

**CENTRAL HIGH SCHOOL ATHLETICS**  
**WRESTLING EMERGENCY ACTION PLAN**

**Address:** 3551 N Broadway, Knoxville, TN 37917

**Emergency Phone Numbers:**

Medical Emergency/Fire 911

**Contact Numbers:**

Athletic Trainer (AT): Jason Seaton	(865) 680-7965
Athletic Director (AD): Danny Sharp	(865) 689-1400
Head Coach: Chloe Padilla	(865) 689-1400
Principal: Dr. Danielle Rutig	(865) 689-1400
Main School:	(865) 689-1400

**EMS Directions:**

**General directions to FBS Combat Club:**

1. Turn left onto N. Broadway.
2. Drive Approx. 2.3mi and FBS will be on the Right.

**OR**

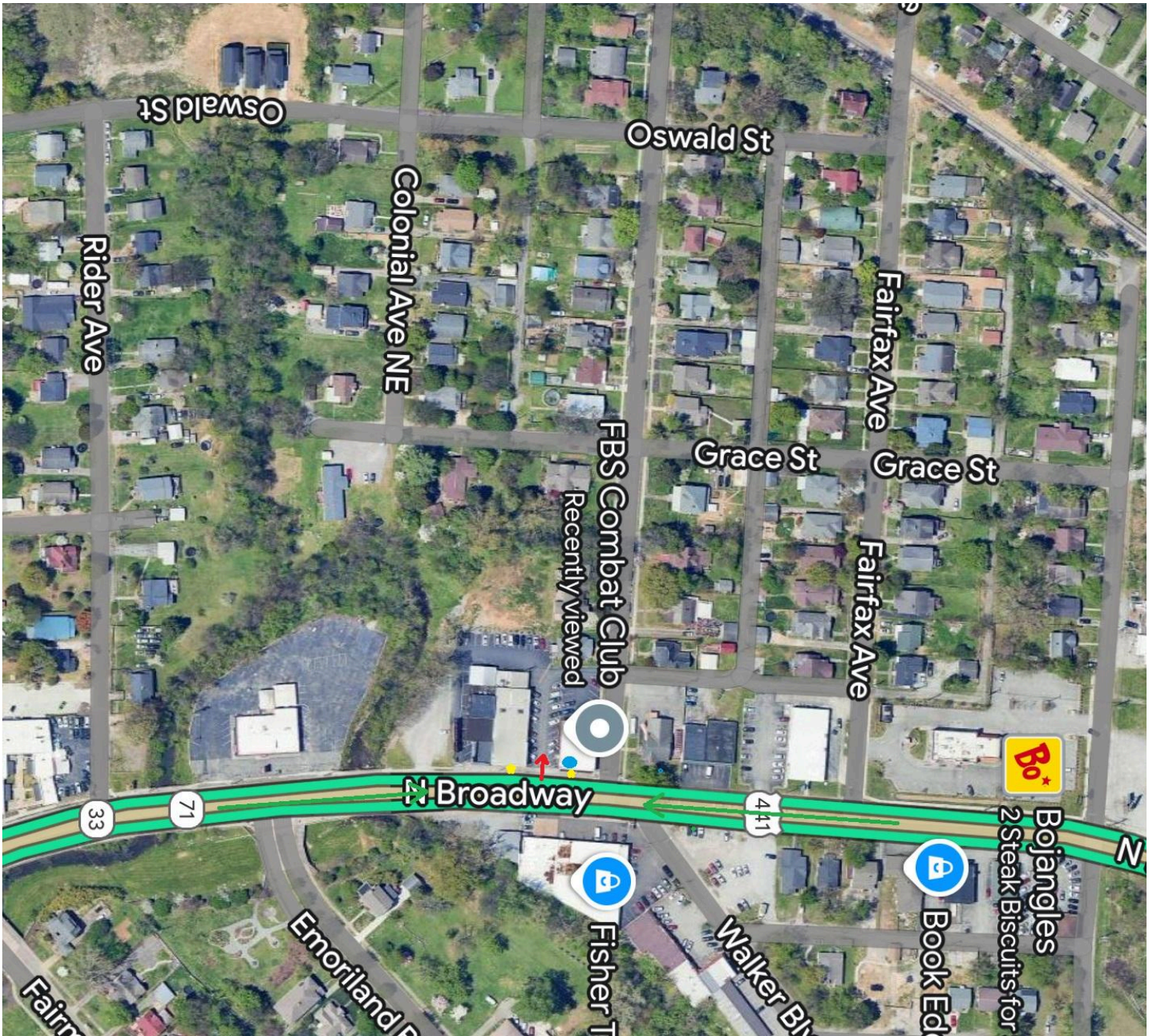
1. From I-40E take Exit 389 onto Hall of Fame Dr. toward Broadway US-441 North.
2. Drive 1.7 mi. and FBS will be on the Left.

**Hospital Info:**

*East Tennessee Children's Hospital*  
2018 W. Clinch Ave.  
Knoxville, TN 37916

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See map on next page



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## Emergency Equipment Locations:

### 1. AEDs:

- Primary AED is located at FBS Combat Club Counter.
- Second AED is located with the athletic trainer during summer/fall/spring practices and games. Otherwise it is located in the Field House (Roy Acuff) AT office.

### 2. First Aid Supplies:

- Located at FBS Combat Club Counter upon request.
- Located in medical kit with the AT and in the Athletic Training room across from the locker rooms behind the gym.
- Supplies are on the counter for coaches to access and use as needed as well as available upon request.

## 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.
  - 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 breathing and neurovascular function (circulation, movement, and feeling) can be established.

### 2. AED retrieval:

- a. Coach or student aide will be directed to get the AED if a cardiac emergency is suspected.

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

- |   |   |  |
|---|---|--|
| 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) | o Unconsciousness<br>o Uncontrollable bleeding<br>o Persistent chest pain/pressure<br>o Lack of sweating, red hot skin<br>o Unexplained seizure<br>o Uncontrollable vomiting<br>o Loss of sensation in limbs, no signs of circulation<br>o Obvious bony deformity, exposed bone | o Unequal/unreactive pupils<br>o Unequal chest rise/fall<br>o Electrical accident<br>o Possible poisoning<br>o Inability to move<br>o Suspected head, neck or back injury<br>o Unexplained breathing difficulty, inability to breathe<br>o Convulsions, severe headache, or slurred speech |
|---|---|--|
- Additionally, if you have any doubt regarding the seriousness of the injury.**

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### Emergency Responders Protocol (cntd):

#### 4. 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 Number of victims.
  - o Name, age, and possible injury of victim.
  - o The address of the victim's location.
  - o The exact location of the 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.
- d. **DO NOT HANG UP UNTIL DISPATCH TELLS YOU TO HANG UP.**

#### 5. Retrieval of Medical Information Sheet, if no parent(s) present (**MUST Be with EMS**)

- Delegated coach or student aide
  - o Medical Release (Parental Consent Form)
  - o Current Valid Physical
  - o Past Medical History Information

#### 6. 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.
- This person should have keys to unlock gates or doors.
- Head coach is responsible for ensuring gates are not obstructed for all events.

#### 7. Crowd control

- Athletic Director, delegated coach, and/or officials as needed.

#### 8. Contact Central High School Athletic Director & Athletic Trainer (if not on scene).

#### 9. 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\*\****