

2023 - 2024

EMERGENCY

ACTION

PLAN

Tuttle High School 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 head athletic trainer (or school administrator, in the absence of a licensed athletic trainer).

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, coaches, administrators and student responders 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 (bone has punctured through the skin)
- severe heat exhaustion or suspected heat stroke
- severe bleeding that cannot be stopped

Chain of Command:

Team Physician

Certified Athletic Trainer

Athletic Director

Administrator

Head Coach

Assistant Coach

Sports Medicine Student Assistant

Other Athletes

The highest person in the chain of command who is present at a scene will be the designated person

in charge, or leader. 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 leader, 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. (If calling from a school phone, just dial the 10 digit number. There is no need to dial anything else.) EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**
3. Phones at Tuttle High School are located in the main office, coaches offices and cell phones
4. The leader will send runners to all intersections between where the athlete is located and Tuttle High School/venue-specific location to direct the ambulance to the athlete.

The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.

5. The leader will designate another person to attempt contact with the athlete's parents.

Emergency contact information can be found on the Rankone website/app which coaches,

athletic trainers, designated individual should have with them at all times. If a parent is not present, the form should accompany the athlete to the hospital.

6. If transport is deemed necessary by EMS, the athlete will be taken to Norman Regional Hospital 901 N. Porter Ave, Norman, OK 73071, unless the parent requests otherwise and the emergency contact information will be provided by the leader/designate to EMS.

Tuttle High School (gymnasium, weightroom, wrestling room, auditorium, cheer barn is at the north end of campus) is located at:

300 N. Cimarron Rd, Tuttle, OK

The closest intersection to the school is State Highway 37 and Cimarron Rd.

Location of AED's

1. Athletic Trainer will have portable AED with them. Other AED's are located upstairs at the intersection of the two hallways and downstairs in the cafeteria/gym lobby.

The HS Track, practice football field, and softball field are located behind/east of the High School Building located at:

300 N. Cimarron Rd, Tuttle, OK

The closest intersection to the school is State Highway 37 and Cimarron Rd.

Location of AED's

1. Athletic Trainer will have portable AED with them. Other AED's are located upstairs at the intersection of the two hallways and downstairs in the cafeteria/gym lobby.

Tuttle High School baseball field and intermediate gym are located at:

402 East Oak Ave, Tuttle, OK

The closest intersection to the school is Oak ave and Margaret Dr.

Location of AED's

1. Athletic Trainer will have portable AED with them. Other AED is located in the baseball locker room. An AED is located in the gym lobby and main office of the Intermediate School.

Tuttle HS football field and MS softball field are located south of Tuttle High School Building located at:

300 N. Cimarron Rd, Tuttle, OK

The closest intersection to the school is State Highway 37 and Cimarron Rd.

Location of AED's

1. Athletic Trainer will have portable AED with them. Athletic Trainer will have portable AED with them. An AED is located in the concession stand of the MS softball field. Other AED's are located upstairs at the intersection of the two hallways and downstairs in the cafeteria/gym lobby.

Tuttle MS football field, gymnasium and MS weightroom are located south/behind the Tuttle Middle School Building located at:

604 S. Cimarron Rd, Tuttle, OK

The closest intersection to the school is Hogan Ave and Cimarron Rd.

Location of AED's

1. Athletic Trainer will have portable AED with them. An AED is located in the cafeteria/gym lobby and also in the counselor's office (located across from the main office).

Tuttle Elementary gymnasium is located within the Tuttle Elementary School Building located at:

206 SW 2nd St, Tuttle, OK

The closest intersection to the school is 2nd St and Locust Street

Location of AED's

1. Athletic Trainer will have portable AED with them. One AED is located in the nurse's office (beside the main office) and one is located outside the cafeteria doors.

Tuttle Cheer Barn is located on the North End of Campus.

DOCUMENTATION OF EVENT

Leader's Name _____

Asst. Leader's Name _____

Person to meet EMS _____

Person accompanying student with EMS _____

Contact Information:

Athletic Trainer: Geoff Hargis 405-531-8644

School Administrator: Sean Brooks 405-609-7134

Shelby Bumpus 405-544-8728

Matt Surber 405-779-3100

Tara Norvell 405-532-3077

Tanner Harris 405-213-3663

Angela Flanary 405-317-7942

Fire/Ambulance/EMS: 911

HEAT RELATED ILLNESS CHART

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F < 27.8°C	< 79.7°F < 26.5°C	< 76.1°F < 24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥ 32.1°C	≥ 86.2°F ≥ 30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

TYPES OF HEAT ILLNESS

Heat Cramps:

Some students may experience heat cramps. This type of cramp is the tightening and spasms experienced in muscle. It is often preceded by heavy sweating and large electrolyte losses, this may look like white residue on clothing or equipment.

If a student is experiencing heat cramps, he or she should stop the activity, find a cool spot to gently stretch and massage the muscle, and drink appropriate fluids like sports drinks (or salty foods and other fluids) that contain significant levels of sodium.

Heat Exhaustion:

Another type of heat illness is heat exhaustion. Conditions and signs of this problem can include profuse sweating, dehydration, fatigue, lightheadedness, rapid pulse, and low blood pressure. Body temperature may be slightly elevated. If heat exhaustion is suspected, the student should lie in a cool place with legs elevated, have cool, wet towels applied to the body, drink cool fluids, and have someone monitor their vital signs. With heat exhaustion, often the student feels better when he or she rests in a cool place and replenishes fluids by drinking cool liquids. Continue to monitor the student. If signs are present that the illness is severe or progressing, activate the emergency action plan. Check the student for warning signs. Call 911 or the local emergency number immediately. Have someone administer your emergency care plan.

Heat Stroke:

This is the most serious heat-related illness. With heat stroke, a student will have high body temperature – 104°F or higher – and could have red, hot, dry or moist skin, vomit, be incoherent or lose consciousness, have shallow breathing and/or a weak pulse. He or she might experience mild shock, convulsions, or a coma, and can die from heat stroke.

If he or she goes into respiratory or cardiac arrest, begin rescue breathing or CPR, as appropriate. Cool by any means possible, as quickly as possible. If necessary, medical or coaching personnel should place the player in an ice bath or “cool pool” and call for emergency medical services (EMS). Continue to cool and monitor the student while awaiting EMS.