

Emergency Action Plan - Sporting Events

Purpose Statement

Serious injury requiring emergency care and transportation is inherent in athletics and can occur at any time, during any activity and at any place. A SERIOUS INJURY IS ANY CONDITION WHEREBY THE ATHLETE'S LIFE MAY BE IN DANGER OR RISKS PERMENANT IMPAIRMENT. THESE INJURIES INCLUDE BUT ARE NOT LIMITED TO:

Cervical Spine and Head Injuries, Loss of Limb, Severe Bleeding, Shock, Severe Fractures, Heat and Cold Stress, Pulmonary Attack (breathing problem) and Cardiovascular Arrest (chest pain)

These emergency procedures are applicable for all sports at the Goodman Center and at the following off campus locations: Centre Court Athletic Club, Standard Bank Stadium, Toyota Park, The Stadium at the Ballpark at Rosemont, Private Bank Fire Pitch, and Lincoln Park Turf Field.

*Cross Country and Golf DO NOT have a venue.

This emergency plan has been developed to increase preparedness by coaches and the athletic training staff. The emergency plan is a scripted response to emergencies occurring on the campus of Roosevelt University. This plan should be discussed annually with coaches who should be provided with a copy of the emergency plan.

Annex Activation

The Sporting Event annex will be part of any sporting event planning.

Sporting Event Key Personnel:

Roosevelt University Athletic Training Staff: Inform staff of any emergency that has occurred within the athletic department and its members.

- Head Athletic Trainer: Mike Hanna, MS.Ed, ATC - (515) 890-2995
- Assistant Athletic Trainer: Bernadette Burke, MS, ATC - (614) 578-4664

Key Personnel Involved

Athletic Director
Associate Athletic Director
Head Athletic Trainer
Assistant Athletic Trainer
Director of Campus Safety

Additional Personnel Affected by this plan
Athletic Training Staff
Coaches
Student Athletes
Campus Safety Personnel

General Guidelines

The athletic trainer staffing the facility or location of training will always carry the emergency plan in their medical kit. In the event of an emergency for sports that practice off-campus, the coach should know the location of the nearest telephone and the address from where she or he is calling. This may require pre-arranging access to a telephone. Through review and practice of the plan, responses to emergencies and care to athletes will be expedient and prudent.

The type and degree of event or practice coverage by the athletic training staff for an athletic event or practice may vary widely, based on such factors as the sport or activity, the venue, and the number of teams competing. During in-season practice and competition on campus, the first responder to an emergency situation will typically be a certified athletic trainer from the athletic training staff. However, during the non-traditional season or other out of season times, the first responder would more likely be a coach, bystander, or other institutional personnel.

Consequently, bi-annual certification in CPR, first aid, prevention of disease transmission, and emergency plan review is required for all Athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

Emergency Procedures

In the case of an emergency occurring during a practice or game, a certified athletic trainer will be responsible for implementing emergency procedures with the assistance of first responders and the team's coach (es). These procedures have been designed with the assumption that a certified athletic trainer will be present when an emergency occurs.

If an emergency would occur at a time when a certified athletic trainer is not present, the coach or a first responder more qualified in emergency care is responsible for implementing the emergency procedures. EMS should be activated immediately while the athlete is being stabilized. If the athlete is not breathing and/or has no pulse, begin CPR procedures. If an AED is available, it should be activated immediately. A certified athletic trainer should be quickly located and directed to the athlete. When a team travels for competition, it is the responsibility of the athletic trainer or the coach (if no athletic trainer) to become familiar with the host's emergency care procedures.

Communications and Transportation

Communication is the key to quick delivery of emergency care in situations of serious injury to an athlete. When an ambulance is on site, communication prior to the event is a good way to establish boundaries and to build rapport between the athletic training staff and emergency medical personnel. If an ambulance is not on-site during a particular sporting event, then access to a telephone for direct communication with the emergency medical system at the time of injury or illness is essential. Telephones at or around venues should be checked periodically to ensure that they are in proper working order.

Emergency Communication: Between staff members please use cellular phones to reach if not immediately available. **When using campus telephones you must dial 9 to get an outside line, then the number.** Local EMS is 911. **Dial x2020 for Campus Safety using a campus telephone.** Campus safety has direct dispatch with local EMS.

When activating EAP take the following steps:

1. Contact 911
2. Give your name, your location, and number from where you are calling
3. Specific directions to the emergency scene
4. Number of athletes involved
5. Condition of athlete(s)
6. First aid being administered
7. Other information requested by the dispatcher
8. Let the dispatcher hang up first

If an emergency situation involving serious, life-threatening injuries occurs, the athlete should be transported by ambulance. It is recommended that an athletic training student, coach, or teammate accompany the injured athlete to the hospital in the ambulance. The staff athletic trainer should remain at the sporting event / practice until it is completed.

For other non-life threatening injuries, suitable arrangements will be made. Only in circumstances where there is no other alternative and prompt care is needed should a staff member or student transport an injured athlete.

AFTER HOURS

In the event of an emergency after office hours, the following plan should be initiated: Call 911 and go to the nearest hospital.

- *Mercy Medical Center*, 2525 South Michigan Ave, Chicago, IL 60616
Phone: (312) 567-2000
- *Rush University Medical Center*, 1700 West Van Buren Street, Chicago, IL 60612
Phone: (312) 942-5000
- *Northwestern Memorial Hospital*, 251 E Huron St, Chicago, IL 60611
Phone: (312) 926-2000

If you live on campus, contact your dorm's RA and security (312) 341-2020 and also notify the athletic training staff of the emergency. Also contact your head coach/staff and a family member (if necessary).

Emergency Equipment

All necessary emergency equipment should be available and quickly accessible for the sporting event. All athletic training personnel should be familiar with the function and operation of the emergency equipment. The equipment should be in good operating condition and checked periodically for proper maintenance. It is important to rehearse on a regular basis, the proper techniques for the use of the emergency equipment. All equipment should be stored in a clean and environmentally controlled area and readily available in case of an emergency situation.

The following emergency equipment items are readily available; these items are often located on the field and gymnasium with the home team and athletic training staff.

- AEDs
- Vacuum Splint Bags
- Sam Splints
- Pocket Masks
- Walkie-Talkie Radios
- Epipen
- Albuterol
- First Aid Kits
- Crutches
- ACE Bandages
- Knee Immobilizer
- Shoulder Sling
- OSHA Materials
- General Athletic Training Supply Bags

Spine board Procedures:

- Athletic Trainer will stabilize head and wait for EMS to arrive before spine boarding any student-athlete.

Coaches Role:

- If only one ATC is available at an event coaches must be ready to assist the ATC with the process during an emergency situation.
 - Examples include but not limited to: log rolling the athlete to his/her back, calling 911, directing EMS personal to emergency site and retrieving emergency equipment and an AED.

VENUE Addresses, EMS Entry, and nearest Hospital/Immediate Care Clinic:

1. Centre Court Athletic Club

- 1919 Walnut Ave, Hanover Park, IL 60133
- EMS will enter the facility from the parking lot off Church St.
- Nearest Hospital:
NCH Northwest Community Hospital
800 Central Rd, Arlington Heights, IL 60005
Phone: (847) 618-1000
- Nearest Immediate Care:
Northwestern Medicine Convenient Care Bartlett
820 IL-59, Bartlett, IL 60103 - Phone: (630) 213-9600
Hours: M-F 7:30am-8:30pm, Sat and Sun 8am-6pm

2. Standard Bank Stadium

- 14011 Kenton Avenue, Crestwood, IL 60445 - (708) 489-2255
- EMS will enter the facility through the southeast entrance off of Kenton Ave.
- Nearest Hospital or Immediate Care:
Metro South Medical Center
12935 Gregory Street, Blue Island, IL 60406
Phone: (708) 597-2000

3. Goodman Center (Athletic Training Facility)

- 501 S Wabash Ave, Chicago, IL 60605
- EMS will enter the facility through the northwest entrance off of Wabash Ave.
- Nearest Hospital:
Northwestern Memorial Hospital
201 E Huron St #105, Chicago, IL 60611
Phone: (312) 926-3627
- Nearest Immediate Care:
Physicians Immediate Care - South Loop
811 South State Street, Chicago, IL
Phone: (312) 566-9510
Hours: M-F 8am-8pm, Sat and Sun 8am-4pm

4. Toyota Park

- 7000 South Harlem Avenue, Bridgeview, IL 60455 - (708) 594-7200
- EMS will enter the facility from the south entrance off of 71st St.
- Nearest Hospital:
Holy Cross Medical Center
6084 S Archer Ave # 102, Chicago, IL
Phone: (773) 585-1943
- Nearest Immediate Care:
Concentra Immediate Care
8755 South Harlem Avenue, Bridgeview, IL
Phone: (708) 430-2295
Hours: M-Sat 12am-4am

5. The Stadium at the Ballpark at Rosemont

- 27 Jennie Finch Way (Balmoral and Pearl Street) Rosemont, IL 60018
- AED is located along first base side of the concourse
- EMS will enter the facility from the south (main) entrance off of Pearl St.
- Nearest Hospital:
Advocate Lutheran General Hospital
1775 Dempster St, Park Ridge, IL 60068
(847) 723-2210
- Nearest Immediate Care:
Physician's Immediate Care
4900 North Cumberland Avenue, Norridge, IL
Phone: (708) 456-1600
Hours: M-F 7:30am-10pm, Sat 8am-8pm, Sun 8am-4pm

6. Private Bank Fire Pitch

- 3626 N. Talman Avenue, Chicago, IL 60618
- AED: Brought to field
- EMS will enter the facility from N. Talman Ave.
- Nearest Hospital:
Methodist Hospital of Chicago
5025 North Paulina Street, Chicago, IL 60640
(773) 271-9040
- Nearest Immediate Care:
Lakeview Immediate Care
1645 W School St, Chicago, IL 60657
Phone: (773) 245-5010
Hours: M-T 8am-8pm, F-Sat 8am-6pm, Sun 8am-4pm

8. Lincoln Park Turf Field

- 1778 N Cannon Drive, Chicago, IL 60614
- AED: Brought to field
- EMS will enter via N Cannon Drive through Lincoln Park Zoo parking entrance
- Nearest Hospital:
Presence Saint Joseph Hospital – Chicago
2900 N Lake Shore Dr, Chicago, IL 60657
Phone: (773) 665-3000
- Nearest Immediate Care:
Immediate MD
121 W North Ave, Chicago, IL 60610
Phone: (312)-643-5606
Hours: M-F: 8am-8pm, Sat 9am-6pm, Sun 9am-5pm

INCLEMENT WEATHER PROCEDURES

GENERAL POLICY

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Tornado), it will be at the discretion of the on-site athletic training staff to determine if the practice/game fields should be evacuated. Exceptions will be made for cross-country and tennis, whereby the head coach will have to suspend activity in the absence of an athletic training staff member.

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 Roosevelt University athletes, coaches, support staff and fans. To monitor lightning, the athletic training staff will utilize both the Flash-Bang method and a StrikeAlert 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 Chicago, Illinois by Internet. Internet sites are as follows:

<https://weather.com/maps/severe/lightningstrikes>
<http://www.intellicast.com/Storm/Severe/Lightning.aspx>
<http://www.accuweather.com/>
<http://www.strikestarus.com/>
2. Lightning detector will be situated on the outside fields during the possibility of inclement weather. If lightning is detected and the severe weather signal is illuminated, with two subsequent readings within 30 seconds, or on the detector at 0-6 mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the field and/ tennis courts and seek shelter. The nearest shelter for tennis is Roosevelt University.
3. If the 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 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 the field once the lightning detector has detected no activity in the 3-8 mile range or 30 minutes from last sight of lightning.
5. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts). 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 feet 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, it's 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 landline telephone. A cellular phone or a portable phone is a safe alternative to landline telephones, 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 from the playing field or court.

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.

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: *"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 nearest enclosed structure. 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 StrikeAlert Lightning Detector at the 24-40 miles away range and no activity in the 0-6 mile range.

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

Lightning Detection Procedures for Non-Supervised Activities:

Example: Athletes using facilities in the off-season or outside of regular practice hours.

No method of lightning detection can detect every strike nor is prevention from lightning a guarantee. However, we encourage you to follow the Flash-Bang-Method to monitor the approximation of lightning.

HEAT INDEX

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 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).

Conclusion

The importance of being fully prepared when athletic emergencies arise is obvious. An athlete's survival may hinge not only on how well trained and prepared the athletic training staff is but in some instances, how quickly and effectively a coach or first responder acts. It is expected that all certified athletic trainers, athletic training students, and coaches know the emergency plan and be able to implement it at any venue where they are working.

The emergency plan should be reviewed annually with all athletic personnel. In addition, it is required that all coaching personnel be CPR certified and trained in the use of an AED. The athletic department offers CPR/AED instruction annually. Questions or uncertainties regarding the emergency plan or how it applies to a specific venue should be addressed to an athletic training staff member.