

## Keller ISD Weather Emergency Procedures

Athletic/PE/Extracurricular Activities

Weather/Emergency Procedure

Athletic Training Injuries Protocols

2021-2022



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**Keller ISD Athletic Training Procedures for Treatment of Injuries:**

When a student-athlete’s injury is brought to the attention of the staff athletic trainer, an evaluation will be conducted and treatment given as necessary based on the degree of the injury.

Parents will be notified as needed (severity of injury). It is always recommended that the student-athlete communicate with their parents as well. All injuries, treatments and rehab will be entered into Rank One under that student's ID and name.

**Keller ISD Weather Safety Objectives, Introduction and Key Conclusions**

**Objectives:**

- To provide safeguards against the hazards of extreme heat, cold, potential lightning, and athletic training administration.
- To provide policies and procedures to be followed by Keller ISD employees.

**Introduction:**

Emergency situations may arise at any time during athletic events. Expedient action must be taken to provide the best possible care during emergencies and/or life-threatening conditions. The development of an emergency action plan will help ensure the best care is provided.

The extreme heat and cold in our region is a concern to the health and safety of our athletes. Heat and cold injuries cannot always be prevented, but with the education of coaches and controlled practice procedures, heat and cold related illnesses could be minimized.

Lightning causes more casualties annually in the United States than any other storm-related phenomena, with the exceptions of floods. Many people are killed due to misinformation and inappropriate behavior during thunderstorms, a group of qualified experts from various backgrounds collectively have addressed personal safety regarding lightning, based on recently improved understanding of thunderstorm behavior.

**Key Conclusions:**

The education and implementation of heat, lightning and cold policies will not prevent all heat and cold illnesses but will enable us to minimize these problems. The key is to educate our coaches, athletes, and parents in strategies to prevent heat or cold related illnesses.

Remember, the unpredictable nature of thunderstorms cannot guarantee the individual or groups absolute protection from a lightning strike. However, being aware of the dangers of lightning and its range will help to reduce the risk of injuries or death.

**Heat Policy**

## **Section I—Chain of Command**

The following chain of command will occur:

### **Notification of temperature**

- Coaches will be provided with a Pocket Perry account. Coaches are responsible for checking their Pocket Perry accounts each day prior to their practice to ensure that conditions are safe.
- The predicted temperature or heat index of the day will dictate which protocol will be followed.
- An AT will check the temperature again right before practice starts to make sure the correct protocol is implemented.
- MS Coordinators, coaches, and administration at both MS and HS campuses are responsible for monitoring the temperature and restrictions for their respective campuses to follow their specified policies for weather conditions.
- Keller ISD will use Pocket Perry to check the forecast. Coaches will need to email Clarissa Golden for account access.
- The location should be set for your specific campus, or closest HS.

### **Definition of Total Exposure Time**

- Total exposure time begins at the start of any outdoor activity related to practice.
  - Activities related to practice include the following: warm-ups, stretching, team practice, outdoor conditioning, outdoor meetings/walk-throughs, and any other activities held outdoors related to the sport.

### **Enforcement of Policies**

- Head Coach/Staff Athletic Trainer will monitor time of exposure.
- Staff Athletic Trainers will report any violations of policies to the District Athletic Director

## **Section II—Heat Policy**

**Specific heat conditions will determine activity restrictions during practice according to the following:**

### **High School Athletics**

#### **100°F-104°F temperature and/or a heat index of 105°F-110°F**

Football: shorts & shoulder pads workout

- Football teams will be in shorts and shoulder pads
- Water breaks occur every 30 minutes
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 2 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Football: full pads workout

- Water breaks every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 1.5 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Cross Country Workouts/ Men's and Women's Track

- Long distance runners must stay on campus and/or within a park where they can be seen by the coaches.
- Athletes cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 30 minutes with a 5-minute total rest time.
- Practice will not exceed 2 hours of total heat exposure.
- Track and field athletes will take a 5-minute break every 30 minutes, athletes should be off their feet.

Baseball, Softball, Soccer and Tennis

- Players will be required to take a water break every 30 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Offseason programs

- 45 minutes of total heat exposure with 1 water break during this time.

**105°F-106°F temperature and/or a heat index of 111°F-115°F**

Football

- Shorts and shoulder pad practices only.
- Breaks will occur every 20 minutes.
- Breaks will be 5 minutes of total rest time.
- Workout will be 2 hours of total heat exposure.
- A 1-minute station break every 2 five-minute periods.

Cross Country Workouts/ Men's and Women's Track

- Runners have to stay on campus and/or within a park where they can be seen by the coaches.
- Athlete cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 20 minutes with a 5-minute total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Baseball, Softball, Soccer and Tennis

- Players will be required to take a water break every 20 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Offseason workouts

- 30 minutes of total heat exposure with 1 water break during this time

**107°F-109°F temperature and/or a heat index of 116°F -117°F**

Football

- Shorts, shirt, and helmets only.
- Breaks will occur every 20 minutes.
- Workout will be limited to 1.5 hours of total heat exposure.
- Open water policy during entire workout.

Cross Country workouts/ Men's and Women's Track

- Runners have to stay on campus and/or within a park where they can be seen by the coaches.
- Athlete cannot run routes where a coach cannot see the athletes running.
- Water breaks will occur every 15 minutes with a 5-minute total rest time.
- Practice will not exceed 1.5 hours of total heat exposure.

Baseball, Softball, Soccer and Tennis

- Tennis players will be required to take a water break every 20 minutes with 5 minutes of total rest time.
- Practice will not exceed 2 hours of total heat exposure.

Off season workouts

- 30 minutes of total heat exposure with 1 water break during this time.

**110°F or higher temperature and/or a heat index higher than 118°F**

- No outside practice allowed in any sport.

**Junior High Football**

### **100°F-104°F temperature and/or a heat index of 100°F-110°F**

Shorts and shoulder pads workouts

- Water breaks will occur every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 2 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

Full pads workout

- Water breaks every 20 minutes.
- Each break will be 5 minutes of total rest time with helmets off.
- Practice will not exceed 1.5 hours of total heat exposure.
- Open water policy during entire practice.
- Helmet removal encouraged while not in contact drills.

### **105°F or higher temperature and/or a heat index of 111°F or higher**

- No outside practice allowed.

## **Keller ISD Physical Education**

### **Notification of temperature:**

- Physical education teachers are responsible for checking daily temperature.
- Temperatures are located on [dashboard.pocketperry.com](https://dashboard.pocketperry.com). Coaches will need to email Clarissa Golden for account access.
- The location should be set for your specific campus, or closest HS.
- Temperature check should be daily before the beginning of each class period if going outside.
- Physical education teachers should also be aware of the ozone level for each day.

### **Temperature of 101°F or higher and/or heat index of 101°F or higher**

- No outside activity for physical education classes.

### **Temperature of 96°F-100°F and/or heat index of 96°F-100°F**

High School Physical Education Classes:

- Activity will not exceed 45 minutes outside exposure.
- Water fountains need to be available during outside exposure.
- Students should be allowed to obtain a drink of water if needed.

Middle School Physical Education Classes:

- Activity will not exceed 35 minutes outside exposure.
- Water fountains need to be available during outside exposure.
- Students should be allowed to obtain a drink of water if needed.

Intermediate School Physical Education Classes:

- Activity will not exceed 25 minutes outside exposure.
- Water fountains need to be available during outside exposure.
- Students should be allowed to obtain a drink of water if needed.

Elementary School Physical Education Classes:

- Activities will be inside.

### **Temperature of 91°F-95°F and/or heat index of 91°F-95°F**

High School Physical Education Classes:

- Activity will not exceed 60 minutes outside exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Middle School Physical Education Classes:

- Activity will not exceed 45 minutes outside exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Intermediate School Physical Education Classes:

- Activity will not exceed 35 minutes outside exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Elementary School Physical Education Classes:

- Activity will not exceed a 25 minutes exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

### **Temperature 90°F or lower and/or heat index of 90°F or lower**

High School Physical Education Classes:

- Outside activities are not limited
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Middle School Physical Education Classes:

- Outside activities are not limited
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Intermediate School Physical Education Classes:

- Activity will not exceed 45 minutes outside exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

Elementary School Physical Education Classes:

- Activity will not exceed 30 minutes exposure
- Water fountains need to be available during outside exposure
- Students should be allowed to obtain a drink of water if needed

## **Keller ISD Drill Team**

### **Notification of temperature**

- High School cheer coach / drill team director will obtain weather report from [dashboard.pocketperry.com](https://dashboard.pocketperry.com). Coaches and directors will need to email Clarissa Golden for account access.
- The location should be set for your specific campus, or closest HS.
- The drill team director will be responsible for informing the staff members of the temperature each day before outside practice.
- The temperature of the day will dictate which protocol will be followed.

### **Temperature of 100°F-104°F and/or a heat index of 100°F-110°F**

- Practice will not exceed 2 hours.
- Drill team members will have water breaks every 20 minutes.
- Breaks must be 5 minutes in length.
- Open water policy always.

### **Temperature of 105°F-106°F and/or a heat index of 111°F-115°F**

- Practice will not exceed 1.5 hours.
- Drill team members will have water breaks every 20 minutes.
- Breaks must be 5 minutes in length.
- Open water policy always.

### **Temperature of 107°F or higher and/or heat index of 116°F or higher**

- No outside practice.

## **Key Terms and Definitions:**

### Heat Cramps

Heat cramps are muscular pain and spasm due to heavy exertion and dehydration. Heat cramps usually involve the abdominal muscles or legs, and it is generally thought that dehydration is the cause.

### Heat Exhaustion

Heat exhaustion typically occurs when people exercise heavily or work in a warm, humid environment where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock.

### Heat Stroke

Heat stroke is life threatening. The victim's temperature-control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Any heat stroke victim must be quickly cooled and referred for advanced medical attention.

### Dehydration

When fluid loss exceeds fluid intake.

#### *Effects of Dehydration:*

- Dehydration can affect an athlete's performance in less than an hour of exercise—sooner if the athlete begins the session dehydrated
- Dehydration of just 1%-2% of body weight (only 1.5-3 lbs. for a 150lb. athlete) can negatively influence performance
- Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke)

#### *Warning Signs of Dehydration:*

Recognize the basic signs of dehydration

- Thirst
- Irritability
- Headache
- Weakness
- Dizziness
- Cramps
- Nausea
- Decreased performance

## **Fluid Guidelines**

### **Before exercise**

- 2-3 hours before exercise 17-20 oz. of water or a sports drink
- 10-20 minutes before exercise drink another 7-10 oz. of water or sports drink

### **During exercise**

- Drink early—even minimal dehydration compromises performance
- Drink every 10-20 minutes, at least 7-10 oz of water or sports drink. To maintain hydration, remember to drink beyond your thirst. Optimally, drink fluids based on amount of sweat and urine loss.

### **After exercise**

- Within 2 hours, drink enough to replace any weight loss from exercise. Drink approximately 20-24 oz. of a sports drink per pound of weight loss.

### **Re-hydration**

An athlete's hydration status can be monitored by:

- Body weight after exercise vs. before (weighing in)
- Urine color (i.e. urine color chart per Internal Journal of Sports Nutrition)
- Urine volume

## **Cold Policy**

### **Introduction:**

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature regulating mechanisms constitutes a medical emergency. Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30–50 degree exposure may be as serious as a sub-zero exposure. For this reason, Keller ISD is developing a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athletes should dress in layers and try and stay dry. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss, therefore the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

### **Cold Exposure:**

- Breathing of cold air can trigger asthma attack (bronchospasm)
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

### **Cold Recognition:**

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented.

### **Chain of Command:**

The following chain of command will occur:

#### **Notification of temperature:**

- Keller ISD will use the following weather sites to check the forecast:  
[dashboard.pocketperry.com](http://dashboard.pocketperry.com). Coaches will need to email Clarissa Golden for account access.
- The location should be set for your specific campus, or closest HS.

**Enforcement of Policies**

- Head Coach/Assistant Coach//Staff Athletic Trainer will monitor time of exposure.
- Staff Athletic Trainers will report any violations to the District Athletic Director in writing. Athletic Trainer or Athletic Director will meet with Head Coach.

**HIGH SCHOOL ATHLETICS COLD POLICY**

Dry (No precipitation)	Wet (with any precipitation)
“Feels” temp under 32 degrees: 45 total minutes of total exposure 15 Minutes inside	“Feels” temp under 32 degrees: All practices inside NO outside exposure
“Feels” temp under 25 degrees: All practices inside NO outside exposure	

At **35** “Feels” temp high school students must have extremities covered at start of practices/workouts.

*Games/meets/festivals/contest postponed due to cold weather will be determined on a case by case basis by Keller ISD Athletic Directors and/or Fine Arts Director.*

An outside sport game date will be considered for rescheduling if the following occurs:

- “Feels” temp is **25** or less, with precipitation.
- “Feels” temp is less than **20**, without precipitation.

*Postponed games re-scheduled date and time will be determined by the Head Coach of that sport, Athletic Director and/or Assistant Athletic Director.*

**MIDDLE SCHOOL ATHLETICS COLD POLICY**

Dry (No precipitation)	Wet (with any precipitation)
“Feels” temp under 32 degrees: All practices inside NO outside exposure	“Feels” temp under 38 degrees: All practices inside NO outside exposure

At **38** “Feels” temp middle school athletes must have extremities covered at start of practices/workouts.

Middle School games/meets to be postponed due to cold weather will be determined on a case by case basis by Keller ISD Athletic Directors.

**Pocket Perry is our only resource for temperature and feels like temp.**

updated: 12-12-18

## **Cold Policy—Games**

- District 5-6A policies will be followed for games.
- Game day—
  - Game field must be clear of ice at the time of the event.
  - Events may be recommended for rescheduling if the wind chill is under 32.
  - Clothing recommendation: change wet clothing during halftime (i.e.: socks, gloves, t-shirts).

## **Cold Policy Practice & Travel:**

### **School Day Cancellation— full day**

- No travel or practice unless approved by the Athletic Director and/or Athletic Trainer.

### **School Day Early Dismissal—deteriorating weather conditions**

- Practice must be approved by Athletic Director or Principal
- If approved, Campus Athletic Coordinator and Athletic Trainers must be notified of practice time changes
- If approved practices should be over at 5:00pm

## **Physical Education Classes**

### **Wind Chill Factor under 40 degrees with precipitation:**

- No outside physical education classes at any level in these conditions

### **Wind Chill Factor under 40 without precipitation:**

#### **High School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 30 minutes

#### **Middle School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 20 minutes

#### **Intermediate School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 20 minutes

#### **Elementary School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 15 minutes

### **Temperature of 31°F-35°F and/or Wind Chill Factor of 31°F-35°F without precipitation:**

#### **High School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 20 minutes

**Middle School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 15 minutes

**Intermediate School Physical Education Classes**

- Students must have the ability to cover all extremities to go outside
- Outside exposure will not exceed 15 minutes

**Elementary School Physical Education Classes**

- No outside activity

**Temperature of 30°F and/or Wind Chill Factor of 30°F without precipitation:**

- No outside activities at any level

**Drill Team**

**Chain of Command:**

The following chain of command will occur:

**Notification of temperature**

- Drill team director will obtain weather report from either [dashboard.pocketperry.com](http://dashboard.pocketperry.com). Drill team staff will need to email Clarissa Golden for account access.
- The location should be set for your specific campus, or closest HS.
- The temperature of the day will dictate which protocol will be followed.

**Enforcement of Policies**

- The drill team director will monitor time of exposure
- Principals and Fine Arts Director will be responsible for flag team exposure

**Extracurricular Cold Policies: Practice Policy**

**HIGH SCHOOL EXTRACURRICULAR COLD POLICY**

Dry (No precipitation)	Wet (with any precipitation)
“Feels” temp under 32 degrees: 45 total minutes of total exposure 15 Minutes inside	“Feels” temp under 32 degrees: All practices inside NO outside exposure
“Feels” temp under 25 degrees: All practices inside NO outside exposure	

**MIDDLE SCHOOL EXTRACURRICULAR COLD POLICY**

Dry (No precipitation)	Wet (with any precipitation)
“Feels” temp under 32 degrees: All practices inside NO outside exposure	“Feels” temp under 38 degrees: All practices inside NO outside exposure

**Lightning Policy**

## **Background**

Lightning is the most consistent and significant weather hazard that may affect interscholastic athletes. Within the United States, the National Severe Storms Laboratory (NSSL) estimates more than 100 fatalities and 400-500 injuries requiring medical treatment occur from lightning strikes every 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.

Prevention and education of our coaches are the keys to lightning safety. Education begins with information on lightning. The references associated with these guidelines are an appropriate resource. Prevention should begin long before any athletic event or practice is held. The following steps are recommended by the NCAA and NSSL to mitigate the lightning hazard.

### **Section I: Chain of Command**

The Athletic Director, Game Administrator, Athletic Coordinator, Administrator on duty and the Licensed Athletic Trainer will co-command the implementation of the lightning policy. Any of these official positions may suspend a game at any time.

The Athletic Director, Athletic Coordinator, Administrator on duty and Game Administrator assumes the responsibility as the spokesperson to participating teams, school administrators, game officials, press box, and news media.

### **Section II: Designate A Weather Watcher**

The Athletic Training staff/coach will actively monitor Pocket Perry the day of the game and during the event.

### **Section III: Monitor Local Weather Forecasts**

All representatives in the Chain of Command are required to monitor local weather forecast. All coaching staffs are equipped with Pocket Perry Accounts to monitor weather from their phone app and/or computer.

Be aware of the National Weather Service-issued (NWS) thunderstorm —watch and warning as well as the signs of thunderstorms developing nearby.

A “**Watch**” means conditions are favorable for severe weather to develop in an area.

A “**Warning**” means that severe weather has been reported in an area and for everyone to take proper precautions.

The National Oceanic and Atmospheric Administration (NOAA) weather radio is an excellent tool for gathering daily forecasts and approaching storms.

*When lightning has been detected within a 10-mile radius of the venue, all outdoor practices and competitions will be suspended until no more lightning is detected for 30 minutes after the last strike. During this time, all athletes and spectators will wait in designated safe locations.*

## **Section IV: Define and List Safe Location**

Define and List safe locations for participating athletic teams. (Table 1)

### **Primary Location**

- Any building normally occupied or frequently used by people. Example: Building with plumbing and/or electrical wiring that acts to
- electrically ground the structure.
- Avoid using shower facilities for safe shelter and or do not use the showers plumbing facilities during thunderstorm.

### **Secondary Location**

- In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety.
- A vehicle is certainly better than remaining outdoors. It is **not** the rubber tires that make a vehicle a safe shelter, but the hard metal roof, which dissipates the lightning strike around the vehicle.
- DO NOT TOUCH THE SIDES OF THE VEHICLE

### **Avoid being in or near:**

High places and open fields, isolated trees, unprotected gazebos, rain or picnic shelters, baseball dugouts, communications towers, flagpoles, light poles, bleachers (metal or wood), underneath the bleachers, batting cages, underneath awnings, metal fences, convertibles, golf carts, water (ocean, lakes, swimming pools, rivers, etc.)

### **When inside a building, avoid:**

The use of the telephone, taking a shower, washing your hands, doing dishes, or any contact with conductive surfaces with exposure to the outside such as metal door or window frames, electrical wiring, telephone wiring, cable TV wiring, plumbing, etc.

### **Pocket Perry**

All coaches are required to have Pocket Perry accounts. Coaches are responsible to monitor Pocket Perry for lightning strikes notifications for their specific location. In the event of lightning, coaches are responsible for monitoring the lightning countdown timer on the app to resume play/practice.

### **Speed of Texas Storms**

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.

### **Bolt out of the Blue**

Evidence of blue sky in the local area, or a lack of rainfall are not adequate reasons to breach the thirty-minute return to play rule. Lightning can strike far from where it is raining, even when the clouds begins to clear and show evidence of blue sky.

### **Section V: Obligation to Warn**

### Stadium Announcements and Posted Awareness instructions (Table 2)

- Stadium announcements shall be repeated over the public-address system.
- Safety instruction for each Keller athletic venue will be posted to give the nearest location of the safe shelter.
- Scoreboard notification for varsity football games.
- The following announcement should be read in the event of severe weather has been detected:

**May I have your attention please? Hazardous lightning has been monitored in the immediate area and this sporting event has been temporarily suspended. All team members have been advised to seek shelter in the designated safe location. This suspension will last a minimum of 30 minutes.**

**All spectators are advised to leave the stadium bleachers at this time. Stadium seating is an unsafe location for you to remain during the lightning storm. Please return to your car or the designated safe area until the inclement weather has passed. This delay will be at least 30 minutes. Thank You**

### Section VI: First Aid

People who have been struck by lightning do not carry an electrical charge. Therefore, the first responder is safe to begin first aid procedures. When possible move the victim to a safe area.

Activate EMS as soon as possible and remember that lightning-strike victims who show signs of cardiac or respiratory arrest need emergency help quickly. Prompt first aid and CPR has been highly effective for the survival of lightning strikes.

### Section VII: Safety Position without shelter

- Kneeling fetal position with hands covering ears.
- Feet must be together.
- Make yourself as close to the ground as possible.

**Table I: Safe Shelter for Participating Teams  
High Schools**

**Fossil Ridge High School**

*Football, Soccer, Track, Baseball*

- Home Team—Field house locker room
- Visiting Team—Field house meeting room
- Event Spectators (including cheerleaders, spirit groups)—High School Gym or their personal vehicles

*Softball, Tennis*

- Home Team—Locker rooms
- Visiting Teams—Field House Meeting Room
- Event spectators—High School Gym or their personal vehicles

**Keller High School**

*Football, Soccer, Track, Baseball*

- Home Team—Locker rooms
- Visiting Team—Field House Meeting Room or Visitor Field House
- Event Spectators (including cheerleaders, spirit groups)—High School Gym or their personal vehicles

*Softball, Tennis*

- Home Teams—Locker rooms
- Visiting Teams—Locker rooms in High School building or FAC Lobby
- Event Spectators—High School Gym or FAC Lobby or their personal vehicles

**Central High School**

*Football, Soccer, Track, Baseball*

- Home Team—Field House Locker Room
- Visiting Team—Field House Meeting Room
- Event Spectators (including cheerleaders, spirit groups)—High School Gym

*Softball, Tennis*

- Home Team—Field House Locker Rooms
- Visiting Team—Field House Meeting Room
- Event Spectators—High School Gym or their personal vehicles

**Timber Creek High School**

*Football, Soccer, Track and Field*

- Home Team--Field House with upstairs meeting room for overflow
- Visiting Team—Field House with upstairs meeting room for overflow
- Event Spectators (including cheerleaders, spirit groups)—Cafeteria or return to their vehicles

*Baseball, Softball and Tennis*

- Home Team—Dugouts and move to Field House when safe

- Visiting Team—Dugouts and move to Field House when safe
- Event Spectators – will be asked to return to vehicle or permitted into Field House
- Tennis Teams—Field House

### **Middle Schools**

#### *Fossil Hill Middle School—all events*

- Home Team—Locker room
- Visiting Team— Middle School Gym
- Event Spectators—Middle School gym or their personal vehicles

#### *Keller Middle School*

- Home Team—Locker rooms
- Visiting Teams—Middle School gym
- Event Spectators -Middle School gym or their personal vehicles

#### *Hillwood Middle School—all events*

- Home Team—Locker Room
- Visiting Team—Middle School Gym
- Event Spectators—Middle School gym

#### *Indian Springs Middle School*

- Home Team – Locker Rooms
- Visiting Team- Middle School Gym of their personal vehicles
- Event Spectators -Middle School gym or their personal vehicles gym

#### *Trinity Springs Middle School*

- Home Team – Locker Rooms
- Visiting Team- Middle School Gym of their personal vehicles
- Event Spectators -Middle School gym or their personal vehicles gym

#### *Timberview Middle School*

- Home Team – Locker Rooms
- Visiting Team- Middle School Gym of their personal vehicles
- Event Spectators -Middle School gym or their personal vehicles gym

#### *Vista Ridge Middle School*

- Home Team – Locker Rooms
- Visiting Team- Middle School Gym of their personal vehicles
- Event Spectators -Middle School gym or their personal vehicles gym

**\*\*\*Baseball, Softball dugouts, covered batting cages, and soccer benches are unsafe during lightning storms. All players, student trainers, managers, and coaching staff should leave the field to the designated safe areas.**

## **Table II: Public Address Announcement**

Lightning has been monitored in the immediate area and this sporting event has been temporarily suspended. All team members have been advised to seek shelter in the designated safe location. This suspension will last a minimum of 30 minutes.

All spectators are advised to leave the stadium bleachers at this time. Stadium seating and underneath the stands are unsafe locations for you to remain during the lightning storm.

Please seek this safe shelter at this time. Avoid high places and open fields. Do not seek shelter under trees, picnic shelters, baseball or softball dugouts. Do not stand near a flagpole, light poles or metal fences.

**(Name of safe place/school)** is a safe location, you may seek shelter inside the facility now. Do not remain outdoors, if you choose not to go to the designated safe area please return to a fully enclosed vehicle with a metal roof, with the windows rolled up. Do not touch the metal of your car during the lightning storm.

This delay will be at least 30 minutes. Thank You

# Personal Lightning Safety Tips

Practice and training increase athletic performance. Similarly, preparedness can reduce the risk of the lightning hazards. Lightning is the most frequent weather hazard impacting athletic events. Baseball, softball, football, golf, swimming, soccer, tennis, track and field events... all these and other outdoor sports have been impacted by lightning.

Advanced planning is the single most important means to achieve lightning safety.

Spectator Safety:     If you hear it (thunder), clear it!!!  
                              If you see it (lightning), flee it!!!

At the first sign of lightning or thunder, leave the event. Go to the designated safe place or your vehicle and take shelter there with your windows rolled up.

## **Avoid:**

- Underneath metal or wooden bleachers
- Batting Cages, dugouts, or under awnings
- High places and open fields
- Going under trees
- Baseball or softball dugouts, picnic shelters, flagpoles, metal fences

## **Seek:**

- Any building normally occupied or frequently used by people.
- Any vehicle with a hard metal roof (not a convertible) and rolled up windows

**Do not touch the metal of the vehicle during the lightning storms**

**Wait 30 minutes after the last observed lightning or thunder before you leave shelter.**

**Event administrators will signal a resumption of activities.**

**If lightning strikes nearby, you should:**

- Crouch down with feet together
- Place hands on ears to minimize hearing damage

**Injured persons**

- Do not carry an electrical charge and can be handled safely.
- Apply First Aid procedures to a lightning victim if you are qualified to do so.

**Call 911 or send for help immediately**

# **Keller ISD Athletic Training Emergency Plan**

## **Introduction**

Emergency situations may arise at any time during an athletic event. Expedient action must be taken to provide the best possible care to the athletes of emergency and/or life-threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As athletic injuries may occur at any time and during any activity, the athletic training 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 emergency medicine. 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 athletic training team will enable each emergency to be managed appropriately.

## **Components of the Emergency Plan:**

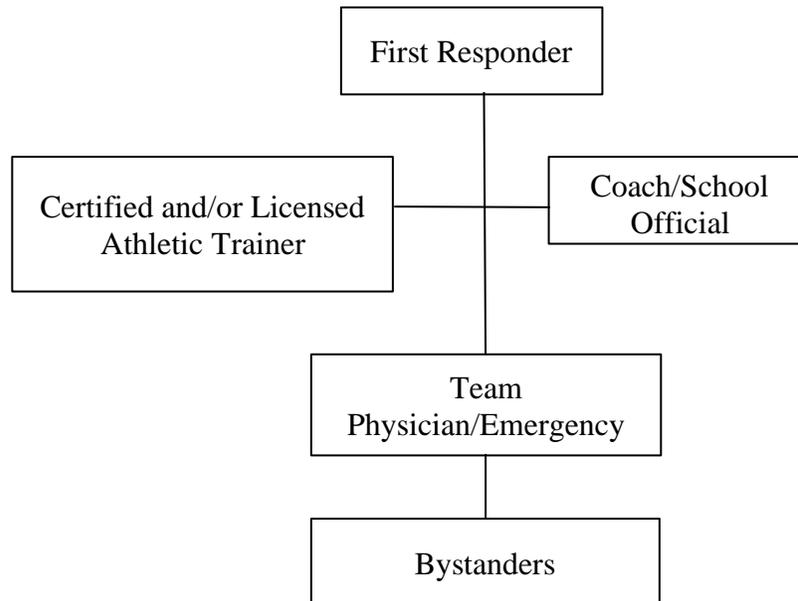
There are three basic components of this plan:

1. Emergency personnel
2. Emergency communication
3. Emergency equipment

## **Emergency Personnel:**

With athletic practice and competition, the first responder to an emergency is typically a member of the athletic training team, most commonly a certified or licensed athletic trainer. A team physician may not always be present at every organized practice or competition. The type and degree of athletic training coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder, in some instances, may be a student athletic trainer, coach, or institutional personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission, and emergency plan review is required for all athletic personnel associated with practices, competitions, skills instruction, and strength and conditioning.

## Emergency Athletic Team



The above is the formation of the sports medicine team. The emergency team consists of Certified/Licensed Athletic trainers, team physician, emergency medical technicians, coaches, school officials, and possibly bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the Head Athletic Trainer.

There are four basic roles within the emergency medical team.

1. *Immediate care of the athlete*—Acute care in an emergency situation
2. *Equipment retrieval*—May be done with coach or bystander
3. *EMS activation*—Should be done as soon as the situation is deemed an emergency
4. *Direction of the EMS to scene*—One person of the emergency medical team will always have directions to venue

It is important when activating EMS that the emergency team member that is responsible for this task follows this procedure.

### **Making the Call:**

911 Telephone numbers for local police, fire department, and ambulance service

### **Providing Information:**

- Name, address, telephone number of caller
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (what entrance)
- Other information as requested by dispatcher

## **Emergency Communication**

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers and emergency medical personnel must work together to provide the best possible care to injured athletes. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals.

Access to working telephone or another telecommunication device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure to the primary communication systems. The most common method of communication is public telephone. However, a cellular phone is preferred, if available. A cellular phone can be always with you and can stay near the emergency.

## **Emergency Equipment**

Emergency equipment should be at the site of the event with the ability of quick access. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operation condition, and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and rehearsed emergency situations should be done with emergency personnel.

## **Transportation**

Emphasis is placed that all high-risk sporting events has an ambulance at the venue site.

However, if the event is not covered by EMS, they should still be aware that an event is going on at the school. This can be done by sending the EMS director the schedules of the high-risk events that are played at your school. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue.

In the emergency situation, the athlete should be transported by ambulance where the necessary staff and equipment is available to deliver appropriate care. An athlete with an emergency should never be transported by the emergency personnel of the attending school.

## **Conclusion:**

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the athletic health care provider's training for each situation. It is prudent to invest athletic department ownership in the emergency plan by involving the athletic administration and sport coaches as well as the athletic training personnel. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR and first aid refresher training. Through the development of the emergency plan at Keller ISD, the athlete will have the best care provided when an emergency situation does arise.

## **Emergency Plan: Fossil Ridge High School Main (large) Gym**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

### **Emergency Equipment**

- Supplies kept in gym athletic training room adjacent to Main Gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main (large) gym**

- West on North Tarrant Parkway, ¼ mile west of N. Beach Street.
- Enter drive on North side of school and park adjacent to gym entrance (Northeast side of school).
- Enter through door #30.

## **Emergency Plan: Fossil Ridge High School Secondary (small) Gym**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

### **Emergency Equipment**

- Supplies kept in gym athletic training room adjacent to Main Gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system - 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Secondary (small) gym**

- West on North Tarrant Parkway, ¼ mile west of Beach Street.
- Enter drive on North side of school and turn right (West).
- Park adjacent to first set of double glass doors, labeled #30.

## **Emergency Plan: Fossil Ridge High School Football/Soccer Practice Fields**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

### **Emergency Equipment**

- Supplies provided on field (football) or located in Field House training room.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Practice Fields**

- West on North Tarrant Parkway ¼ mile west of N. Beach Street
- Enter gate on north side of school.
- Upon entering gate, turn right (west) and keep to the right (west of parking lot) until reaching entrance gate.
- Follow path between baseball/softball fields to practice fields.

## **Emergency Plan: Fossil Ridge High School Softball Field**

**Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

**Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

**Emergency Equipment**

- Supplies provided on field or located in Field House training room.

**Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

**Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

**Directions to Practice Fields**

- West on North Tarrant Parkway ¼ mile west of N. Beach Street
- Enter gate on north side of school.
- Upon entering gate, turn right (west) and keep to the right (west of parking lot) until reaching entrance gate.
- Follow path to north side of softball field.

**Emergency Plan: Fossil Ridge High School Baseball Field****Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

**Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

**Emergency Equipment**

- Supplies provided on field or located in Field House training room.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director, principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Practice Fields**

- West on North Tarrant Parkway ¼ mile west of N. Beach Street.
- Enter gate on north side of school.
- Upon entering gate, turn right (west) and keep to the right (west of parking lot) until reaching entrance gate.
- Follow path to south side of baseball field.

## **Emergency Plan: Fossil Ridge High School Tennis Courts**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room: 817-744-1801
- Fixed phone in field house (bldg. 4101B): 817-744-1812

### **Emergency Equipment**

- Supplies provided on field or located in Field House training room.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

**Directions to Practice Fields**

- West on Thompson Rd. from N. Beach St (approximately ¼ mile) to school entrance
- (between football field and school).
- Continue down drive until reaching gate east of field house (bldg. 4101B).
- Turn up walkway and park adjacent do east side of tennis courts (visible).

**Emergency Plan: Fossil Ridge High School Track, Football, & Soccer Main Field****Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

**Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym training room 817-744-1801
- Fixed phone in field house (bldg. 4101B). 817-744-1812

**Emergency Equipment:**

- Supplies provided on field or located in Field House training room.

**Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

**Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

**Directions to Practice Fields**

- West on Thompson Road from N. Beach Street (approximately ¼ mile) to gate entrance due south of field/track.
- Gate enters directly onto track/field area.

## **Emergency Plan: Keller High School Track, Football, and Soccer Main Field**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed

### **Emergency Equipment**

- Located in the Keller field house athletic training room; will be placed on field prior to competition.
- The AED is located inside the Cross Country/Baseball/Soccer Field House.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to Practice Fields**

- Freshman soccer field is located behind the Keller High School building on the west side next to the softball field. Take the first entrance in the left parking lot heading north on N. Pate Orr Road
- The football/soccer practice fields are located on the east side of the campus on the corner of Rufe Snow and Johnson Rd.
- Varsity Playing field is located at the stadium on the Keller High School Campus at 611 N. Pate-Orr Road. Entrance is at the Northwest Corner of the stadium near the Tennis Courts.

## **Emergency Plan: Keller High School Gym and Practice Gym**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in gym athletic training room (817-744-1501)

### **Emergency Equipment:**

- Supplies kept in gym athletic training room adjacent to Main Gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to Main (large) gym**

- North on Pate-Orr Rd from Hwy 1709 (Keller Parkway) to the stop sign.
- Turn left at the stop sign and park by the first double entrance doors on the right by the Gym.
- Enter the building at the double door entrance (Door #39).

## **Emergency Plan: Keller High School Softball Field**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed

### **Emergency Equipment:**

- Provided at the field and High School Athletic Training Room
- The AED is located in the FAC lobby.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to Practice Fields**

- North on Pate-Orr Rd from 1709 (Keller Parkway).
- Take the first left into the parking lot.
- Drive through parking lot to the field by the stands and enter through fence.

## **Emergency Plan: Keller High School Baseball Field**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed

### **Emergency Equipment:**

- Supplies will be in the 3<sup>rd</sup> base dugout and the Field House Athletic Training room.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to Practice Fields**

- North on Pate Orr Rd from 1709 (Keller Parkway), take first entrance on the right as you enter campus.
- Continue through the double gates to the back of the field house.

## **Emergency Plan: Keller High School Tennis Courts**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed

### **Emergency Equipment:**

- Equipment will be located inside the high school training room or the Field House athletic training room. Medical kits will be present for practices and games.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

**Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

**Directions to Practice Fields**

- North on Pate-Orr Rd from 1709 (Keller Parkway) to 2<sup>nd</sup> stop sign.
- Turn right on Johnson road, and enter the parking lot on the right.
- Proceed to the tennis courts.

**Emergency Plan: Keller High School Wrestling Room****Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

**Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed
- Fixed telephone in wrestling office (817-744-1688)

**Emergency Equipment:**

- Supplies kept in gym athletic training room adjacent to Main Gym

**Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

**Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

**Directions to Wrestling Room**

- North on Pate-Orr Rd from Hwy 1709 (Keller Parkway) to the 2<sup>nd</sup> stop sign.
- Turn left on Johnson Road and turn left at the boiler into the parking lot.
- Enter the building at the double door entrance to the west of the garage door with the painted Indian (Door #22).

## **Emergency Plan: Central High School Baseball & Softball Fields**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies provided on field or located in field house training room

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Baseball & Softball Fields**

*Coming from the west on Kroger Drive off Highway 377*

- Enter driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull straight ahead
- Baseball field is located adjacent to softball field

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull straight ahead
- Baseball field is located adjacent to softball field

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull straight ahead
- Baseball field is located to the left of softball field

*Coming from the south on Ray White Road*

- Turn right into parking lot entrance adjacent to tennis courts
- proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull straight ahead
- Baseball field is located to the left of softball field

## **Emergency Plan: Central High School Track, Football & Soccer Main Field**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment**

- Supplies provided on field or located in field house training

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS track, football and soccer main field**

*Coming from the west on Kroger Drive off of Highway 377*

- Enter driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and turn left
- Double gates leading to track surrounding field will be opened
- Ambulance is able to pull on track for easier access

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and turn left
- Double gates leading to track surrounding field will be opened
- Ambulance is able to pull on track for easier access

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and turn left
- Double gates leading to track surrounding field will be opened
- Ambulance is able to pull on track for easier access

*Coming from the south on Ray White Road*

- Turn right into parking lot entrance adjacent to tennis courts
- proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and turn left
- Double gates leading to track surrounding field will be opened
- Ambulance is able to pull on track for easier access

## **Emergency Plan: Central High School Main (large) Gym**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies kept in gym athletic training room down hall from Main Gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Main (large) Gym**

*Coming from the west on Kroger Drive off of Highway 377:*

- Enter driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the south on Ray White Road*

- Turn right into the main driveway in between the student & faculty parking lots
- Proceed around the school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

## **Emergency Plan: Central High School Football/Soccer Practice Fields**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies provided on field or located in field house training

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Practice Fields**

*Coming from the west on Kroger Drive off of Highway 377*

- Enter driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull behind field house (large brick building)

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull behind field house (large brick building)

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull behind field house (large brick building)

*Coming from the south on Ray White Road*

- Turn right into parking lot entrance adjacent to tennis courts
- Proceed to athletic complex at rear of parking lots
- Enter gates leading to athletic fields and pull behind field house (large brick building)

## **Emergency Plan: Central High School Secondary (small) Gym**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies kept in gym athletic training room down hall from Secondary Gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Secondary (small) Gym**

*Coming from the west on Kroger Drive off of Highway 377:*

- Enter driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

*Coming from the south on Ray White Road*

- Turn right into the main driveway in between the student & faculty parking lots
- Proceed around the school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to gym

## **Emergency Plan: Central High School Tennis Courts**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies provided on field or located in field house training room

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Tennis Courts**

*Coming from the west on Kroger Drive off of Highway 377:*

- Enter driveway leading to rear parking lot
- Upon entering, proceed to tennis courts on west side of campus
- Park adjacent (north) of tennis courts (visible)

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to tennis courts on west side of campus
- Park adjacent (north) of tennis courts (visible)

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway leading to rear parking lot
- Upon entering, proceed to tennis courts on west side of campus
- Park adjacent (north) of tennis courts (visible)

*Coming from the south on Ray White Road*

- Turn right into parking lot entrance adjacent to tennis courts
- Park adjacent (north) of tennis courts (visible)

## **Emergency Plan: Central High School Gym Weight Room & Wrestling Room**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2051
- Fixed phone in gym training room (817) 744-2131

### **Emergency Equipment:**

- Supplies provided kept in gym athletic training house training room down the hall from main gym

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to CHS Weight room & Wrestling room:**

*Coming from the west on Kroger Drive off of Highway 377:*

- Enter driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to the room

*Coming from the east on Heritage Trace (from I-35)*

- Cross Ray White Road, driving through the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to room

*Coming from the north on Ray White Road*

- Turn left onto Kroger Drive at the stop light
- Turn right onto the driveway on North side of school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to room

*Coming from the south on Ray White Road*

- Turn right into the main driveway in between the student & faculty parking lots
- Proceed around the school and park at NE corner of school
- Doors at Entrance/Exit 15 will provide access to room

## **Emergency Action Plan: Timber Creek High School Track, Football Stadium, Soccer Main Field & Practice Fields**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2401
- Fixed phone in gym training room (817) 744-2405

### **Emergency Equipment**

- Supplies provided on field or located in field house athletic training room
- AED locations:
  - 1<sup>st</sup> floor – hallway immediately outside athletic training room
  - 2<sup>nd</sup> floor – west hallway adjacent to male locker rooms

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to TCHS track, football stadium, soccer main field and practice fields**

- From Timberland Blvd, turn south on road between stadium and school (south extension of Woods Edge Tr).
- Entrance to athletic facility is on northeast corner of TCHS Stadium.
- If injury is in field house: From Timberland Blvd., turn south on Grey Twig. At dead end, turn east and enter glass doors (either #38 or #41) on south side of field house.

## **Emergency Action Plan: Timber Creek High School baseball fields, softball fields and tennis courts**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2401
- Fixed phone in gym training room (817) 744-2405

### **Emergency Equipment**

- Supplies provided on field or located in field house athletic training room

- AED locations:
  - 1<sup>st</sup> floor – hallway immediately outside athletic training room
  - 2<sup>nd</sup> floor – west hallway adjacent to male locker rooms

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to TCHS baseball fields, softball fields and tennis courts**

- From Timberland Blvd., turn south on Grey Twig.
- At dead end, turn east.
- Driveway to enter baseball/softball/tennis complex is at northwest corner of tennis courts.
- Gates will be unlocked to allow EMS services to enter.

## **Emergency Action Plan: Timber Creek High School Main (large) Gym**

### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2401
- Fixed phone in gym training room (817) 744-2405

### **Emergency Equipment**

- Supplies provided on court or located in gym athletic training room
- AED locations:
  - 1<sup>st</sup> floor – hallway immediately outside athletic training room (door 52)
  - 2<sup>nd</sup> floor – Southwest hallway adjacent to male locker rooms (door 41)

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to TCHS Main Gym**

- From Timberland Blvd. turn south on drive between TCHS stadium and school (south extension of Woods Edge Trail).
- Take left onto drive immediately past school building.
- Large gym can be entered at double doors #16 on southwest corner of gym (immediately to the east of glass double doors).
- Individual will be stationed to direct EMS.

### **Emergency Action Plan: Timber Creek High School Secondary (small) Gym**

#### **Emergency Personnel**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

#### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2401
- Fixed phone in gym training room (817) 744-2405

#### **Emergency Equipment**

- Supplies provided on field or located in gym athletic training room
- AED locations:
  - Men's restroom concession stand at Baseball/Softball complex
  - 2<sup>nd</sup> floor – Southwest hallway adjacent to male locker rooms (door 41)

#### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

#### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

#### **Directions to TCHS Secondary Gym**

- From Timberland Blvd. turn south on drive between TCHS stadium and school (south extension of Woods Edge Trail).
- Take left into first parking lot on west side of building (parking lot with dumpsters).
- Secondary gym can be entered through glass double doors #16 on south side of parking lot.
- Individual will be stationed to direct EMS.

## **Emergency Action Plan: Timber Creek High School Wrestling Room, Cheer, Dance & Weight Room**

### **Emergency Personnel:**

- Licensed/certified athletic trainer or coaches on site for practice and competition.

### **Emergency Communication:**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.
- Fixed phone in field house training room (817) 744-2401
- Fixed phone in gym training room (817) 744-2405

### **Emergency Equipment:**

- Supplies provided on field or located in gym athletic training room
- AED locations:
  - West hallway, outside large gym, across from athletic training room
  - East end of large gym – in main foyer

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Area control: Limit area to first aid providers and have bystanders removed from the scene

### **Directions to TCHS Wrestling Room, Cheer Room, Dance and Weight Room**

- From Timberland Blvd. turn south on drive between TCHS stadium and school (south extension of Woods Edge Trail).
- Ambulance can park on curb adjacent to fire hydrant at southwest corner of school building.
- Wrestling room can be entered using sidewalk and door #19 on south side of athletic wing.
- Individual will be stationed to direct EMS.

## **Emergency Plan: Fossil Hill Middle School Practice Field, Main Field, & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is down the hall on the left, inside Door #6

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main Field**

*Coming from the west on Staghorn Cir. S:*

- Turn right into second driveway.
- Follow the road to the back to the east field entrance.
- Park in front of concession stand, next to handicap parking.

*Coming from the east on Staghorn Cir. S:*

- Turn left into second driveway.
- Follow the road to the back to the east field entrance.
- Park in front of concession stand, next to handicap parking.

### **Directions to Practice Field & Tennis Courts**

*Coming from the west on Staghorn Cir. S:*

- Turn right into second driveway.
- Follow the road to the back, driving past the portable buildings.
- Park in between the portable buildings and the tennis courts.

*Coming from the east on Staghorn Cir. S:*

- Turn left into second driveway.
- Follow the road to the back, driving past the portable buildings.
- Park in between the portable buildings and the tennis courts.

## **Emergency Plan: Fossil Hill Middle School Main & Practice Gyms**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located just inside Door #11

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Gyms**

*Coming from the west on Staghorn Cir. S:*

- Turn right into second driveway.
- Enter through Door #20, just after pulling in.
- Gyms are located directly to the right.

*Coming from the east on Staghorn Cir. S:*

- Turn left into second driveway.
- Enter through Door #20, just after pulling in.
- Gyms are located directly to the right.

### **Alternate Directions to Practice Gym**

*Coming from the west on Staghorn Cir. S:*

- Turn right into first entrance.
- Follow road to Door #16, which is on the left.

*Coming from the east on Staghorn Cir. S:*

- Turn left into third entrance.
- Follow road to Door #16, which is on the left.

## **Emergency Plan: Hillwood Middle School Main & Practice Fields**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED locations:
  - Main hallway, at the corner of TCU Trail & Husky Hallway
  - Underneath the East scoreboard in the Main Gym.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Fields**

*Coming from the north on Parkwood Hill Blvd.:*

- Turn right into first driveway, just before the school sign.
- Follow the road to the back of the school and park in front of the concession stand.
- Park in front of concession stand.

*Coming from the south on Parkwood Hill Blvd.:*

- Turn left into the driveway just after the school sign.
- Follow the road to the back of the school and park in front of the concession stand.
- Park in front of concession stand.

## **Emergency Plan: Hillwood Middle School Main & Practice Gyms, & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located inside Main Gym, underneath the east scoreboard.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Gyms**

*Coming from the north on Parkwood Hill Blvd.:*

- At the stop sign, turn right onto Milford Dr. and into the first school parking lot.
- Follow the driveway and park in front of Door #2 for the Main Gym, or in front of Door #3 for the Practice Gym.

*Coming from the south on Parkwood Hill Blvd.:*

- At the stop sign, turn left onto Milford Dr. and into the first school parking lot.
- Follow the driveway and park in front of Door #2 for the Main Gym, or in front of Door #3 for the Practice Gym.

### **Directions to Tennis Courts**

*Coming from the north on Parkwood Hill Blvd.:*

- At the stop sign, turn right onto Milford Dr. and into the first school parking lot.
- Follow the driveway and park in front of the tennis courts.

*Coming from the south on Parkwood Hill Blvd.:*

- At the stop sign, turn left onto Milford Dr. and into the first school parking lot.
- Follow the driveway and park in front of the tennis courts.

## **Emergency Plan: Hillwood Middle School Main & Practice Fields**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED locations:
  - Main hallway, at the corner of TCU Trail & Husky Hallway
  - Underneath the East scoreboard in the Main Gym.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Fields**

*Coming from the north on Parkwood Hill Blvd.:*

- Turn right into first driveway, just before the school sign.
- Follow the road to the back of the school and park in front of the concession stand.
- Park in front of concession stand.

*Coming from the south on Parkwood Hill Blvd.:*

- Turn left into the driveway just after the school sign.
- Follow the road to the back of the school and park in front of the concession stand.
- Park in front of concession stand.

## **Emergency Plan: Indian Springs Middle School Practice Field & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located through Door #15 and heading south down the hallway, on the right just before the front office.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Practice Field & Tennis Courts**

*Coming from the north on Whitley Road:*

- Turn right onto Bursey Road and continue East.
- Turn left onto Willis Lane and turn into the second entrance (at intersection with Ridgeway Dr.).
- Follow the road to the back of the school where you can park in front of the practice field or further down in front of the tennis courts.

*Coming from the south on Whitley Road:*

- Turn left onto Bursey Road and continue East.
- Turn left onto Willis Lane and turn into the second entrance (at intersection with Ridgeway Dr.).
- Follow the road to the back of the school where you can park in front of the practice field or further down in front of the tennis courts.

## **Emergency Plan: Indian Springs Middle School Main & Practice Gyms, and Main Field**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located in the Main Gym, underneath the north scoreboard.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Gyms**

#### *Coming from the north on Whitley Road:*

- Turn right onto Bursey Road and continue East.
- Turn into the first school entrance and park...
  - In front of Door #2 for the Main Gym
  - In front of Door #3 for the Practice Gym.
  - At the curb by the Main Field.

#### *Coming from the south on Whitley Road:*

- Turn left onto Bursey Road and continue East.
- Turn into the first school entrance and park...
  - In front of Door #2 for the Main Gym
  - In front of Door #3 for the Practice Gym.
  - At the curb by the Main Field.

## **Emergency Plan: Keller Middle School Practice Gym**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located next to Door #1

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Practice Gym**

*Coming from the east on Keller Parkway:*

- Turn left on College Ave.
- Turn right into the first driveway to the school and enter through the main entrance doors to the school (Door #1).
- Practice gym is located down the hall.

*Coming from the west on Keller Parkway:*

- Turn right on College Ave.
- Turn right into the first driveway to the school and enter through the main entrance doors to the school (Door #1).
- Practice gym is located down the hall.

## **Emergency Plan: Keller Middle School Main Field**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located in the Main Hall, next to door #1. Enter through Door #4 to get to the Main Hall and then turn right at the library.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main Field**

*Coming from the east on Keller Parkway:*

- Turn left on College Ave.
- Turn right on Lorine St. and then turn left on Blue Stem Ave.
- Turn into parking lot just before the Main Field and park just on the other side of the Concession Stand.

*Coming from the west on Keller Parkway:*

- Turn right on College Ave.
- Turn right on Lorine St. and then turn left on Blue Stem Ave.
- Turn into parking lot just before the Main Field and park just on the other side of the Concession Stand.

## **Emergency Plan: Keller Middle School Main Gym**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located on the west side of the gym, inside Door #17.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Practice Gym**

*Coming from the east on Keller Parkway:*

- Turn left on College Ave.
- Turn right on Lorine St. and then turn left on Blue Stem Ave.
- Turn into the small parking lot behind the gym, next to the dumpsters
- Pull through the parking lot and park in front of the dumpsters, next to the ramp.
- You can access the Main Gym at the top of the ramp, through Door #22.

*Coming from the west on Keller Parkway:*

- Turn right on College Ave.
- Turn right on Lorine St. and then turn left on Blue Stem Ave.
- Turn into the small parking lot behind the gym, next to the dumpsters
- Pull through the parking lot and park in front of the dumpsters, next to the ramp.
- You can access the Main Gym at the top of the ramp, through Door #22.

### **Emergency Plan: Keller Middle School Practice Field & Tennis Courts**

#### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

#### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

#### **Emergency Equipment**

- AED is located in the Main Hall, next to door #1. Enter through Door #4 to get to the Main Hall and then turn right at the library.

#### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

#### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

#### **Directions to Practice Field & Tennis Courts**

*Coming from the east on Keller Parkway:*

- Turn left on College Ave.
- Take the last entrance into the school, just before the tennis courts.
- For the tennis courts, park directly in front of them.
- For the practice field, park in front of the tennis courts and then head to the field behind the tennis courts.

*Coming from the west on Keller Parkway:*

- Take the last entrance into the school, just before the tennis courts.
- For the tennis courts, park directly in front of them.
- For the practice field, park in front of the tennis courts and then head to the field behind the tennis courts.

## **Emergency Plan: Timberview Middle School Main & Practice Fields, & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located just inside Door #16.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Fields, & Tennis Courts**

*Coming from the north on Riverside Drive:*

- Turn right onto driveway before the Keller Early Learning Center.
- Continue past the ELC and turn left onto Aster Ridge Dr.
- Follow the road to the back parking lot and park in front of the concession stand.
- For the tennis courts, park in front of the basketball court.

*Coming from the south on Riverside Drive:*

- Turn left onto driveway before the Keller Early Learning Center.
- Continue past the ELC and turn left onto Aster Ridge Dr.
- Follow the road to the back parking lot and park in front of the concession stand.
- For the tennis courts, park in front of the basketball court.

## **Emergency Plan: Timberview Middle School Main & Practice Gyms**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located in the hallway through Door #20, next to the Girls Restroom.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Gyms**

*Coming from the north on Riverside Drive:*

- Turn right onto driveway before the Keller Early Learning Center.
- Continue past the ELC and turn right at the stop sign.
- Follow the driveway around the parking lot and park in front of Door #20.

*Coming from the south on Riverside Drive:*

- Turn left onto driveway before the Keller Early Learning Center.
- Continue past the ELC and turn right at the stop sign.
- Follow the driveway around the parking lot and park in front of Door #20.

## **Emergency Plan: Trinity Springs Middle School Main & Practice Fields, & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located inside the East entrance (Door #19) of the Main Gym, on the right.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main & Practice Fields, & Tennis Courts**

*Coming from the west on Keller Hicks Rd.:*

- Turn left onto last driveway before Trinity Meadows Intermediate School.
- Follow the road to the back and park at the corner, next to the concession stand.

*Coming from the east on Keller Hicks Rd.:*

- Turn right onto first driveway past Trinity Meadows Intermediate School.
- Follow the road to the back and park at the corner, next to the concession stand.

## **Emergency Plan: Trinity Springs Middle School Main & Practice Gyms**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located inside the East entrance (Door #19) of the Main Gym, on the right.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main Gym**

*Coming from the west on Keller Hicks Rd.:*

- Turn left into the main entrance of the school.
- Park in front of Door #19.

*Coming from the east on Keller Hicks Rd.:*

- Turn right into the main entrance of the school.
- Park in front of Door #19.

### **Directions to Practice Gym**

*Coming from the west on Keller Hicks Rd.:*

- Turn left onto last driveway before Trinity Meadows Intermediate School.
- Park in front of Door #18, across from the Main Field.

*Coming from the east on Keller Hicks Rd.:*

- Turn right onto first driveway past Trinity Meadows Intermediate School.
- Park in front of Door #18, across from the Main Field.

## **Emergency Plan: Vista Ridge Middle School Main Field & Tennis Courts**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located just inside Door #8.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main Field & Tennis Courts**

*Coming from the west on Thompson Rd.:*

- Turn right into the last school entrance.
- For the tennis courts, follow the road to the courts, located on the left.
- For the Main Field, follow the road and turn right into the parking lot in front of the field, parking in front of the concession stand.

*Coming from the east on Thompson Rd.:*

- Turn left into the first school entrance.
- For the tennis courts, follow the road to the courts, located on the left.
- For the Main Field, follow the road and turn right into the parking lot in front of the field, parking in front of the concession stand.

## **Emergency Plan: Vista Ridge Middle School Main & Practice Gyms**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located just inside Door #8.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

### **Directions to Main Gym**

*Coming from the west on Thompson Rd.:*

- Turn right just past the practice field and discus ring.
- Follow the road around to the parking lot in front of the field and enter through Door #8.
- Main Gym is located just inside, on the left.
- Practice Gym is located further down the hallway, just in front of Door #14.

*Coming from the east on Thompson Rd.:*

- Turn left just before the practice field and discus ring.
- Follow the road around to the parking lot in front of the field and enter through Door #8.
- Main Gym is located just inside, on the left.
- Practice Gym is located further down the hallway, just in front of Door #14.

## **Emergency Plan: Vista Ridge Middle School Practice Field**

### **Emergency Personnel**

- First Aid/CPR/AED certified coaches on site for practice and competition.

### **Emergency Communication**

- Athletic Trainers' cell phone numbers will be provided to coaches, members of the emergency action team, and other individuals as needed.

### **Emergency Equipment**

- AED is located just inside Door #8.

### **Roles of the First Responders**

- Immediate care of the injured/ill athlete
- Emergency equipment retrieval
- Activation of emergency medical system – 911 call (provide name, address, phone number, number of injured individuals, condition of injured, first aid being rendered, directions, other pertinent info requested)
- Notify head coach, game administrator, athletic director and principal

### **Directions of EMS to scene**

- Designate individual to flag down EMS and direct them to the scene
- Scene control: limit scene to first aid providers and have bystanders removed from scene

**Directions to Main & Practice Fields, & Tennis Courts**

*Coming from the west on Thompson Rd.:*

- Turn right just past the practice field and discus ring.
- Practice field is immediately on the right.

*Coming from the east on Thompson Rd.:*

- Turn left just before the practice field and discus ring.
- Practice field is immediately on the right.

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