed physician before return to play.</u> 	<ol style="list-style-type: none"> 1. Remove from contest and disallow return to play on that day. 2. Examine on-site frequently for signs of evolving intracranial pathology. 3. A trained person should reexamine the athlete the following day. 4. A physician should perform a neurologic examination to determine resolution of symptoms and signs before clearing the athlete for return to play. 5. The player must be ASYMPTOMATIC FOR ONE WEEK before being allowed to return to play. 6. <u>Patient must be cleared and receive written release from a duly licensed physician before return to play.</u> 	<ol style="list-style-type: none"> 1. Transport the athlete from the field to the nearest emergency department by ambulance if still unconscious or if worrisome signs are detected (with cervical spine immobilization, if indicated) 2. A thorough neurologic evaluation should be performed emergently, including appropriate neuroimaging procedures when indicated 3. Hospital admission is indicated if any signs of pathology are detected, or if mental status of the athlete remains abnormal. 4. The player must be ASYMPTOMATIC FOR ONE-TWO WEEKS (see below) before being allowed to return to play. 5. <u>Patient must be cleared and receive written release from a duly licensed physician before return to play.</u>

When to Return to Play

<i>Grade of Concussion:</i>	<i>Time Before Being Allowed to Return to Play (Must be Asymptomatic with Normal Neurologic Assessment at Rest and with Exercise:)</i>
Grade 1 Concussion	Minimum of 15 minutes
Multiple Grade 1 Concussions	1 week (7 days)
Grade 2 Concussion	1 week (7 days)
Multiple Grade 2 Concussions	2 weeks (14 days)
Grade 3 – Brief Loss of Consciousness (seconds)	1 week (7 days)
Grade 3 – Prolonged Loss of Consciousness (minutes)	2 weeks (14 days)
Multiple Grade 3 Concussions	1 month or longer, based on decision of evaluating physician

F. Transportation of an Injured Athlete

If an athlete is transported to a medical facility by EMS, the parent or legal guardian must give permission and may accompany the athlete. The parent/legal guardian may also choose to transport the athlete themselves. If the parent/legal guardian is not present at the event they must be notified of the EMS transport and arrangements made for the parent/legal guardian to meet the injured athlete at the medical facility. In the event a parent/legal guardian cannot be contacted, implied consent will govern the decision to transport and a member of the coaching/school staff should accompany the athlete when possible. All military personnel and their dependents will be transported to the Naval Hospital aboard Camp Lejeune provided EMS is available to transport to that facility. Anytime an athlete is transported by EMS to any medical facility, the athletic director or a school administrator should be notified ASAP.

G. On-Field Evaluation with Certified Athletic Trainer Present

In the event of an athletic injury, the Head Coach, Certified Athletic Trainer (ATC) and one other CPA/First Aid Certified personnel may attend to the injured athlete. The ATC is in charge of evaluating the condition of the athlete and at no time should the head coach or other personnel attempt to make physical contact with the injured athlete until given instruction by the ATC. All other personnel are there to provide information and to assist the ATC in the evaluation. Until advanced help arrives, the ATC reserves the position to make all final decisions concerning the athlete's care, movement, and condition. While the injured athlete is being cared for assistant coaches and other school personnel will provide crowd control and await further instruction.

H. On-Field Evaluation with Certified Athletic Trainer NOT Present

1. Follow instructions as stated in **II A-D** above.
2. Contact parents/legal guardian and school ATC as soon as possible.
3. Care for injured athlete until professional help arrives per medical qualifications.

II. Safety Precautions and Guidelines

A. Physicals and Parental Permission Forms

All coaches must have with them at all athletic events each athlete's Onslow County School's Athletic Participation form, which **MUST** be signed prior to an athlete's participation in a sport. This form contains a medical screening, health history statement, and a parental consent/release statement, as well as emergency contact numbers. Physicals are valid for one calendar year (365 days). An athlete is considered ineligible if he/she does not have a valid physical on file with the athletic department or if the physical expires before the end of that season.

B. Emergency Medical Alerts

All coaches and sports medicine staff should be aware of any medical conditions specific to individual athletes. An athlete with asthma, diabetes, hypoglycemia, or other medical conditions often require administration of specific medication or attention. All coaches and certified medical staff should have training on how to administer and assist these athlete's special needs in case of medical emergencies.

C. First Aid Kits

First Aid Kits must accompany each athletic team to all athletic events. These kits are prepared by the sports medicine staff and are available in the athletic training room. All First Aid kits are supplied with materials to assist injured athletes. Each kit must be returned to the athletic training room immediately after each event.

D. Lightning Guidelines

White Oak High School has lightning meters that are to be used in conjunction with all outdoor activities. If lightning is seen or if the meter detects lightning within a 3-8 mile range, take shelter inside immediately and contact the school administration. During a home athletic contest, when the decision is made to suspend the event, all athletes will take shelter in the designated safe area. All spectators will be asked to go to cars or to the designated safe area. For football, soccer, track, cross-country, and baseball the designated safe area will be the main gymnasium and/or the weight room. For softball, the safe area will be the cafeteria. The marching band and flag team will move into the band room. For tennis and golf the safe area will be the clubhouse at Jacksonville Country Club. During the suspension of practice the same rules apply. For away events all teams will follow the protocol established by the host school.

E. Hot Weather Guidelines

Athletes must have access to adequate amounts of water for consumption and cooling during participation in all sports. The NCHSAA, in conjunction with the Sports Medicine Commission of the Department of Public Instruction, has established the following guidelines regarding hot weather practice conditions:

TEMPERATURE/HUMIDITY TABLE

Temp. (°F)	Humidity	Procedure
80°-90°	under 70%	Closely observe those athletes susceptible to heat illness, especially those obese.
80°-90°	over 70%	All athletes should be under constant & careful supervision. Breaks every 20 - 30 minutes. Fluids available on demand.
90° and up	over 70%	Shortened practice time conducted in shorts and T-shirts. Additional fluid replacement breaks are necessary. May need to suspend practice.

WET-BULB GLOBE TABLE

Wet-bulb	Procedure
Under 68°	No precautions necessary except close observation of those athletes most susceptible to heat illness, especially those obese.
69° - 79°	All athletes should be under constant and careful super-vision. Unlimited amounts of water be made on the field, preferably ice water.
Over 80°	Lighten practice routine. Practice in shorts & T-shirts. May need to withhold susceptible athletes from practice.

Camp Lejeune uses a Wet-Bulb Globe Index to regulate Marine Corps outdoor training. White Oak High School will use the Wet-Bulb Globe measurement taken from Camp Lejeune and comply with the NCHSAA guidelines. Additionally, on days that Camp Lejeune goes to Black Flag condition (wet-bulb index above 83°) White Oak High School will shorten outdoor practices or delay practice until after 7:00 pm and observe extreme heat precautions. Athletes should weigh each day before and after practice/event. A weight loss of more than 3 lbs. of body weight per week is considered dangerous. In the event of weight loss over 3 lbs. in a week the athlete should not participate in hot or humid conditions and should not be allowed to participate until their body weight has been replaced. **At no time should water be withheld from athletes as a form of punishment.**

F. Evaluation of Playing Surfaces and Equipment (Outdoor & Indoor)

All coaches are to take note of their designated playing and practice area/equipment and notify the school administration if there are potential hazards or safety concerns. Head coaches should also notify the visiting coach of any potential hazards on/near the game playing surface. Coaches are responsible for ensuring that athletes wear and/or correctly utilize necessary helmets, padding, guards and other protective gear, and that such gear is fitted properly.

G. Removal of Athlete From Participation

The Certified Athletic Trainer (ATC) may suggest that an athlete not participate in or limit sport activity following an injury. The ATC may refer any injury to a physician for further evaluation should the athlete have to be completely removed from sport activity. At the point that an athlete is evaluated by a physician, the ATC will follow all orders given by the examining physician. At no time will the ATC counteract a physician's orders concerning the participation of an athlete. If an athlete is removed from participation by a physician, said athlete must be cleared to return to participation by the physician with written documentation.

H. Facility Supervision

At no time should athletes be allowed to practice, scrimmage, free play, lift weights or use any equipment, fields, courts or facilities without direct supervision of a bona fide member of the school coaching staff or faculty. Coaches are prohibited from providing athletes with keys to fields or buildings and otherwise providing access to facilities or equipment with the knowledge that there will be no supervision by a member of the staff.

I. Hazing

According to Onslow County Schools policy code 4331-D, hazing is expressly prohibited. No student or group of students shall subject another student to physical injury or require a student to wear abnormal dress, play abusive or ridiculous tricks on him/her, frighten, scold, beat, harass, or subject him/her to personal indignity as part of an initiation, or as a prerequisite to membership into any school group, athletic team, or other similar group.

The Board of Education is required to expel any student convicted of hazing under NC Criminal Statute §14-35.

J. Confidentiality

All injuries and medical records are confidential. Only medical personnel, parents, and coaches of the individual athlete may have access to injury information and data. Public information resources, such as news media, may not have access to specific injury information. Only the injured person or parent/legal guardian may disclose information about their injuries or grant permission for such information to be disclosed. Only a physician can diagnose injuries. It cannot be determined by the ATC at the time of injury the specific diagnosis. The ATC will only provide general information to the proper personnel concerning the status of an athlete's injury. Coaches and sports medicine staff should exercise caution in related the nature and extent of injuries to parties other than the injured athlete and his/her parent/legal guardian.