Seabreeze High School
Emergency Action Plan

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Seabreeze High School
Emergency Action Plan for Athletics Overview

Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities workers must be prepared. Athletic organizations have a duty to develop an emergency plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation 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 sports medicine team should enable each emergency situation to be managed appropriately.

Components of an Emergency Plan
1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [also including: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards are maintained in the athletic training facility and/or with the athletic director.

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training student, coaches, managers, and possibly bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, preference of the head athletic trainer, etc.

The four basic roles within the emergency team are:

1. Establish scene safety and immediate care of the athlete:
   a. This should be provided by the most qualified individual on the medical team.

2. Activation of Emergency Medical Services:
   a. This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team. However, the person chosen should be someone who is calm under pressure, communicates well, and is familiar with the location and address of the sporting event.

3. Equipment Retrieval:
   a. May be done by anyone on the emergency team who is familiar with the types of locations of the specific equipment needed. Athletic training students, managers and coaches may be good choices for this role.

4. Direction of EMS to the Scene:
   a. One of the members of the team should be in charge of meeting the emergency medical personnel as they arrive at the site. This person should have keys to locked gates or doors.
Activating Emergency Medical Services

- Call 9-1-1
- Provide Information
  - Name, address, telephone number of the caller
  - Nature of emergency (medical or Non-medical)
  - Number of athletes
  - Condition of athletes
  - First aid treatment initiated by the first responder
  - Specific directions as needed to locate the emergency scene
    - I.e. “use the south entrance to the stadium on Pomfret Street”
  - Other information requested by the dispatcher
- If non-medical, refer to the specified checklist of the non-athletics EAP

Emergency Communication

Communication is a key to a quick, efficient emergency response. There should be a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with function and operation of each type of emergency equipment. The equipment should be checked on a regular basis to ensure good condition and equipment use should be rehearsed by all emergency personnel. Creating an equipment inspection log book is strongly recommended. Know how to properly care for and store all of the equipment. You should choose a clean, dry, environmentally controlled area and it should be readily available when emergency situations arise.
Medical Emergency Transportation

Emphasis is placed on having an ambulance on site at high risk sporting events, such as football, gymnastics, track and field meets, etc. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and cleared route for entering/exiting the venue. In the event that an ambulance is not on site, the medical personnel should be aware of average EMS response time for the athletic venue and distance from the venue to local hospitals.

Any emergency situation where there is impairment in loss of consciousness (LOC), airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment, and proper transportation.

Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan and follow instructions.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s survival may hinge on the training and preparation of athletic healthcare providers. It is prudent to invest athletic department “ownership” in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should be reviewed at least once a year with all athletic personnel and local emergency response teams. Through development and implementation of the emergency plan Seabreeze High School helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Approval and acceptance of the Seabreeze High School Emergency Plan for Athletics.

Approved by: ____________________________ Date: __________
School Principal

Approved by: ____________________________ Date: __________
School Athletic Director

Approved by: ____________________________ Date: __________
Head Athletic Trainer
# Seabreeze High School Important Contacts List

## Off Campus Contacts

<table>
<thead>
<tr>
<th>Off Campus Contacts</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police Department</td>
<td>(386) 671-5380</td>
</tr>
<tr>
<td>EVAC</td>
<td>(386) 252-4900</td>
</tr>
<tr>
<td>Halifax Medical Center</td>
<td>(386) 425-4000</td>
</tr>
<tr>
<td>Poison Control</td>
<td>(800) 222-1222</td>
</tr>
</tbody>
</table>

## On Campus Offices

<table>
<thead>
<tr>
<th>On Campus Offices</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Training Room</td>
<td>54678</td>
</tr>
<tr>
<td>Nurses Office</td>
<td>54898</td>
</tr>
<tr>
<td>Athletic Director</td>
<td>54652</td>
</tr>
<tr>
<td>Main Office</td>
<td>54601</td>
</tr>
<tr>
<td>Student Resources</td>
<td>54628</td>
</tr>
</tbody>
</table>

## Title

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head ATC</td>
<td>Brian Eschen</td>
<td>54678</td>
</tr>
<tr>
<td>Assistant ATC</td>
<td>Mark Lebeda</td>
<td>54657</td>
</tr>
<tr>
<td>Athletic Director</td>
<td>Billy Gahagan</td>
<td>54652</td>
</tr>
<tr>
<td>School Nurse</td>
<td></td>
<td>54898</td>
</tr>
<tr>
<td>Principal</td>
<td>Joe Rawlings</td>
<td>54614</td>
</tr>
</tbody>
</table>
Seabreeze High School
2700 North Oleander Avenue, Daytona Beach, FL 32118

Campus Athletics Venue Information

<table>
<thead>
<tr>
<th>Venue</th>
<th>EMS Route Entrance</th>
<th>AED</th>
<th>Lightning Safe Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnasium</td>
<td>Faculty Lot Main Entrance</td>
<td>Athletic Training Room</td>
<td>Stay Inside</td>
</tr>
<tr>
<td>Wrestling Room</td>
<td>Faculty Lot Main Entrance</td>
<td>Athletic Training Room</td>
<td>Stay Inside</td>
</tr>
<tr>
<td>Weight Room</td>
<td>Faculty Lot Main Entrance</td>
<td>Athletic Training Room</td>
<td>Stay Inside</td>
</tr>
<tr>
<td>Track and Field</td>
<td>South Lot Entrance</td>
<td>Athletic Training Room</td>
<td>Inside Gymnasium</td>
</tr>
<tr>
<td>Tennis Courts</td>
<td>South Lot Entrance</td>
<td>Athletic Training Room</td>
<td>Inside Gymnasium</td>
</tr>
<tr>
<td>Municipal Stadium</td>
<td>East Entrance (Visitors Side)</td>
<td>Home sideline with athletic trainer</td>
<td>Inside locker rooms</td>
</tr>
<tr>
<td>OBSC Football</td>
<td>Entrance off Harmony Ave</td>
<td>Home Sideline with athletic trainer</td>
<td>Inside locker room building</td>
</tr>
<tr>
<td>OBSC Baseball</td>
<td>Entrance off Harmony Ave</td>
<td>Home dugout with athletic trainer</td>
<td>Inside bathroom building</td>
</tr>
<tr>
<td>OBSC Softball</td>
<td>Entrance off Hull Rd</td>
<td>Home dugout with athletic trainer</td>
<td>Inside concession stand building</td>
</tr>
</tbody>
</table>
Seabreeze High School
Gymnasium EAP

Address: 2700 North Oleander Avenue, Daytona Beach, FL 32118

Venue Directions: A1A to Plaza Blvd. Make a right on Oleander and a right into the parking lot. First building on the right.

GPS Coordinates: 29.265372, -81.030231

Map Key: Red Line = Ambulance entrance. Red Arrow = Lightning Safe Location. Yellow Star = AED Location
Seabreeze High School
Wrestling Room EAP

Address: 2700 North Oleander Avenue, Daytona Beach, FL 32118

Venue Directions: A1A to Plaza Blvd. Make a right on Oleander and a right into the parking lot. First building on the right.

GPS Coordinates: 29.265372, -81.030231

Map Key: Red Line = Ambulance entrance. Red Arrow = Lightning Safe Location. Yellow Star = AED Location

Map of Venue
Seabreeze High School
Weight Room EAP

Address: 2700 North Oleander Avenue, Daytona Beach, FL 32118

Venue Directions: A1A to Plaza Blvd. Make a right on Oleander and a right into the parking lot. First building on the right.

GPS Coordinates: 29.265372, -81.030231


Map of Venue
Seabreeze High School
Track and Field EAP

Address: 2700 North Oleander Avenue, Daytona Beach, FL 32118

Venue Directions: A1A to Plaza Blvd. Make a right directly past Denny's into the rear parking lot and the track and field is on your left.

GPS Coordinates: 29.265564, -81.029378

Seabreeze High School
Tennis Courts EAP

Address: 2700 North Oleander Avenue, Daytona Beach, FL 32118

Venue Directions: A1A to Plaza Blvd. Make a right directly past Denny's into the rear parking lot and the tennis courts are on your left.

GPS Coordinates: 29.265564, -81.029378


Map of Venue
Seabreeze High School
Municipal Stadium EAP

Address: 3917 LGPA Blvd, Daytona Beach, FL 32124

Venue Directions: LPGA west towards Deland. Field will be on your left, past Father Lopez High School.

GPS Coordinates: 29.173480, -81.117855


Map of Venue
Seabreeze High School
OBSC Football and Soccer Field EAP

Address: 700 Hull Rd, Ormond Beach, FL 32174

Venue Directions: Take US 1 North. Take a left on Hull Rd. Take your second right on Harmony Ave. Follow Harmony to the entrance for Ormond Beach Sports Complex (Hull Rd). Follow until the baseball fields on the left.

GPS Coordinates: 29.310142, -81.121927


Map of Venue
Seabreeze High School
OBSC Baseball Fields EAP

Address: 700 Hull Rd, Ormond Beach, FL 32174

Venue Directions: Take US 1 North. Take a left on Hull Rd. Take your second right on Harmony Ave. Follow Harmony to the entrance for Ormond Beach Sports Complex (Hull Rd). Follow until the baseball fields on the left.

GPS Coordinates: 29.306889, -81.121118


Map of Venue
Seabreeze High School
OBSC Softball Fields EAP

Address: 700 Hull Rd, Ormond Beach, FL 32174

Venue Directions: Take US 1 North towards Destination Daytona. Make a left on Hull Rd. Follow Hull Rd until you see the softball field on the left.

GPS Coordinates: 29.304895, -81.118088

Seabreeze High School
Oceanside Golf Course (Girls Golf/ Boys Tennis) EAP

Address: 75 N Halifax Dr, Ormond Beach, FL 32176

Venue Directions: Take A1A North and make a left on Granada Blvd. Make a right at the first light onto N. Halifax Ave and the course will be on your right.

GPS Coordinates: 29.292049, -81.045059

Seabreeze High School
Riviera Golf Course (Boys Golf) EAP

Address: 500 Calle Grande St, Ormond Beach, FL 32174

Venue Directions: Take US 1 South to Calle Grande St and make a right. Golf course will be on the left.

GPS Coordinates: 29.259044, -81.056633


Map of Venue
Seabreeze High School Lightning Policy

Proactive Planning

- Assign one person at the facility to monitor the weather at the venue. When the Certified Athletic Trainer (ATC) is present, they are the person in charge of monitoring and making the suspension and return to activity decisions.
- When lightning is within a 10 mile radius of the field, practice or competition must be suspended.
- Suspend play and take shelter immediately in an approved safe location.
- Thirty-minute rule. Once play has been suspended, wait at least 30 minutes once lightning has not happened in the 10 mile radius.
- Any subsequent lightning in the 10 mile radius, after the beginning of the 30 minute count, reset the clock and another 30 minute count should begin.
- At Municipal Stadium or Ormond Beach Sports Complex there are lightning detection systems in place that when activated the fields will be cleared. The system will beep and stop flashing when lightning clears the 10 mile radius.

Safe Locations

- For each venue, identify substantial, fully enclosed buildings with wiring and plumbing, such as a school, field house, library, home, or similar habitable (eg, where people live and work) building to serve as a safe place from lightning. Identify these locations before the event, and inform participants of them. Access to these buildings during outdoor activities must be assured.
- Fully enclosed metal vehicles such as school buses, cars, and vans are also safe locations for evacuation.

Unsafe Locations

- Unsafe locations include most places termed shelters, such as picnic, park, sun, bus, and rain nonmetal shelters and storage sheds.
- Locations with open areas, such as tents, dugouts, refreshment stands, gazebos, screened porches, press boxes, and open garages are not safe from a lightning hazard.
- Tall objects (eg, trees, poles and towers, and elevated areas) are potential lightning targets and should be avoided. Large bodies of water, including swimming pools, are unsafe areas.
- Injuries have been reported to people inside a building who were using plumbing or wiring or were near enough to the structure to receive a side flash from lightning. Close proximity to showers, sinks, locker rooms, indoor pools, appliances, and electronics can be unsafe.
Heat Stroke Treatment

Steps to initiate emergency treatment:

- Remove all equipment and excess clothing.
- Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub/stock tank with ice and water approximately 35–58°F); stir water and add ice throughout cooling process.
- If immersion is not possible (no tub or no water supply), take athlete into a cold shower or move to shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
  - If rectal temperature is not available, **DO NOT USE AN ALTERNATE METHOD** (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
- Cease cooling when rectal temperature reaches 101–102°F (38.3–38.9°C).

Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole body cold water dousing) was initiated within 10 minutes of collapse.