

Mt Washington Colts Youth Football
PO Box 1302
Mt Washington, KY 40047

EMERGENCY ACTION PLAN



Activating the EMS System

Making the Call:

- **CALL 911**
- Other Numbers:
 - Mt Washington Police Department (502) 538-8143
 - Mt Washington Fire & EMS Department (502) 538-4222
 - UofL Health - South Hospital
1903 W Hebron Lane
Shepherdsville, KY 40165
Driving distance 11.73 miles

Providing information:

- Name, address of venue, telephone number of caller
 - Crossroads Elementary School
156 Erin Circle
Mt Washington, KY 40047
502-869-7400
Benjamin Monnett, Principal
benjamin.monnett@bullitt.kyschools.us
 - Nature of emergency, whether medical or non-medical
 - Number of athletes injured
 - Condition of athletes (breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious)
 - First Aid treatment initiated by first responder (blood control, rescue breathing, CPR, etc)
 - Specific directions as needed to location of injured athlete (see individual venue info)
 - Other information requested by dispatcher
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Table of Contents

Emergency Action Plan Personnel.....	-4-
Roles of the First Responders	-4-
Emergency Communication	-5-
Emergency Equipment	-5-
Medical Emergency Transportation	-6-
Non-Medical Emergencies	-6-
Environmental Issues and Protocols	-7-
Air Quality	-7-
Heat Index	-7-
Difference Between Heat Exhaustion and Heat Stroke	-8-
Lightning	-9-
Venue Directions with Map	-10-
Crossroads Elementary School	-10-

Emergency situations may arise anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the athlete in emergency and/or life threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As emergencies may occur at any time during an activity, the Athletic Staff must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate medical emergency equipment and supplies, utilization of appropriate medical emergency personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful preparation of physical screenings, adequate medical coverage, safe practice and training techniques, and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the Athletic Staff should enable each emergency situation to be managed appropriately.

Emergency Action Plan Personnel

During athletic practice or competition, the first responder to an emergency is typically a member of the Athletic Staff, most commonly a Team Safety Coach. Coaches on site are trained in CPR/AED & First Aid.

Roles of the First Responders

The development of an emergency action plan cannot be completed without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers, coaches, managers and possibly bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team or the athletic venue itself. There are five basic roles with the emergency medical team.

1. The first and most important role is establishing safety of the scene and immediate care of the athlete. Acute care (immediate care) should be provided by the most qualified individual on the scene, individuals with lower credentials should yield to those with more appropriate training.
2. EMS activation may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.

3. Equipment retrieval may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Coaches and managers are good choices for this role.
4. Directing EMS to the scene is the fourth role. One member of the team should be responsible for meeting the emergency medical personnel as they arrive at the site of the emergency. Depending on the ease of access, this person should have keys to any locked gates or doors that may slow the arrival of the medical personnel. A coach or manager may be appropriate for this role.
5. Notify individuals designated on the Emergency Contact Roster in Team Book located in Mt Washington Colts Medical Bag.

Emergency Communication

Communication is key to quick emergency response. Athletic staff and emergency medical personnel must work together to provide the best emergency response capability and should have contact information such as telephone tree established as part of pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with the emergency system at the time of the injury or illness is necessary.

Access to a working telephone or other telecommunication devices, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. This most common method of communication is a cellular phone. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment available should be appropriate for the level of training for the emergency medical providers.

Mt Washington Colts will have a First Aid and Heat Stress Kit available at their practice venue. First aid supplies are located with the safety coach.

Medical Emergency Transportation

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate medical care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment and transportation. In order to provide the best possible care for Mt Washington Colts, all athletes should be transported to UofL Health - South Hospital, 1903 W Hebron Lane, Shepherdsville, Ky 40165.

Non-Medical Emergencies

For the following non-medical emergencies; severe weather refer to Environmental issues and Protocols venue and follow the instructions.

Environmental Issues and Protocols

Air Quality

Air quality is important due to forest fires or other events that may create unsafe environmental exposure for athletes during outdoor sporting events. By understanding when the air is harmful, athletes, parents, and coaches can avoid certain outdoor physical activities and take preventive measures to protect themselves. Check the air quality at

<https://www.accuweather.com/en/us/mount-washington/40047/air-quality-index/2164635>.

EPA's AirNow app is available for free on the [Apple App Store](#) or the [Google Play Store](#). at <https://www.airnow.gov/airnow-mobile-app/>.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 - 100	5-15 Miles	Athletes with asthma should have rescue inhalers readily available and pretreat before exercise or as directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 - 150	3-5 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 - 200	1-3 Miles	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	Because they involve strenuous activity for prolonged periods of time, all outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

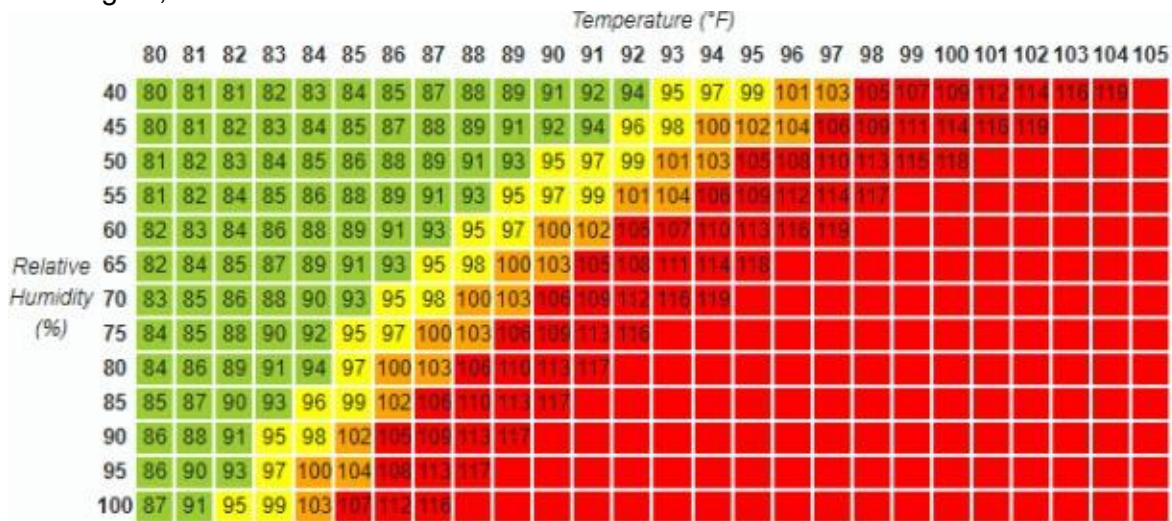
Mt Washington Colts will cancel all outdoor activities when the Air Quality Index exceeds 100. If adequate alternative indoor facilities are available we may utilize those.

Heat Index

A heat index is an index that combines air temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature. The result is also known as the "felt air temperature" or "apparent temperature". For example, when the temperature is 90 °F with very high humidity, the heat index can be about 106°F.

The heat index can be checked at <https://www.wave3.com/weather/>. Wave 3 also has a free mobile app <https://www.wave3.com/page/apps/>. The heat index is often referred to as the FEELS LIKE. The heat index should be checked prior to practices or games.

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Mt Washington colts will cancel all outdoor activities when the heat index is above 104°F. Below that, it will be at the coach's discretion. However, they must follow the OSAA recommendations on the website. If adequate alternative indoor facilities are available we may utilize those.

Difference Between Heat Exhaustion and Heat Stroke

REFERENCE ONLY - WHEN IN DOUBT CALL 911 IMMEDIATELY. Heat stroke's primary symptoms include a change in mental status, such as confusion, delirium, combativeness, seizures, loss of consciousness, and a core body temperature above 104 F. Heat exhaustion can present with dizziness, headache, nausea, weakness, unsteady gait, muscle cramps and fatigue.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Stay Cool, Stay Hydrated, Stay Informed!

Lightning

In the case of lightning, we will follow the recommendations of the OSAA and the National Federation of State High School Associations document on the Environmental Issues site here.

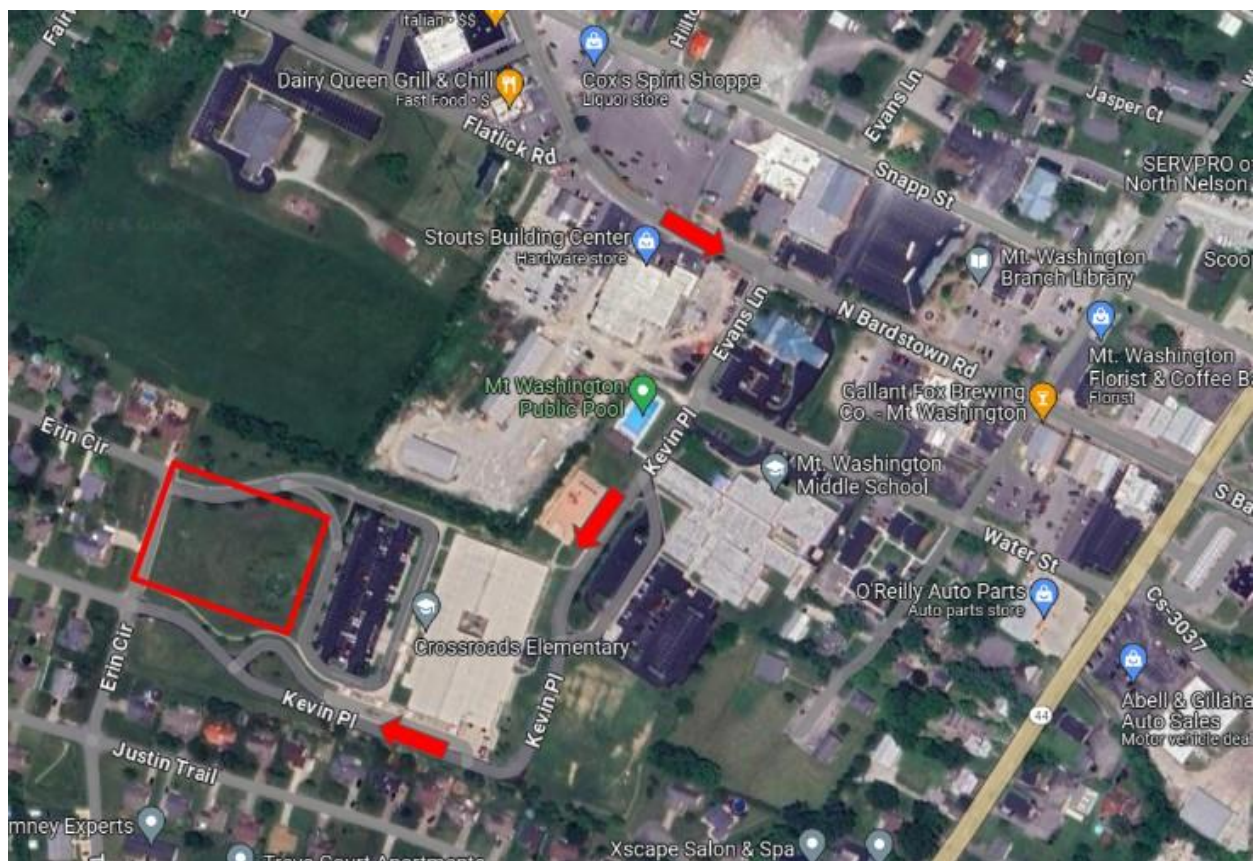
- Practices and/or games should be suspended immediately as soon as lightning is seen or thunder is heard.
- All athletes/officials/spectators should seek shelter
 - Safe structures are ones that are fully enclosed with plumbing, telephone, or electrical to ground the structure.
 - Fully enclosed automobiles or buses with the windows up. No golf carts or convertible cars.
 - Dugouts/golf shelters are not safe shelters, secondary to not being grounded in case of a strike.
 - If no suitable shelter is available, avoid tall objects (trees, light poles, etc.) which allow an easy path to ground. In an open field crouch with legs together, weight on the balls of feet, arms wrapped around knees, and head/ears covered to minimize contact with the ground.
- Play will not resume for at least 30 minutes after the last strike of lightning or clap of thunder.
- The “My Lightning Tracker” app is available online for real-time lightning tracking <https://apps.apple.com/us/app/my-lightning-tracker-alerts/id1175031987>

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[Venue Directions with Map](#)

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Medical Emergencies: EMS to enter the location from N Bardstown Road to Evans Lane proceeding onto Kevin Place to Erin Circle.



Non-Medical Emergencies: Weather related emergencies require participants to seek shelter in their vehicles.