EMERGENCY ACTION PLAN

Kettering City Schools

Athletic Activities at Fairmont High School Facilities

Revised July 24, 2019

3301 Shroyer Ave.
Kettering, OH 45429

- Fairmont High School
- Trent Arena
- Fairmont Park Stadium
- Baseball Field
- Softball Field
- Practice Fields

3750 Far Hills Ave.
Kettering, OH 45429

- Roush Stadium (Football)
- Barnes Board of Education Building (indoor practice gym)

3775 Shroyer Ave
Kettering, OH 45429

- Van Buren Middle School
- Roush Stadium (Football)
# Emergency Action Plan

- Kettering City Schools Athletic Activities

**July 24, 2019**

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### Addresses and Maps of facilities:
- Fairmont High School
- Fairmont Park Stadium
- Fairmont High School Athletic Fields
- Trent Arena
- Roush Stadium
- Barnes (Board of Education Building)
Emergency Action Plan Overview:

- The athletic trainer(s), team physician(s), game officials and athletic department site manager(s) oversee implementing this plan. The head coach will be in charge if the activity is off site or at times not covered by medical staff or athletic department staff.
- Coaches and teams must follow the hosting venue’s Emergency Action Plan when attending “away” events.
- Coaches are required by the board of education and state policy to maintain CPR/AED and First Aid in addition to other certifications.
- Coaches are required to have a cell phone at their team activities for emergency use.
• The high school student aides are used only as assistants.
• Coaches are responsible for ensuring that each participating athlete always has an up-to-date physical on file with the athletic department.
• Coaches must carry a printed copy of each athlete’s Emergency Medical Authorization (EMA) with the team at all practices and games.

In an emergency, care should be provided by the most qualified individual member of the treatment team on scene. Individuals with less training should yield to those with more appropriate training. This should be determined by coaching staff during an annual review. Spectators with medical credentials do not have consent to treat KCS student-athletes; therefore, they should only serve as “Good Samaritans” upon the request and in coordination of the district emergency team.

Role of the Athletic Trainer:
• When an athletic trainer is on the scene to assess an injury or illness they will evaluate whether EMS is to be activated. The athletic trainer will make the call or assign someone to call 911.
• The athletic trainer will provide treatment necessary to each patient.
• The athletic trainer will then assign someone to meet EMS at the designated entrance and give care to the patient until EMS arrival.
• The athletic trainer will assign duties to other first responders as needed – including athletic directors, coaches, students and parents.
• The patient’s EMA (kept with coaches) should be given to EMS prior to transporting the athlete/patient.
• If the parents of the athlete are not at the school before EMS transports the patient, a school/team adult staff member will travel with the athlete to the hospital and remain with them until a parent or guardian arrives.

Role of the first responder(s) when athletic trainer is not present:
• The most important role of the first person on scene during a medical emergency is to initiate EMS and the immediate care of the athlete.
• Other coaches, site managers or student athletes can assist with calling EMS and directing the emergency scene.
• The other emergency administrator will assist in care of the athlete and call the athlete’s parents as time allows during the emergency.
• The emergency administrator will assign someone to meet EMS at the designated entrance to direct them to the athlete experiencing a medical emergency.
• The emergency administrator or first responder will give EMS a report on the athlete including the athlete’s demographics, history, mechanism of injury, care given and any other necessary information. They should provide EMS with the athlete’s EMA at this time.
• If the parents are not at the school before EMS transports the athlete, a school/team adult staff member will travel with the athlete to the hospital and remain with them until a parent or guardian arrives.

Roles within the team:
• Immediate and ongoing care – athletic trainer, team physician (if on-site) and coaches
• Emergency equipment retrieval – athletic training student, student aides or other by-standers
• Calling EMS – athletic trainer, athletic director, coach, site manager, athletic training student, student aide
• Directing EMS to patient – athletic training student, student aides or other bystanders
• Communication with coach and parents – athletic trainer and/or physician if on-site
• Team coach must ensure each athlete’s Emergency Medical Authorizations (EMAs) are always with the team
Emergency Equipment:
- Emergency kit – located on the sideline of most events with the athletic trainer or located in the athletic training room
- Emergency kit contents – AED, BP cuff, stethoscope, air way devices, liquid Benadryl or generic, CPR mask, oxygen tank, oxygen delivery devices, pulse oximeter and equipment removal tools
- Automated External Defibrillators (AEDs) – located around the school district, including Roush Stadium Field House, Trent Arena Lobby, Fairmont Athletic Department Lobby, and Fairmont Commons (cafeteria).

Team Medical Kits:
- Gloves
- Gauze
- Glucose Tabs
- CPR mask
- Band aids
- Splint
- Sling
- CPR mask
- Band aids
- Sling
- Ace wrap
- Tape
- Team EMAs
- Antibiotic ointment
- Wound wash
- Elastic and athletic tape
- Sting relief

Additional Emergency Equipment:
- Crutches - Athletic Training room storage closet or sideline of varsity football games
- Ice – sideline coolers (at all practices and events for injury and/or heat illness)
- Tubs for cold water immersion (In high school athletic training room and outside Roush Field House)
- Ice machines – High school athletic training room, Trent Arena athletic training room, Roush Stadium athletic training room

Directions to local emergency departments:
From Fairmont High School facilities to Kettering Medical Center – 3525 Southern Blvd. Kettering, OH 45429
- Travel West to Far Hills Ave.
- Turn right (North) on Far Hills Ave/OH-48 N
- Turn left (West) on Dorothy Lane
- Turn left (South) on Southern Blvd.
- Hospital and Emergency Department entrance will be on the right (3525 Southern Blvd.)

From Roush Stadium and Board Offices to Kettering Medical Center – 3525 Southern Blvd. Kettering, OH 45429
- Travel west to Far Hills Ave.
- Turn left (South) on Far Hills Ave/OH-48 N
- Turn right (West) on Stroop Road
- Turn right (North) on Southern Blvd.
- Hospital and Emergency Department will be on your left (3525 Southern Blvd.)

From Fairmont High School to Miami Valley Hospital – 1 Wyoming St., Dayton, OH 45409
- Travel West to Far Hills Avenue
- Turn right (North) on Far Hills Ave/OH-48 N
- Continue North and travel through Oakwood and down the hill toward Dayton
- Turn right on Wyoming St. and left into the Emergency Department parking garage at Miami Valley Hospital

From Fairmont High School to Dayton Children’s Hospital - 1 Children’s Plaza Dayton, OH 45404
- Travel west to Far Hills
• Turn right onto Far Hills Ave/OH-48 N
• Continue to follow OH-48 N for 4.9 mi
• Turn right at E 1st St (0.8 mi)
• Turn left at N Keowee St (0.3 mi)
• Slight right at Valley St (0.5 mi)
• Take the 2nd right onto Children’s Plaza (1 Children’s Plaza Dayton, OH 45404)

Details for Care of Injuries/Illnesses at Home events and practices:

Serious Injury – An injury in which the victim will need immediate advanced medical evaluation and treatment.

Examples (this is not an all-inclusive list):

- Unconsciousness
- Breathing has stopped
- No pulse (heartbeat)
- Severe bleeding
- Obvious serious fracture
- Displaced or compounded fracture
- Serious neck or back injury
- Serious head injury
- Severe Pain (Abdominal or other)
- Potentially life-threatening medical illness

1. The person in charge immediately attends to the victim, assesses the situation and sends someone to retrieve the nearest AED. Remember to use personal protective equipment (PPE) such as gloves when dealing with blood and bodily fluids.
2. The person in charge instructs other individual to call 911. Communicate all information about the injury/illness to the 911 operator. Attempt to write down all information to give to EMS when they arrive.
   a. Call 911 to activate EMS, and give the following info:
      i. Your name and title
      ii. Location and number of injured athlete(s) (be specific)
      iii. Nature of injury
      iv. Care being given
      v. Phone Number dispatch can reach you at
      vi. Give a location where someone will wave them in and direct them to the victim
   b. Direct someone to unlock all gates and doors necessary for EMS access and assign someone to stand post at the designated location to meet EMS at that location.
   c. Continue to provide appropriate first aid and/or CPR with use of AED.
   d. If a parent is not able to accompany them; a coach, athletic trainer, or AD should ride to the hospital as an official representative of the school if possible. ALWAYS carry or send the EMERGENCY MEDICAL AUTHORIZATION with the injured athlete. Always contact a parent or guardian.

Significant Injury – not life-threatening

Examples (this is not an all-inclusive list):

- Laceration that may require suturing
- Non-life-threatening orthopedic injuries (fractures)
- Specialty injuries – Dental, vision, hearing
- Suspicious abdominal injury
- Other injuries that should be evaluated promptly by a physician
1. The person in charge should perform any necessary first aid.
2. Call for the athletic trainer or refer athlete to the athletic trainer. The athletic trainer will get in contact with the parent and/or physician and make appropriate arrangements and referrals. If athletic trainer is not available call parents so they can plan follow up medical arrangements. Explain to parent that a physician’s note is required for return to participation in school athletics.

Routine Injuries - Injuries that are do not require immediate care from athletic trainer or physician.

1. The person in charge should perform any necessary first aid.
2. Refer athlete to the athletic trainer. If athletic trainer is not available, consider contacting them via cell phone or consider referring athlete to their primary care physician.
3. The coach should not attempt to diagnose injury. The evaluation is based strictly on obvious layman’s observation.

Details for Care of Injuries/Illnesses at Away Events:
In the event of an injury or emergency at an away event the coach in charge should contact the coach, administrator, site manager or athletic trainer at the host school and follow their emergency action plan. In the event of an injury, always contact parents or guardian in a timely manner. Always CARRY EMERGENCY MEDICAL AUTHORIZATION and send it with the injured athlete if they are transported to an emergency care facility. If the athlete is transported via EMS to a local hospital a school staff member should accompany the athlete when possible and it does not leave the rest of the team unsupervised.

Each coach should complete and follow an “Emergency Care Worksheet” through the athletic department for off campus practices or practices that are not covered by the athletic training staff.

Details for Inclement Weather Issues:
Kettering City School Athletics will abide by and enforce the following OHSAA policy on lightning & inclement weather:

Recognition of inclement weather
Coaches, athletic trainers, athletes, administrators and contest officials shall be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles, in most cases whenever lightning can be seen or thunder is heard, the risk is already present. However, at night under certain atmospheric conditions, lighting flashes may be seen from distant storms. In these cases, it may be safe to continue an event if no thunder can be heard and the flashes are low on the horizon. Weather can be monitored using the following methods:

- Monitor Weather Patterns – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and the morning of the competition, and by scanning the sky for signs of potential thunderstorm activity.
- National Weather Service – Weather can also be monitored using small, portable weather radios from the NWS. The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent chance), event organizers shall be at a heightened level of awareness to the potential danger of lightning.
Management of inclement weather

- Evacuation – If lightning is imminent or a thunderstorm is approaching unless under the night atmospheric conditions previously explained, all personnel, athletes and spectators shall evacuate to available safe structures or shelters. A list of the closest safe structures should be announced and displayed on placards at all athletic venues.

  - *Thirty-Minute Rule* – Competition or practice shall be suspended once lightning has been recognized or thunder is heard. It is required to wait at least 30 minutes after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.

NFHS Policy Change - 2018
At night, under certain atmospheric conditions, lighting flashes may be seen from the distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

Inclement Weather Evacuation Plans:

**Roush Stadium**
- All athletes, coaching staff, sports medicine staff, and officials are to be sent off the field into the field house or visitors’ locker room until the 30 minutes has passed and no sign of lightning has been seen or heard for those 30 minutes.
- All spectators are to safely leave the stadium through any of the exits and seek shelter in their personal vehicle, the Board of Education building or Van Buren Middle School until they have been allowed back to the stadium from game officials or security. In the event of a tornado warning they can seek shelter in the board of education building.
- The marching band and cheerleaders should seek shelter in the board of education building under the leadership of band directors and cheer coaches.
- Students that are in attendance can go to the gymnasium in the Barnes Board of Education Building or Van Buren Middle School.

**Fairmont Park Stadium**
- Coaches should direct teams into Trent Arena locker rooms.
- Spectators should seek shelter in Fairmont High School or their vehicles.
- Students that are in attendance can go to Trent Arena or Fairmont High School.

**Softball, Baseball and Grass Practice Fields**
- Coaches should direct teams into Trent Arena or Fairmont High School *(DO NOT SEEK SHELTER IN DUGOUTS)*
- Spectators should seek shelter in Fairmont High School or their vehicles.
- Students that are in attendance can go to the Trent Arena or Fairmont High School.

**Trent Arena** - In the event of a tornado warning seek shelter in the following areas:
- Public bathrooms in Northeast and Southeast corners of building.
- Hallway located on ground floor along West side of building and adjacent to locker rooms.
- Locker rooms and coaches’ offices located on ground floor along West side of building.
Details for Excess Heat Precautions:
Kettering City School Athletics will abide by the Korey Stringer Institute & Kettering Sports Medicine’s guidelines on heat illness prevention. These recommendations require the use of a wet bulb globe thermometer (WBGT) and is recommended by the OHSAA. WBGT more accurately measures heat stress conditions as it factors air temperature, wind, solar radiation, humidity, and sun angle. Heat index, which was previously the standard used by OHSAA, only takes into account temperature and humidity in the shade – not an accurate reflection of the conditions that athletes are participating in.

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<th>WBGT</th>
<th>Recommendation (Korey Stringer Institute &amp; KSM Guidelines)</th>
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| <79.7°F | Normal activities  
Three separate, 3 minute breaks per hour                                                                   |
| 79.8-84.6°F | Three separate, 4 minute breaks per hour  
Helmets and other equipment should be removed when athlete not directly involved with competition, drill or practice and it is not otherwise required. |
| 84.7-87.6°F | Maximum practice time of 2 hours  
Four separate, 4 minute breaks per hour  
FB: Limit to helmet, shoulder pads, and shorts during practice.  
Consider postponing practice to later in day  
Allow athletes to change to dry shirts and shorts at defined intervals. |
| 87.8-89.7°F | Maximum of 1 hour of training with four separate, 5 minute breaks in that hour.  
No additional conditioning allowed.  
FB/LAX: no helmets, shoulder pads, or other equipment is permitted.  
Consider postponing practice to later in day  
Allow athletes to change to dry shirts and shorts at defined intervals. |
| >89.8°F | No outdoor workouts  
No indoor workouts unless air conditioned |

Exertional Heat Illness (EHI):

1. Exercise Associated Muscle Cramps (EAMC)
   - Symptoms include visible cramping, pain, dehydration, thirst, sweating and fatigue.
   - Treat with stretching.
   - If symptoms persist seek further medical attention.
   - Return to activity when symptom resolve.

2. Heat Syncope
   - Symptoms include fainting, dizziness, tunnel vision, pale or sweaty skin and decreased pulse rate.
   - Treat by moving patient into a shaded area, monitor vital signs, elevating the legs, cooling the skin and drinking fluids.
   - Must seek follow up with athletic trainer or physician.
   - No return to activity the same day.
3. Exertional Heat Exhaustion
   - Symptoms include fatigue, fainting, collapse, headache, dizziness, mild confusion, weakness, low blood pressure, vomiting and nausea.
   - Core body temperature during heat exhaustion is under 104 deg. F.
   - Treat by removing excess equipment and clothing, moving to a cool or shaded area, use fans and ice towels to assist in cooling and elevate the legs.
   - Seek follow up medical care.
   - No return to activity the same day and follow a gradual return to activity progression after 24-48 hours.

4. Exertional Heat Stroke (EHS)
   - EHS is an EMERGENCY & LIFE-THREATENING condition.
   - Symptoms include disorientation, confusion, dizziness, loss of balance, staggering, irritability, unusual behavior, apathy, aggressiveness, hysteria, delirium, collapse, loss of consciousness and coma, low blood pressure, hyperventilation and hot, sweaty skin.
   - Core body temperature over 104 deg. F indicates heat stroke.
   - Treat by full body cold water immersion while monitoring core body temperature
   - Once core temperature is below 102 deg. F, the patient should be transported via ambulance to the nearest hospital for further treatment. Patients must be cleared by their doctor before resuming a gradual return to activity.
   - If not treated promptly EHS can lead to organ failure and death.
Use the following guide as Procedures and Response Options in Applying A.L.I.C.E.

(Listed in order of the Acronym but not a Linear Application)

In the case of an armed intruder, any staff member who hears or sees a gun should contact a school administrator with portable radio. That administrator should call 911 via land line or cell if necessary. Portable radio should also be used to contact game announcer to follow PA instructions in binder.

**Alert**

- Announce location and description of the shooter
  - Contact 911
  - Contact Security and Administration
  - Information is the key to making good decisions
  - Provide real time information to those under attack
  - The Public Address announcer can make the most difference in larger venues with the evacuation process.
  - Prior to the Event make sure the Public Address Announcer makes all spectators aware of the exits in case of an emergency.
  - Remind spectators, staff, and coaches to remain calm and exit the facility as quickly and safely as possible. If this is not possible then find a location to lock down.
  - Be aware that cell towers may reroute phone calls because of a high volume of calls. Please use your cell phone only if you have pertinent information to relay to emergency personnel.
  - These actions can be performed simultaneously by multiple persons.

**Lockdown**

If evacuation is not possible either due to location of activity or infrastructure design, staff, visitors and students can remain in LOCKDOWN and conduct the following:

- Ensure area doors are secured, locked if possible.
- Discuss securing the locker rooms, barricading doors, collecting objects to throw and hiding all as possibilities.
  - Teach kids how to barricade
  - Review your facilities, the types of doors, how they open and how they can be secured quickly.
  - Check the ability to communicate from these locations. Cell phones do not work in certain parts of buildings or areas. Test this communication link.
  - Make sure it is as dark as possible
  - Have one person be in charge of a first aid kit or go bag with emergency trauma care items included in this.
  - Do not open doors for anyone except for identifiable law enforcement personnel.

**Inform**

Continue to announce location of shooter and contact police

- Real time information allows for good decision making
- Distract, confuse and frustrate attacker
- Information should be given in plain language and not codes.
- Information should include Who, What, Where, When, and How. Why is unknown and irrelevant at this point.
- Information shall be provided by all means possible, i.e. public address system, email notifications, etc.
- Persons outside will take appropriate action based on the location of the intruder.
- Site Manager’s, Administration and Security shall continue to INFORM through constant real time updates of the activity, both facility-wide and to responding agencies.
Counter  Give all people the authority to distract the bad guy by yelling and throwing things if escape is not possible. For Middle school and older, add SWARM

- Armed intruders are just people. Use any means possible to stop them.
- Create as much noise as possible.
- Create as much movement as possible.
- Throw items at the face of the intruder, into their field of view.

Take control of the shooter
- While distractions are conducted, one person grabs and secures each limb of the intruder.
- Use your body weight on one limb to hold the intruder down until law enforcement arrives
- If the weapon is secured, do not pick it up and carry it around. Kick it away or put it in a trash can or in a secure location.

Escape  Discuss spectator’s and student athlete’s authority to escape through the closest and safest possible route, running in a zig zag pattern and not worrying about staying in a line or row.
Upon receiving ALERT information, staff in securable areas with visitors and students can decide to LOCKDOWN or EVACUATE.
If the ALERT yields information that indicates the ability to EVACUATE, staff can direct visitors and students to exit the athletic venue and go to a designated Rally Point that is in the opposite direction from the on-going event.

- Removes as many potential targets as possible
- Removes the need for family/friends to come to the scene
- Follows a person’s natural response to danger
- Planned or not, mass evacuation will occur during such an event
- Almost anywhere is safer than where the shooter is
- Do not use vehicles to evacuate

Video Resources:

- Response options: https://www.youtube.com/watch?v=j6z7SVelu1c
- Run Hide Fight: https://www.youtube.com/watch?v=5VcSwejU2D0&list=PLUra6uw6CXK9SdLZeddcLlu6DY5OfnMpU
Signatures:

Jeff Von De Linde, AT  
Team Lead Athletic Trainer  
Fairmont High School

James Tytko, MD  
Medical Director  
Kettering Sports Medicine

Chris Weaver  
Athletic Director

Tyler Alexander  
Fairmont High School Principal

Edward Drayton  
Kettering Police Department  
Student Resource Officer

Date of EAP review and signatures: July 29, 2019
Appendix:

Map of Fairmont High School Campus – 3301 Shroyer Road
Map of Fairmont High School Athletic Fields and Venues - 3301 Shroyer Road

Fairmont High School and Fairmont Park

1. Main Entrance    8. Wrestling Gym
2. South Unit       9. Trent Arena
3. Commons         10. Field Hockey Field
4. Athletic Dept.  11. Girl’s Soccer Field
5. East Unit        12. Boy’s Soccer Field
6. Central Unit     13. Irrigated Football Field
7. West Unit        14. Walking Path
15. Far Hills Football Field
16. Varsity Softball Field
17. JV Softball Field
18. Baseball Field
19. Fairmont Park Stadium
20. Tennis Courts

** Gates
Map of Roush Stadium, Board of Education (3750 Far Hills Avenue) and Van Buren Middle School (3775 Shroyer Road)

Roush Stadium/Foreman Field, Board Office and Van Buren MS

1. Barnes/Board of Education Building
2. Football Field House
3. Football Field
4. Van Buren Middle School
5. Junior High Field Hockey Field
6. Junior High Baseball Field
7. Junior High Softball Field
8. Alternate Football Practice Area
9. Home Stands
10. Visitor Stands

**Gates