

T. DANNY PATTERSON  
PRINCIPAL

# Leroy High School

26301 HIGHWAY 43  
P.O. BOX 40  
LEROY, ALABAMA 36548

PHONE: (251) 246-2000  
FAX: (251) 246-2199

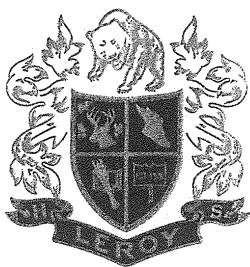
## LEROY HIGH SCHOOL ATHLETIC EMERGENCY ACTION PLAN 2018-2019

Leroy 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 athletic director 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.

### **SITUATION 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



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- 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

Administrator

Athletic Director

Head Coach

Assistant Coach

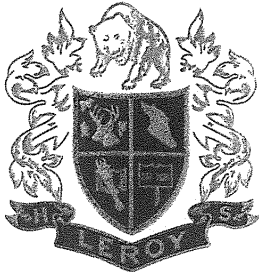
Student Assistant Trainer

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:

## EMERGENCY ACTION PLAN

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,



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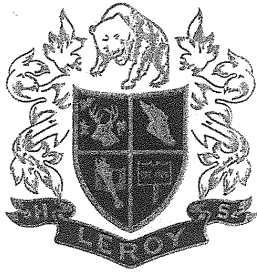
someone else on the chain of command should also stay and assist. The front office or an administrator should be notified that there is an emergency situation on campus.

2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. (The designated "EMS phone person" will make the call to the local EMS if one is not available on scene) 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 Leroy High School are located in the main office, cafeteria, and counselor's office. The head coach will always carry a cellphone and he/she shall assign an assistant coach or coaches with emergency contact information for all student-athletes.

4. The leader will send runners to all intersections between where the athlete is located and Leroy 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 the "contact person" to attempt contact with the athlete's parents. Emergency contact information can be found with the head trainer/Encore athletic trainers, designated individual should have with them at all times. If a parent is not present, the form should accompany the



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athlete to the hospital.

6. If transport is deemed necessary by EMS, the athlete will be taken to the hospital of choice which shall be listed on the emergency contact form. If for any reason it is not present, the transport will be to the nearest hospital.

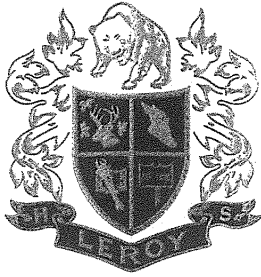
Leroy High School is located at:

26301 Hwy 43

The closest intersection to the school is County Road 34.

## Location of AED's

1. Front office of main school building.
2. For off campus access, AED's are required to be with the head coach or designated person at all practices and games. At games the athletic director will be in charge of the AED. If an athletic trainer is unavailable during practices, the head coach will be responsible for the AED.



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**IMPORTANT PHONE NUMBERS:**

Principal – (251) 246-2000 Ext 4 cell ~~T. Danny Patterson~~ <sup>Stacy Dees 463-7331</sup> (251) ~~246-2000~~

Vice Principal – (251) 246-2000 Ext 3 cell ~~Anthony Williams~~ <sup>Jason Massey 589-9644</sup> (251) ~~246-2199~~

Athletic Director – (251) 589-9644 cell Jason Massey

Head Coach

EMS: 911

**ZONE 1** (Football Field, Baseball Field, Softball Field,)

EMS Route: 26301 HWY 43

Primary AED: Front office of the Main Office

Secondary AED: Athletic Trainer or Head Coach

**ZONE 2** (Main Gymnasium – Basketball, Volleyball)

EMS Route: 26301 Hwy 43

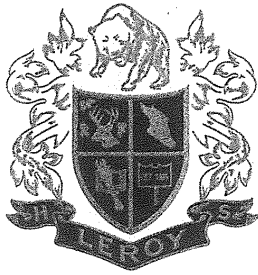
Primary AED: Front office of the Main Office

Secondary AED: Athletic Trainer or Head Coach

**ZONE 3** (Agriculture Building)

EMS Route: 26301 HWY 43

Primary AED: Front office of the Main Office



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Secondary AED: Athletic Trainer or Head Coach

## Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

Confusion

Dark-colored urine (a sign of dehydration)

Dizziness

Fainting

Fatigue

Headache

Muscle or abdominal cramps

Nausea, vomiting, or diarrhea

Pale skin

Profuse sweating

Rapid heartbeat

## Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.



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Other recommended strategies include:

Drink plenty of fluid (avoid caffeine and alcohol).

Remove any tight or unnecessary clothing.

Take a cool shower, bath, or sponge bath.

Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.

## **Symptoms of Heat Stroke**

The hallmark symptom of heat stroke is a core body temperature above 105 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

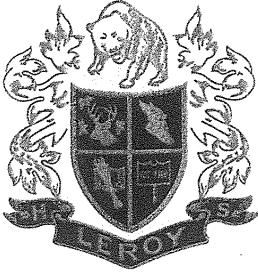
Throbbing headache

Dizziness and light-headedness

Lack of sweating despite the heat

Red, hot, and dry skin

Muscle weakness or cramps



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Nausea and vomiting

Rapid heartbeat, which may be either strong or weak

Rapid, shallow breathing

Behavioral changes such as confusion, disorientation, or staggering

Seizures

Unconsciousness

## First Aid for Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal.

While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.

If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. (If no thermometers are available, don't hesitate to initiate first aid.)

- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.

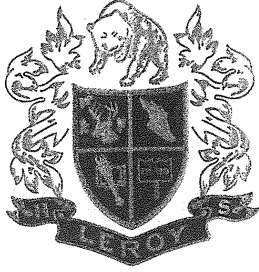
-Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.

-Immerse the patient in a shower or tub of cool water, or an ice bath.

-If emergency response is delayed, call the hospital emergency room for additional instructions.

## Concussion Protocols





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If a student-athlete is suspected of having a concussion, the coach or leader must immediately remove them from all activities and have them checked out by the trainer and followed up by medical personnel.

### Suspected Neck and/or Spinal Injury

If a student-athlete is suspected of having a neck and/or spinal injury, DO NOT MOVE THEM. If an athletic trainer is present, let the trainer handle the injured student-athlete. The designated coach begin the Emergency Action Plan by calling the EMS, notifying parents and operating within the chain of command. Remove all other participants away from the scene with other coaches.

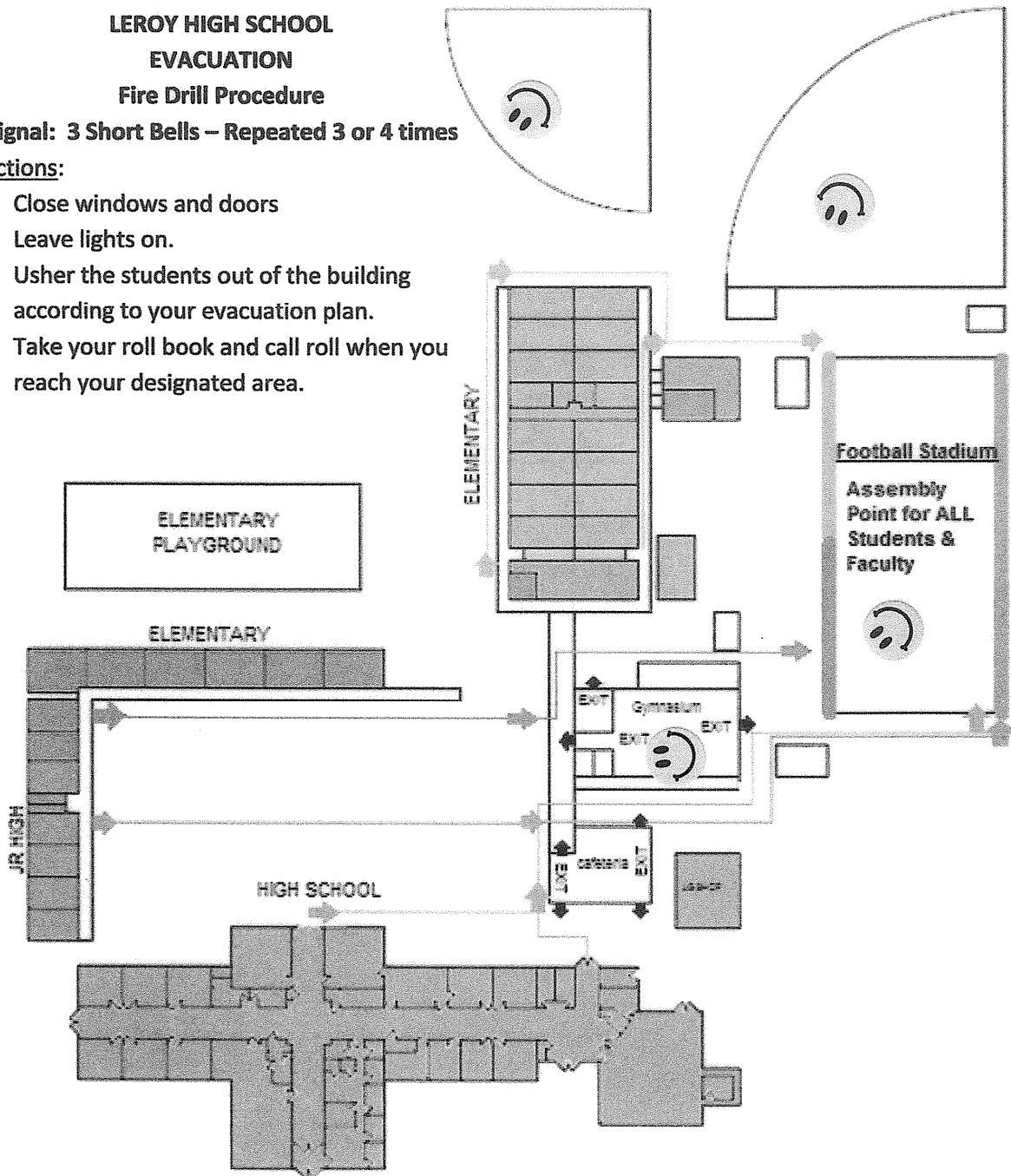
**LEROY HIGH SCHOOL  
EVACUATION**

**Fire Drill Procedure**

**Signal: 3 Short Bells – Repeated 3 or 4 times**

**Actions:**

1. Close windows and doors
2. Leave lights on.
3. Usher the students out of the building according to your evacuation plan.
4. Take your roll book and call roll when you reach your designated area.



**EVACUATION ROUTE**