

COPPELL BOYS HIGH SCHOOL LACROSSE

Emergency Plan

2010



www.coppell-lacrosse.com

COPPELL LACROSSE - MEDICAL EMERGENCY PLAN

This is the Emergency Plan for Coppell Boys High School Lacrosse. It was created on December 31, 2009 and is intended to provide procedural guidance for the High School Lacrosse Team.

The purpose of the Plan is to provide a clear emergency procedure with designated individuals for each home game as well as for practices. This Plan shall be available for review by a game official at any time. This Plan will be kept by the Head Coach and/or the Program Director along with the Player's Emergency Contact Information.

Venue Name and Address:

Practices are held at the Andy Brown Central Park. The Park is located 400 E. Denton Tap Road on the East side between Hwy 121 and Parkway Blvd. in Coppell Texas.

Games are played at Lesley Field located at 501 Wrangler Drive, Coppell, Texas 75019.

Covered in this Plan are the Emergency Medical Procedures and Lightning Policy.

Emergency Medical Procedures

Each Team has written procedures for medical emergencies at practice and athletic contests. This makes it mandatory that emergency procedures be understood by administrators and coaches. This Plan includes procedures for:

1. Immediate, on-the-spot first aid by an adequately trained individual.
2. A telephone or other communication device to contact a doctor, ambulance, or emergency clinic.
3. Notification of parents of injured player.
4. Proper arrangements at hospital or clinic to insure complete care of injured student.

This plan of action should be carefully covered in advance with responsibilities of each party specified. Trainers, Coaches, Directors and local law officers should function as an informed, effective team. Communication is the key to an effective athletic emergency care plan. Everyone - association personnel, medical professionals - must know exactly what is to be done in an emergency and who is responsible for each task.

Visiting teams may waive assistance by home team trainer if they have their own adequately trained individual, but must notify the site administrator and home team Trainer that they do not want assistance. This notification will waive responsibility for emergency medical care by the Trainer provided by the home team, other than normal cooperation and assistance.

- A. During practice and home games, the Boys HS Lacrosse team will provide immediate, on the spot first aid by an adequately trained individual. During games, this individual shall be considered neutral and shall provide medical care to players on both teams.
**Delano Carniero (CPR and AED trained) 469-774-1625 (cell) or
Lee Shore (Registered EMT) 214-675-1024 (cell)**
or other qualified individual designated if neither of the above can be present.
- B. Upon need for additional care, one of the individuals shall be available to contact ambulance and/or emergency clinic as well as notify parents of injured player.
**Jared Venia (Varsity Head Coach) 214-385-9534 (cell) or
Mark Wilson (JV Head Coach) 214-675-8152 (cell)**
or other individual designated if neither of the above can be present.
- C. Nearest Emergency Clinic
**Coppell Emergency Care Center
651 N. Denton Tap Rd, Suite 100
Coppell, Texas 75019
972-899-7000**

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Lightning Policy *

Lightning may be the most frequently encountered severe storm hazard endangering physically active people each year. Millions of lightning flashes strike the ground annually in the United States, causing nearly 100 deaths and 400 injuries. Three quarters of all lightning casualties occur between May and September, and nearly four fifths occur between 10:00 am and 7:00 pm, which coincides with the hours for most athletic events.

At the practice facility, the City of Coppell Parks and Recreation Department has installed a Lightning Warning System (Thor Guard Lightning Prediction System). Lightning is a severe hazard that must be viewed seriously. Everyone should immediately seek shelter any time they believe lightning threatens them, even if a signal has **not** been sounded.

You will be warned by our **Thor Guard Lightning Prediction System**, which sounds **ONE** - 15 second blast of the horn signaling suspension of all activities. A strobe light will begin flashing and remain flashing until safe conditions return. You should immediately seek an appropriate, safe shelter.

You may resume activities only after **THREE** - 5 second blasts of the horn are sounded and the strobe light stops flashing.

IF YOU REMAIN OUTDOORS AFTER THE WARNING IS ISSUED, YOU DO SO AT YOUR OWN RISK!!!

LIGHTNING SAFETY TIPS

SEEK

- Large Buildings
- Lightning Shelters
- Automobile/Trucks
- Tunnels With No Standing Water

*When one of the above is not available seek

- Dense Woods
- Low Lying Areas

AVOID

- Open Areas
- Water
- Tall Trees
- Metal Fences
- Overhead Wires and Power Lines
- High Ground Areas
- Telephones & Cellular Phones
- Radios
- Small, Unprotected Shelters

Recommendations for Lightning Safety – When Thor Guard System is not available:

1. At each Home Game a **Field Administrator** identified by a Badge shall be the lead in making the call to remove individuals from the field.
2. **Field Administrator** shall be the designated weather watcher during a game or at practice, respectively (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous).
3. See Lightning Safety Tips above for recommendations on shelter at Games.
4. Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure. See method of determining Flash-to-Bang count below.

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5. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
6. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
7. Assume that lightning safe position (crouched on the ground weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
8. Observe the following basic first aid procedures in managing victims of a lightning strike:
 - o Activate local EMS
 - o Lightning victims do not "carry a charge" and are safe to touch.
 - o If necessary, move the victim with care to a safer location.
 - o Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - o Evaluate and treat for hypothermia, shock, fractures, and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

Definitions

Safe Shelter:

1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
3. It is not safe to talk on landline phones while inside of a safe shelter during thunderstorms. Cell phones are OK.

Flash-to-Bang:

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center. Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

* - taken from http://www.uil.utexas.edu/athletics/health/lightning_safety.html