

Central High School Athletics  
Inclement Weather Emergency Action Plan

**INCLEMENT WEATHER PLAN  
OUTDOOR ON-CAMPUS VENUES**

In the event of inclement weather, Central High School has designated safe areas for athletes, coaches/administrators, and spectators to seek shelter and prevent injury. All attendees will be asked to relocate to these areas in the event of unsafe weather. Access to locations within the school must be facilitated by administrators with the relevant keys.

During outdoor competition, TSSAA officials will be responsible for determining when to implement an event delay due to inclement weather, per state regulations. Otherwise, the Athletic Trainer (if onsite) will be responsible for making this determination.

In the event the Athletic Trainer is not onsite, coaches are expected to cease practice activities immediately upon seeing/hearing thunder and/or lightning and relocate staff and participants to a designated safer place.

Per TSSAA Regulations: "A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. The space must be fully enclosed on all sides. An alternate safer place from the threat of lightning is fully enclosed (not convertible or soft top) metal car or school bus."

- o Football participants will be directed to the field house (Roy Acuff) or travel bus/gymnasium (visiting).
- o Spectators will be directed to their cars or auditorium/gymnasium.
  
- o Track/Cheerleading participants will be directed to their cars/bus or gymnasium.
- o Spectators will be directed to their cars or auditorium/gymnasium.
  
- o Soccer participants will be directed to the field house (Roy Acuff) or travel bus/gymnasium (visiting).
- o Spectators will be directed to their cars or auditorium/gymnasium.
  
- o Baseball participants will be directed to their cars or travel bus (visiting).
- o Spectators will be directed to their cars or auditorium/gymnasium.
  
- o Softball participants will be directed to their locker room or travel bus (visiting).
- o Spectators will be directed to their cars or auditorium/gymnasium.

\*\*Waiting 30 minutes to resume activities after hearing any thunder or seeing any lightning yields 90% to 95% confidence that no more lightning will occur.

**In the event that injury occurs despite the above precautions, the following procedures will be utilized.**

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**Emergency Responders Protocol:**

1. Immediate Care of the Athlete:

- a. Immediately notify the Athletic Trainer to respond to the emergency.
- b. If no AT is present on campus, the Coach(s) will respond as follows.
  - i. Stabilize and calm the injured athlete and provide first aid until either:
    1. It is determined that Basic Life Support procedures begin (CPR or Rescue Breathing) and EMS is activated.
    2. The athlete is conscious and normal neurovascular function (circulation, movement, and feeling) can be established.
    3. If AED is needed for a suspected cardiac issue, a coach or student aide will be directed to retrieve.

2. Activate EMS if needed. Below is a list of reasons to call (9-1-1):

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"><li>o Any altered and/or deteriorating mental status (loss of orientation, not cognizant of self, time or place, unexplained/severe lethargy, decreased understanding, change in personality, poor regulation of emotions, defect in judgement, confusion, memory loss)</li></ul> | <ul style="list-style-type: none"><li>o Unconsciousness</li><li>o Uncontrollable bleeding</li><li>o Persistent chest pain/pressure</li><li>o Lack of sweating, red hot skin</li><li>o Unexplained seizure</li><li>o Uncontrollable vomiting</li><li>o Loss of sensation in limbs, no signs of circulation</li><li>o Obvious bony deformity, exposed bone</li></ul> | <ul style="list-style-type: none"><li>o Unequal/unreactive pupils</li><li>o Unequal chest rise/fall</li><li>o Electrical accident</li><li>o Possible poisoning</li><li>o Inability to move</li><li>o Suspected head, neck or back injury</li><li>o Unexplained breathing difficulty, inability to breathe</li><li>o Convulsions, severe headache, or slurred speech</li></ul> |
|---|--|---|
- Additionally, if you have any doubt regarding the seriousness of the injury.**

3. Activating EMS:

- a. Instruct a **specific** individual/delegated coach to call 9-1-1.
- b. Stay calm, speak clearly.
- c. Provide EMS dispatchers with the following:
  - o Your name and role.
  - o Your phone number.
  - o Name, age, and possible injury of victim(s).
  - o The address of the victim's location.
  - o The exact location of victim (Ex. girls locker room). Give any landmarks or additional information that may aid EMS in finding the victim.
  - o Status of the victim (consciousness, breathing, circulation, bleeding, etc.)
  - o First aid care that is currently being given.
  - o Any known medical history or events leading to injury or illness.

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**DO NOT HANG UP UNTIL DISPATCH TELLS YOU TO HANG UP.**

4. Retrieval of Medical Information Sheet, if no parent(s) present (**MUST with EMS**)
  - Delegated coach or student aide
    - Medical Release (Parental Consent Form)
    - Current Valid Physical
    - Past Medical History Information
5. Direct EMS to scene:
  - Assign an individual (coach, AT student aide, etc.) to **meet the ambulance** at the nearest road/gate and direct them to the location of the emergency IF WEATHER CONDITIONS PERMIT. If conditions are dangerous, remain indoors.
  - This person should have keys to unlock gates or doors.
  - Head coach is responsible for ensuring gates are not obstructed for all events.
6. Crowd control:
  - Athletic Director, delegated coach, and/or officials as needed.
7. Contact Central High School Athletic Director & Athletic Trainer (if not on scene).
8. After EMS assumes care:
  - Athletic Trainer contacts parents of injured athlete.
  - Coach/school representative follows athlete to the hospital if a parent is not available at time of transport with proper paperwork.
  - Coach/school representative/Athletic Trainer complete respective injury reports.

***\*\*If no AT is present, the Head Coach will be responsible for delegating the above roles\*\****

