

PERKINS-TRYON PUBLIC SCHOOLS ATHLETIC EMERGENCY ACTION PLAN

November 29, 2018 (updated August 1, 2021)

Perkins-Tryon Public Schools has a written emergency plan that should be followed in the event of a medical emergency. All Coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the school administrator or the Athletic Director.

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer (if present), coaches, administrators and student managers be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur. Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture
- Severe heat exhaustion or suspected heat stroke
- Anaphylactic shock
- Severe bleeding that cannot be stopped
- Any other illness or injury deemed to have the risk of death or permanent impairment

CHAIN OF COMMAND

- Certified Athletic Trainer (If Present)
- School Administrator/ Athletic Director
- Head Coach
- Assistant Coach
- Student managers or other athletes

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The highest person in the chain of command who is present at a scene will be the designated person in charge, or incident Commander. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

1. The highest person on the chain of command will be deemed the Incident Commander, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. The front office or an administrator should be notified that there is an emergency situation on campus.
2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. EMS should be told what the emergency is, the condition of the athlete
3. Phones are located in the coaches offices at the high school gym, fieldhouse, baseball and softball fields and Football Fieldhouse
4. The incident Commander will send runners to all intersections between where the athlete is located and where the ambulance will enter the school campus. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
5. The incident Commander will contact or will designate another Coach to attempt contact with the athlete's parents. **Each coach is responsible to have the emergency contact information for all of their athletes with them at all times.** An additional copy is available in the Athletic Director's office in the black file boxes marked physicals.
6. If transport is deemed necessary by EMS, the athlete will be taken to Stillwater Medical Center unless the parent requests otherwise. If parents are not present a coach or administrator will be with the athlete until parents arrive.

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High school address: 1003 East Hwy 33 Perkins, OK

Nearest intersection: Hwy 33 and Lovers Lane

IMPORTANT PHONE NUMBERS

EMS: 911

SUPERINTENDENT'S OFFICE 405-547-5703

HIGH SCHOOL OFFICE 405-547-5724

ATHLETIC DIRECTOR 405-535-8644 (C) 547-5724 EXT 12 (OFFICE)

PRINCIPAL 405-547-5724 EXT 11

AED LOCATIONS

- **High school main building next to the main office**
- **HS gym lobby near the women's restroom on the East end of the gym lobby**
- **Football fieldhouse in the athletic training office**
- **Middle school office, intermediate school office**

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EMERGENCY PROTOCOLS

FIRE

School employees need to remember the acronym R-A-C-E in case of fire.

1. **RESCUE:** Evacuate anybody in immediate danger of the fire. Evacuate at the nearest exit that will be posted. Assist anyone who cannot evacuate on their own and evacuate your area.
2. **ALARM:**
 - a. If the fire alarm has not already sounded, activate the alarm at the nearest pull box station located by all exits.
 - b. call 911
3. **CONTAIN:** Close all doors behind you as you exit to impede the spread of the fire into areas not already involved.
4. **EXTINGUISH:** Attempt to extinguish the fire if it is small and you are trained to do so.

INCLEMENT WEATHER PROCEDURES

In the case of inclement weather (i.e.; Thunderstorms, Lightning, Hail, Tornado, Flooding), it will be under the direct discretion of the Game Officials, Athletic Director/Administrator to determine if the practice/game fields should be evacuated. In the absence of the Athletic Director or Administrator, the head coach or coach present will have the duty and responsibility to suspend the activity in the absence of higher leadership.

LIGHTNING

Lightning is a dangerous phenomenon. The athletic staff has developed a lightning policy to minimize the risk of injury. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the following guidelines must be observed if it appears that lightning is possible for the area:

1. Seek the nearest safe shelter such as the football fieldhouse, gym, high school or indoor hitting facility. Dugouts are not considered safe areas. All students must

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be inside of a building and at least 10 feet from a door or window. Other safety tips for sheltering indoors:

- Stay off of corded phones
- Don't touch electrical equipment or cords.
- Avoid plumbing
- Stay away from windows and doors
- We will follow NFHS guidelines for lightning

TORNADO/HIGH WINDS

On the Perkins-Tryon high school campus safe rooms are available in the high school main building if a tornado or dangerous winds should occur during practice or a sporting event. Perkins Emergency Management along with school officials will keep a close eye on approaching storms and plan to seek shelter before the storms arrive.