



Socorro Independent School District  
Athletic Emergency Plan for  
**Pebble Hills High School**

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## I. Introduction

### A. Purpose of the Plan

The following emergency protocol was design to educate (Athletic Trainer, Coaches, and Administrators) on how to handle any medical emergencies that might arise while our students participate in any athletic activity at Pebble Hills High School. The objective of this emergency plan is to provide guidelines that need to be followed in case that one of our student/athletes requires emergency medical treatment. Although most injuries in athletics are relatively minor, limb-threatening or life-threatening injuries are unpredictable and can occur without warning. Because of the relatively low incidence rate of catastrophic injuries, athletic program personnel may develop a false sense of security over time in the absence of such injuries. However, these injuries can occur during any physical activity and at any level of participation. Of additional concern is the heightened public awareness associated with the nature and management of such injures. Medico legal interests can lead to questions about the qualifications of the personnel involved, the preparedness of the organization for handling these situations, and the actions taken by program personnel.<sup>1</sup>

## II. Athletic Health Care Team

### 1. Roles and Responsibilities

It is important to have a well-established athletic health care program to ensure safety, stability and the overall promotion of good health. Having healthy athletes promotes good grades and active participation in all school activities. An Athletic Health Care Team (AHCT) will keep students safe and active.<sup>4</sup>

Pebble Hills High School has developed a well-organized AHCT composed of a Physician Director, and an Athletic Trainer(s) as coordinator. Other school personnel may be called upon to serve various roles as part of the AHCT. The responsibilities for each member of the AHCT are listed below.

Pebble Hills High School has instituted an "exclusion policy" whereby any single member of the AHCT, including but not limited to the athletic trainer, team physician, consulting physician, or primary physician, may, based on the member's particular expertise, render an athlete ineligible for participation due to concerns for the health or welfare of the athlete.

| Name                           | Role  | Responsibilities   |
|--------------------------------|---|--|
| Sergio Alvarado,<br>M.D.       | Physician Director                              | Oversees all aspects of Athletic Health Care Team  |
| Jose Rojas<br>Gabriela Ibrahim | Athletic Health Coordinators                    | Responsible for the day to day operations for all health and medical issues in athletics |
| Christina Cooper               | School Medical Personnel                        | Responsible for all health and medical issues with general school population             |
| Mark Torres                    | School Staff Administrator                      | Responsible for all day to day operations in athletics                                   |
| Counselors                     | Psychological/Social Services/ Grief Counseling | Responsible for all grief counseling/psychological/social issues.                        |
| All Athletic Coaches           | Coaches   | Responsible to ensure safety, stability, and the overall promotion of good health        |

## I. Phone Numbers and Locations

1. Telephones are located in coaches' offices, Athletic Coordinators office and the Athletic Training Room.
2. Notify the Athletic Trainer as soon as possible. Notify the parent(s) as soon as possible, especially if the student needs to be transported to hospital. If the parent(s) are not available and/or the student athlete needs transportation via ambulance, 911 should be used to contact EMS.
3. The Head Coach or Assistant Coach should make the phone calls if Athletic Trainers are occupied or not present. Student Athletic Trainers may be used in emergency situations, as well.
  - A. Information to be given over the phone
  - B. Type of emergency situation; conscious vs. unconscious
  - C. Type of suspected injury
  - D. Present condition of the athlete.
  - E. Current assistance being given (i.e. CPR, AED, First Aid)

### Phone Numbers

- Jose Rojas 915-937-9656
- Gabriela Ibrahim 915-937-9655
- Mark Torres 915-937-9654
- Christina Cooper 915-937-9442
- School Main 915-937-9400
- SISD Police 915-937-4357
- Psychological Services 915-937-0320

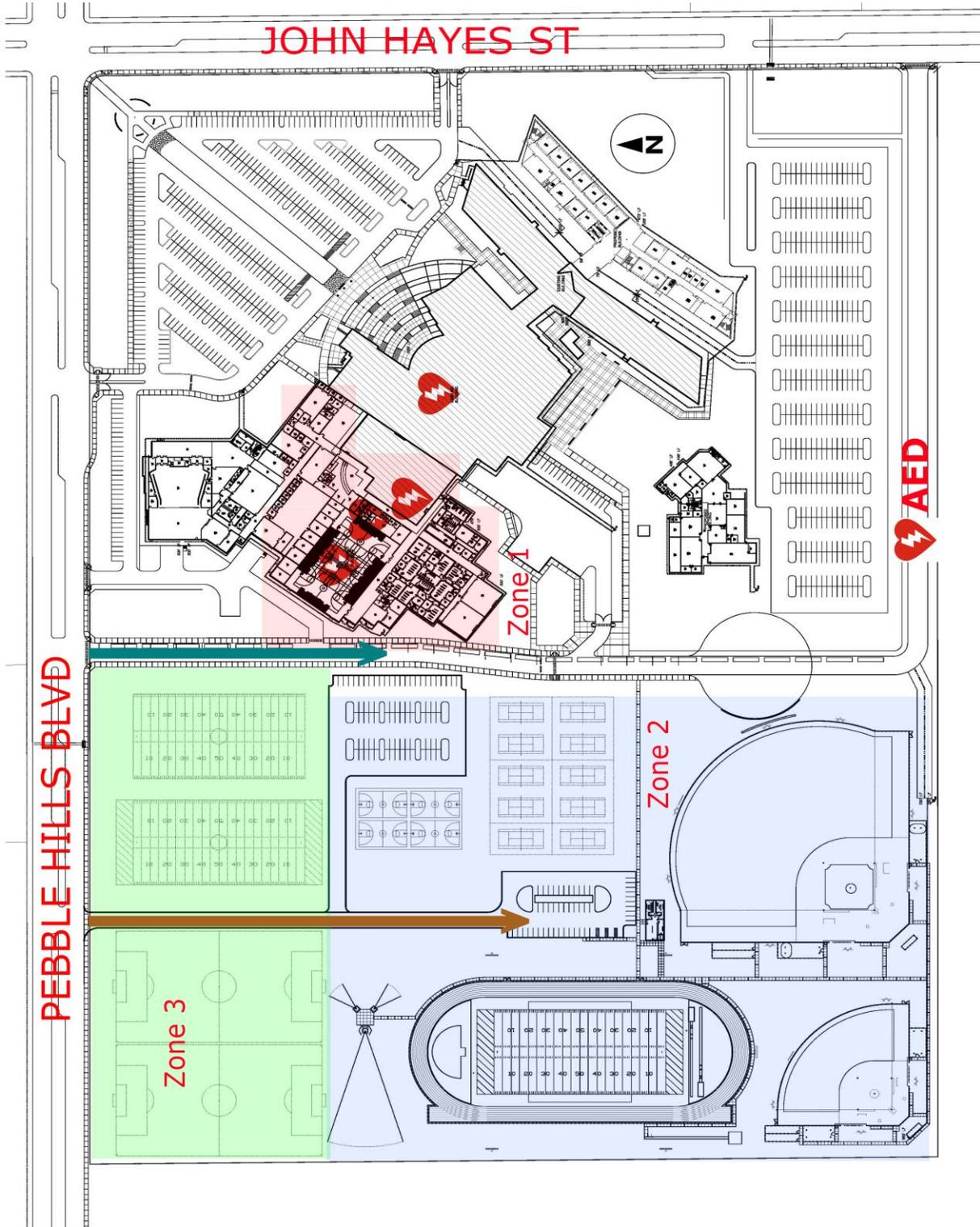
## 4. School Address

**14400 Pebble Hills BLVD.**

**El Paso, TX. 79938**

Pebble Hills High School is located on the intersection of Pebble Hills Blvd and John Hayes St.

III. Map



IV. Venue Specific Emergency Plans

**A. Emergency Phone Numbers**

Emergency: 911

SISD Police: 915-937-4357

Providence East Campus: 915-832-2000

**B. Emergency call procedure**

1. Call 9-1-1
2. Instruct emergency medical services (EMS) personnel to “report (specific location where the athlete is). **See Below**
3. Provide necessary information to EMS personnel:
  - Name, Address, telephone number that you are using
  - Number of victims; condition of victim
  - First aid treatment initiated
  - Specific directions as needed to locate scene
  - Other information as requested by dispatcher
4. Upon arrival of EMS personnel, provide pertinent information and assists with emergency care as needed.

**NOTES**

1. Notify Athletic Trainer
2. Notify High School Admin
3. Notify the parents (Please make sure you carry emergency contact numbers in your emergency portfolio or rankonesport.com).
4. Coach or Athletic Trainer should accompany student/athlete to hospital if parent unavailable (in case that you are the only coach, make sure to find out to what hospital is the victim being transported).
5. Fill out insurance information and give it to EMS personnel if it is needed

**\*\*\*\*ALL DIRECTIONS ORIGINATE FROM TRAVELING EAST ON PEBBLE HILLS\*\*\*\***

**Exact location of emergency and how to enter the facility**

**SEE MAP**

- A. Zone 1 (Gyms; Weight room; Wrestling Room; Locker rooms): Turn right on second entrance; teal arrow; off of Pebble Hills, Enter through double doors of main gym.
- B. Zone 2 (Tennis, Football/Soccer Fields, and Track): Turn right on first entrance; orange arrow; off of Pebble Hills, access parking lot at the end of the road.
- C. Zone 2 (Baseball and Softball Fields): Turn right on first entrance; orange arrow; off of Pebble Hills. Baseball is the 1<sup>st</sup> field to left. Softball is the 2<sup>nd</sup> field to the right.
- D. Zone 3 (Football/Soccer Practice Fields): Turn right on first entrance; orange arrow; off of Pebble Hills, fields are to the right and left immediately upon entering the road.

*An Administrator, Assistant Coach, Security Officer, or Student Trainer should wait near gate, door, or entrance to direct emergency personnel to injured athlete.*

V. Head injury protocol

1. At the time of injury administer one of these assessment tests: **(only if licensed health care professional)**
  - a. Sports Concussion Assessment Tool (SCAT5)
  - b. Standardized Assessment of Concussion (SAC)
  - c. Graded Symptom Checklist (GSC)
  - d. Sideline Functional & Visual Assessments
  - e. On-field Cognitive Testing
2. **Athlete does not return to the game or practice if he/she has any symptoms that would indicate the possibility of suffering a concussion.**
3. Licensed Physician Referral
4. Home Instructions
5. Return to Play Guidelines for Parents
6. Parent Informed Consent and Athletes Participation Form
7. Neuro-psychology testing 48 hours after injury (if athlete has had baseline testing)
8. **Note- If in doubt, athlete is referred to a Licensed Physician and does not return to play.**
9. **As per Texas State Law Sec. 38.156., the student must be removed if any concussion is SUSPECTED, the athlete must complete the return-to-play (RTP) protocol regardless of physician diagnosis.**

VI. Neck and Spine injury protocol

Neck and spine injury protocol Spine injury: adopted from the NATA Spine Task Force, Aug 8, 2015

1. Any athlete that is suspected of having a spinal injury should not be moved and should be managed as though a spinal injury exists.
2. Activate EMS.
3. Assess CAB's, neurological status, and level of consciousness
4. The athlete should not be moved unless absolutely essential to maintain CAB's.
5. When moving a suspected spine injured athlete, the head and trunk should be moved as a unit. One accepted technique is to manually splint the head to the trunk with inline stabilization.
6. Protective athletic equipment should NOT be removed prior to transport to an emergency facility unless the airway is compromised. If needed equipment removal should be performed by at least **two rescuers** trained and experienced with equipment removal at the earliest possible time. One person must maintain neck aligned; another person uses facemask removal tool to remove face mask only.

## VII. Minor to Moderate injury Protocol

A. Minor injuries: Grade 1 sprain and strains, superficial lacerations, nosebleeds, contusions, heat cramps, etc.

1. Evaluate injury.
2. Treat injuries appropriately. Use universal precautions for body fluid contact.
3. Decision to be made on continued participation.
4. Consultation with a certified athletic trainer as soon as feasible.
5. Document actions.

B. Moderate injuries: Grade 2 and 3 sprains and strains, head injuries, heat exhaustion, deep lacerations, etc.

1. Evaluate injury.
2. Treat injuries appropriately. Use universal precautions for body fluid contact.
3. Notify a certified athletic trainer as soon as possible.
4. Emergency room intervention should be considered.
5. Document actions

## VIII. Lightning Protocol

“Lightning is the most consistent and significant weather hazard that may affect interscholastic athletics. Within the United States, the National Severe Storms Laboratory (NSSL) estimates that 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes each year. While the probability of being struck by lightning is extremely low, the odds are significantly greater when a storm is in the area and the proper safety precautions are not followed.”

### A. Chain of Command

- The responsibility for removing athletes from a practice/scrimmage area due to the threat of lightning lies with the athletic trainer.
- In the event the athletic trainer is not present, the head coach or designated assistant coach will assume responsibility.
- The athletic trainer present will be responsible for monitoring the weather and advising the head coach or designated assistant coach on the situation.
- The responsibility for removing athletes from a game area due to the threat of lightning lies with the official, referee or umpire in charge.
- It is the responsibility of the athletic trainer present to inform the official, referee or umpire in charge and the visiting team’s athletic trainer or head coach of the lightning policy.
- It is also the responsibility of the athletic trainer present to monitor the weather and advise the official, referee or umpire in charge on the situation.

## **B. Means of Monitoring Weather**

- The Pebble Hills Athletic Training Department utilizes lightning detection device and weather bug app. The devices should be used to determine if the lightning is too close for safe continuation of practice or game events.
- Flash/Bang Method: count the number of seconds which past between a lightning strike (flash) and the following sound of thunder (bang). Take the number of seconds between flash and bang then divide by five, the resulting number is the approximate distance, in miles, from the practice/ game area to the lightning flash. **(Example: 15 seconds would equal 3 miles.)**
- Flash/Bang method will be used in the absence/addition of other detection devices.

## **C. Safe Locations from a Lightning Hazard**

- Any fully enclosed, substantial building; ideally with plumbing, electrical wiring and telephone service which aid in grounding the building.
- If a substantial building is not available, a fully enclosed vehicle with a metal roof and the windows completely enclosed is a reasonable alternative.
- Cellular or cordless telephones should be used for summoning help during a thunderstorm. They are a reasonably safer alternative to land-line telephones.

## **D. Unsafe Locations from a lightning Hazard**

- Small structures such as rain or picnic shelters or athletic storage sheds should be avoided during thunderstorms.
- Convertible vehicles and golf carts do not provide a high level of protection and cannot be considered safe from lightning.
- Locker-room shower areas, swimming pools (indoor and outdoor), land-line telephones and electrical appliances are also unsafe due to the possible contact with current carrying conduction.

## **E. If No Safe Location is Available**

- Find a thick grove of small trees surrounded by taller trees or a dry ditch.
- Stay away from the tallest trees or objects (i.e. light poles, or flag poles), metal objects (i.e. fences or bleachers), individual trees, standing pools of water, and open fields.
- Assume a crouched position on the ground with only the balls of your feet touching the ground, head lowered and cover your ears. **DO NOT LIE FLAT!**
- A person who feels his/her hair stand on end or skin tingle should immediately assume the position described above.

## **F. Suspension and Resumption of Athletic Activity**

- Suspension of athletic activity should occur when lightning is within **EIGHT** miles or the Flash/Bang ratio reaches forty (40) seconds.
- Flash/Bang can be used in conjunction with the Skyscan, if available, and local weather reports to make a sound decision.
- Resumption of athletic activity should not occur until thirty (30) minutes after the last lightning flash is seen.
- **As a minimum, the National Severe Storm Laboratory (NLSS) and NCAA Committee on Competitive Safeguards and Medical Aspects of Sports strongly recommend**

**that by the time the observer obtains a Flash to Bang count of 30 seconds, all individuals should have left the athletics site and reached a safe structure or location. Athletic events may need to be terminated.**

- The existence of blue sky and the absence of rain are not protection from lightning. Lightning can and does, strike as far as 10 miles away from the rain shaft. It does not have to be raining for lightning to strike.
- *A typical thunderstorm can travel up to 30 miles per hour. Experts believe 30 minutes allows for thunderstorms to be about ten to twelve miles from the area. This minimizes the probability of a nearby, and dangerous, lightning strike.*

#### **G. Obligation to Warn**

- According to a basic principle of tort law, an individual has a duty to warn others of dangers that may not be obvious to a guest of that person.
- A public address message should be given warning spectators of Pebble Hills High School athletic events if lightning activity becomes an imminent danger in the immediate area.

#### **H. Pre-hospital Care of Lightning Strike Victims**

- Activate the local emergency management system.
- Lightning strike victims do not carry a charge and are safe to assess.
- The first rule of CPR, make sure the scene is safe, applies as well. If need be move, the victim to a safe location.
- It has been demonstrated that there is high success rate of resuscitating lightning strike victims using CPR. Thus, it is imperative to treat the “apparently dead” first by promptly initiating CPR.
- Secondary survey should include evaluating and treating these common injuries from lightning strikes: hypothermia, shock, fractures, and burns.

#### **PHHS Safe Location:**

1. Inside School Building
2. Locker Rooms excluding shower areas
3. Concession building

#### **PHHS Unsafe Locations:**

1. Golf cart storage
  2. Shower areas in locker-rooms
  3. Beside chain linked fences
  4. Bleachers
  5. Convertible automobile
- Buildings without 4 wall, plumbing, and electrical wiring

#### **X. AED Protocol**

- a. Pebble Hills High School will follow SISD Public Access Defibrillation Program See Appendix A.
1. AED Locations **(See EAP Map)**  
Building Main Entrance (Security Office)  
Main Gymnasium (east entrance)  
Aux Gym (north entrance)  
Athletic Training Room (E114) 3

**An AED will be present at all games and practices.**

## REFERENCES

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