

Barry University Intercollegiate Athletics
EMERGENCY ACTION PLAN



INDEX

<i>Medical Emergency Plan</i>	3
<i>Role of First Responder</i>	4
<i>Venues & Directions</i>	5
<i>Including Maps</i>	
<i>Related Emergencies</i>	6
<i>Fire & Poisoning</i>	
<i>Catastrophic/Crisis Management</i>	7
<i>Inclement Weather Procedures</i>	8
<i>Lightning</i>	8-10
<i>Heat & Humidity</i>	11

Resources

NATA Guidelines

NCAA Sports Medicine Handbook 2003-04

BARRY UNIVERSITY ATHLETIC TRAINING EMERGENCY ACTION PLAN

A SERIOUS INJURY IS ANY CONDITION WHEREBY THE ATHLETE'S LIFE MAY BE IN DANGER OR RISKS PERMANENT IMPAIRMENT. THESE INJURIES INCLUDE BUT ARE NOT LIMITED TO: CERVICAL SPINE INJURIES, HEAD INJURIES, LOSS OF LIMB, SERIOUS BLEEDING, SHOCK, SERIOUS FRACTURES, HEAT STRESS AND CARDIOVASCULAR ARREST.

These emergency procedures are applicable at the following locations at Barry University: Baseball Field, Softball Field, Soccer Fields, Tennis Courts, and Health and Sports Center. Golf and Rowing have venue specific instructions.

Emergency Personnel: NATA Certified and Florida Licensed Athletic Trainer(s) and Athletic Training Student(s) are on site for practice and competition; additional sports medicine staff are accessible from the athletic training room (located in the Health and Sports Center). Team Physicians are on site or on call. EMS available by calling 911. The athletic training staff is certified by the American Red Cross in Emergency Response.

Barry University Athletic Training Staff: must be aware of any emergency that has occurred within the athletic department and its members.

Head Athletic Trainer Joseph Kanefsky 305-899-3555 Pager 305-843-3142
Asst. Athletic Trainer Jennifer Branchcomb 305-899-3572 Pager 305-657-5578

Emergency Communication: Via 2-way radio (**radio frequency is set on channel 6**) and cellular phone(s). (Cell phone numbers are located on the back of each phone). Athletic Training Room Number: 305-899-3555. Phones and radios will be on site with certified athletic trainer during practices and events. The main training room phone is located on the side west wall (305-899-3555). **When using campus phones you must dial 9 to get an outside line, then number.** Local EMS is 911. **Dial x3333 for security using a campus phone. After hours:** Pay phone located in front of Health & Sports Center. (To dial Security from pay phone, dial *3). If using a 2-way radio, **security is on channel 1).** Campus security has direct dispatcher with local EMS.

Emergency Equipment: Supplies (AED, Oxygen, Spine Board, Cervical Collar, Crutches, Splint Bag, Kits, Sports Chair, and OSHA Materials) located on field and gymnasium with the home team and certified athletic trainer. Additional emergency equipment is accessible from the athletic training facility in the HSC (305-899-3555).

ROLE OF FIRST RESPONDERS

1. Immediate care of the injured or ill student athlete.
 - A. Check ABC's, Severe Bleeding (**w/blood exposure, follow OSHA guidelines see pg 12**), and Level's of Consciousness.
 - B. Notify athletic training room immediately via radio.
 - C. Begin Rescue Breathing / CPR if needed or necessary first-aid care
 - D. If spine board is needed, or an ambulance is necessary, send a student athletic trainer, coach to call 911. If splinting is not possible, stabilize and comfort athlete until EMS arrives. NOTE: If cervical injury is suspected and individual is breathing and/or conscious, and ambulance response time is short, instruct victim to remain motionless until more qualified personnel (EMS) arrive.
2. Activation of Emergency Medical System (EMS)
 - A. Call 911
 - B. Name of individual making call
 - C. Give telephone number (Training Room or Cell Phone)
 - D. Number of Injured Athletes
 - E. Condition of Injured Athletes
 - F. First Aid Treatment being given
 - G. Specific location of emergency. Give athletic field or HPLS site. (See venue directions, include street names and how to access sites)
 - H. Other information as requested
 - I. Notify Campus Security at 305-899-3333, channel 1 on radio, *3 payphone
3. Direction of EMS to Scene (See attached venue directions)
 - A. Open appropriate gates
 - B. Designate individual to "flag down" EMS and direct to scene.
 - C. Scene Control: Limit scene to first aid providers and move bystanders away from area.
4. Emergency Equipment Retrieval, Documentation and Debriefing, Post-follow up arrangements as necessary.

Athletic Training Staff must be notified of all emergencies within the athletic department.

Student Health Services must be notified for Any NON-ATHLETIC injuries or illnesses or medical emergencies occurring on campus.

AFTER HOURS

In the event of an emergency after office hours, the following plan should be initiated:

- 1 Call 911 and go to the nearest hospital.**
- 2 NorthShore Hospital (nearest to Barry) 1100 NW 95th St, Miami 305-835-6191**
- 3 If you live on campus, contact your dorm's RA and security 305-899-3333 or dial *3 if using a campus payphone. Must Notify Student Health Services.**
- 4 Notify athletic training staff of Emergency:**
 - **Joseph Kanefsky, Head AT o: 305-899-3555 or pg. 305-843-3142**
 - **Jennifer Branchcomb Asst. AT o: 305-8993572 or pg. 305-657-5578**
- 5 Contact your head coach/staff and a family member (if necessary)**

VENUE DIRECTIONS (see maps)

1. Soccer, Baseball and Softball fields.

Enter through the access road located on 115th St. by the rear parking lot. Proceed SW on access road to fields. Personnel (Certified Athletic Trainers, Athletic training students, Coaches, Security, and/ AD) will be situated at various locations for directing EMS to scene.

IN CASE OF LOCKED GATES TO SOCCER, BASEBALL OR SOFTBALL FIELD: CONTACT NEAREST SECURITY GUARD. IF GUARD IS NOT IN VICINITY, CALL Security 305-899-3333 from campus phone or *3 from pay phone or channel 1 using 2-way radio.

2. HPLS Gymnasium(volleyball, basketball), Tennis Courts & Training Room.

North Miami Ave. to Health and Sports Center parking lot (between NW 111th and NW 115th St.). Proceed to front of HSC. Personnel (Certified Athletic Trainers, Athletic Training Students, Coaches, Security, and/ AD) will be situated at various locations for directing EMS to scene. A pay phone is located outside, in front of HSC dial 911 for EMS and security, *3 or dial -3333 using a campus phone.

3. Boathouse

(Shane Water Sports Center, 6500 Indian Creek Drive, Miami Beach). From I - 95, take the 1-195 east exit to Miami Beach. Follow signs for Alton Road north. Take Alton Road approximately 1 mile to the 63rd street bridge overpass (left lane). This will put you on Indian Creek heading north. The first light is 65th street with the boathouse on your left side. At the boathouse there should be a first aid kit, along with the EAP and athlete insurance and contact information. Coach(s) should have access to a cell phone and follow the EAP directions and apply them to the boathouse in case of an emergency. It is the coaching staff's responsibility to establish & maintain access with Marine Patrol. Any Emergencies at this venue should be directed to Mercy Hospital 3663 South Miami Avenue, main line 305-854-4400 emergency services 305-285-2171

4. Golf

Due to the varying number of golf courses that the men and women play at, coach will notify EMS, Clubhouse, and Barry University Athletic Training Room of situation that has arisen. They will follow the EAP for the course they are at. The coach should have at all times the Barry University Athletics EAP with important phone numbers. And also carry all athletes' emergency numbers and insurance information. In the event of an emergency with a coach or athlete, the training room staff needs to be notified.

5. Cheerleading

Practices should occur during training room hours or when a certified athletic trainer is present and available. While practicing in the HSC/Gymnasium apply the appropriate EAP HSC venue guidelines (see #2). Use the payphone outside, front of the HSC/Gymnasium dial 911 & activate EMS, contact security *3 or -3333 when using an on campus line.

RELATED EMERGENCY SITUATIONS

Fire

In case of fire, follow these instructions:

1. Evacuate building immediately by following nearest exit sign.
2. Exit in a calm and orderly fashion through nearest fire exit.
3. Call 911
4. If smoke is present, crawl low to escape.
5. If you cannot escape, stay in room, stuff door cracks and vents with wet towels or clothes.
6. Call 911 and let dispatcher know your location

Poisoning

1. Check scene to make sure it is safe
2. Remove victim from source of Poison
3. Check for life threatening situation
4. If victim is conscious, ask questions to get more information.
5. Look for poison container and take it with you to telephone
6. Call Poison Control Center or 911
7. Give care according to directions of PCC or 911.
8. Find out what type of poison did the victim ingest
9. How much poison did victim ingest?
10. When did the poisoning take place?

Barry University CATASTROPHIC INJURY – CRISIS MANAGEMENT PLAN

- **Contact Athletic Training and Sports Medicine Personnel:**
Head ATC Joseph Kanefsky office 305-899-3555 Pager 305-843-3142
Asst. ATC Jennifer Branchcomb office 305-8993572 Page 305-657-5578
- Contact Barry University ICA Administration
 - Mike Covone, Athletics Administrator
- Designate athletic administrator point person
 - Mike Covone AD office: 305-8993551 cell: 305-613-4830
 - Kathy Turpin Assoc. AD office: 305-899-4822 cell: 305-608-2501
 - Jamie Carrig Asst. AD/facility office: 305-899-4823 Pg: 305-737-4367
- Contact/update sport staff if not yet familiar with situation
- Contact family by appropriate individual (use assistance as needed):
- Coordinated media plan
 - NO CONTACT WITH MEDIA from the Athletic Training Staff, Hospital Staff or Medical Personnel or Coaching Staff except through SID
 - Establish hospital contact person
- Meeting with athletes to discuss situation
 - NO OUTSIDE DISCUSSION OF MEETING WITH MEDIA
- Complete documentation of events **include everyone involved with signatures**
- Collect and secure all equipment and materials involved
- Construct a detailed time line of events related to the incident
- Involve appropriate counseling and ministerial personnel
- Assign athletic staff member to be with family at all times upon arrival; assist family as needed; protect from outside persons
- Critical incident stress debriefing/ counseling as necessary for individuals involved in incident

INCLEMENT WEATHER PROCEDURES

GENERAL POLICY:

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Hurricane, Tornado), it will be under the direct discretion of the on-site **Certified Athletic Trainer** to determine if the practice/game fields should be evacuated.

Exceptions will be made for golf and rowing, whereby the head coach will have to suspend activity in the absence of an Athletic Training staff member.

(Refer to NCAA and NATA Guidelines)

LIGHTNING

Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strike to Barry University athletes, coaches, support staff and fans. To monitor lightning the Athletic Training Staff will utilize both the Flash-Bang method and a Sky Scan Lightning Detector. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, a certified athletic trainer will get a weather update via the National Weather Service in Jacksonville, Florida by telephone or internet. The phone number is 904-741-4411 then dial 0 for an operator. Internet sites are as follows:
www.weather.com
www.intellicast.com- southeast radar loop and regional radar loop (w/countries and highways)
www.accuweather.com
www.lightningsafety.com
2. Lighting detectors will be situated on the outside fields during the possibility of inclement weather. **The range for the detector will be set at 3-8 miles.** If lightning is detected and the severe weather signal is illuminated, with two subsequent readings on the detector at **8-20** mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the fields and/ tennis courts and seek shelter. **The best nearest safe shelter is the HSC lobby/Gymnasium.** (applies to soccer(s), tennis(s), baseball, softball).
3. If lightning detector is not present, use the countdown or "Flash Bang" method. To use the Flash Bang method, count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5 and equals how far away (in miles) the lightning is occurring. For example, 20 second count = 4 miles). As a minimum, the NCAA and the National Severe Storms laboratory (NSSL), strongly recommend that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). **However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at the 40 seconds or 8 miles.**

4. If lightning is in the immediate area, the certified athletic trainer will notify the head coach as to the status of the inclement weather and of need to take shelter. Teams may return to field once lightning detector has detected **no activity in the 3-8 mile range or 30 minutes from last sight of lightning & sound of thunder or two subsequent readings in the 20-40 mile range.**
5. If no safe structure is within a reasonable distance, then other ideas for shelter include: **Safe Shelter areas:** enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts) **DO NOT TOUCH THE SIDES OF THE VEHICLE!**, low ground areas or dry ditch (as a last resort).
Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles. **AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD.** ***Athletes/coaches etc. should not stand in groups or near a single tree. There should be 15 ft between athletes (NLSI, 2000).
Note: sports with metal equipment. Golfers drop your clubs and remove shoes, baseball/softball drop bats and remove shoes, tennis drop rackets.

- If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters the victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, its been suggested to run for shelter, rather than stay in middle of field.
6. If a person feels that his/her hair standing on end, they should immediately crouch as described in item # 5. If someone is struck by lightning, activate the Emergency Action Plan. A person struck by lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary survey. If possible move victim to a safe location.
 7. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure, and if all other precautions are followed.

Event Procedures

Prior to Competition: A member of the Athletic Training staff will greet the officials, explain that we have means to monitor lightning, and offer to notify the officials during the game if there is imminent danger from the lightning.

Announcement of Suspension of Activity: Once it is determined that there is danger of a lightning strike, the Athletic Training staff member will notify the head coach and official and subsequently summon athletes (via horn or whistle) from the playing field or court.

Lightning Event Procedures (cont'd)

Evacuation of the playing field: Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to an enclosed grounded structure (HSC/Gymnasium/Locker rooms).

Evacuation of the stands: During competition once the official signals to suspend activity, a member of the Sports Information staff will announce via the PA system something like: "May I have your attention. We have been notified of approaching inclement weather. Activity will cease until we have determined it is safe and the risk of lightning is diminished. We advise you to seek appropriate shelter at the following areas: HSC Lobby/Gymnasium. Though protection from lightning is not guaranteed, you may seek shelter in an automobile. Thank you for your cooperation".

Resumption of Activity: Activity may resume once a member of the Athletic Training staff gives permission. Thirty (30) minutes AFTER the last lightning strike or activity using the Flash-Bang-Method and Two consecutive readings of the Sky Scan Detector at the 20-40 miles away range and no activity in the 3-8 mile range.

Away events: apply the home/facility EAP or modify the BU guidelines that apply accordingly.

Lightning Detection Procedures for Non-Supervised Activities:

Ex. Athletes using facilities in the off season or outside of regular practice hours. No method of lightning detection can detect every strike nor prevention from lightning is a guaranteed. However, we encourage you to follow the Flash-Bang-Method to monitor the approximation of lightning.

Note: Sky Scan Lightning Detector: BEACON BALLFIELDS, div Lodestar LLC Madison, WI 53744-5557. 1-800-747-5985 or 608-274-5985.

Hurricane/ Tornados
Follow University/School of HPLS Plan

HEAT INDEX / HIGH HUMIDITY

During summer and early fall and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and/illness. (See Heat Index). Daily measurements via thermometer/wet-bulb globe thermometer are taken before each practice during periods of extreme heat and humidity.

1. If temperatures range from 80 degrees to 90 degrees, fatigue is possible with prolonged exposure.
2. Between 90 and 105 degrees, sunstroke, heat cramps, and heat exhaustion are possible.
3. When heat index climbs to 105 to 130 degrees sunstroke, heat cramps, and heat exhaustion are likely and heat stroke is possible with prolonged exposure.
4. At 130 degrees or higher sunstroke or heatstroke are highly likely with continued exposure to sun
5. If heat index reaches 105 and 130 extreme caution must be taken and practice(s) may be postponed to a cooler part of day (6-10 am, or 4-7 PM).