Hofstra University Athletic Training Emergency Action Plan

Revised 7/16/12

Introduction

Emergency situations may arise at anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the athlete during emergency and/or life threatening conditions. The development and implications of an emergency action plan will ensure that the best care will be provided.

As emergencies may occur at anytime during any activity, the athletic department has a responsibility to be properly prepared. This preparation includes formulation of an emergency action plan (EAP), proper medical coverage of athletic events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through pre-participation physicals, appropriate medical coverage, safe practice techniques, and other safety procedures and guidelines, some potential emergencies may be averted. However, emergencies and injuries are inherent with athletic participation, and with proper planning emergency situations can be managed appropriately.

Basic components of the emergency action plan

1. Emergency personnel
2. Role of the Emergency action team
3. Emergency communication
4. Emergency equipment
5. Emergency transportation

Emergency personnel

The first responder in an emergency situation is typically a member of the athletic training staff, most commonly a certified athletic trainer (ATC). A team physician may not always be present at every organized practice or competition. Medical coverage may vary widely based on such factors as sport, activity, setting and type of training or competition. In some instances, the first responder may not be an ATC, but a coach or other institutional personnel. Certification in American Red Cross Adult cardiopulmonary resuscitation (CPR), automated external defibrillator (AED), first aid or professional rescuer, prevention in disease transmission, and EAP review is required for at least one team coach, all certified athletic trainers (Professional Rescuer Certified), all athletic training students and all strength and conditioning coaches.

The development of an EAP cannot be complete without the formation of an emergency action team (EAT). The emergency action team may consist of a number of healthcare providers including but not limited to, physicians, emergency medical technicians, certified athletic trainer, student athletic trainer, coaches, athletic administration and equipment managers. Roles of these individuals within the emergency action team may vary depending upon various factors such as the number of available members of the team, the athletic venue itself, or preference of the

certified athletic trainer present. When forming an EAT, it is important to adapt the team to the situation or sport. It may be advantageous to have more than one individual assigned to each role. This will allow the EAT to function through the absence of team members.

Role of Emergency action team

There are four basic roles within the EAT. The first and most important role is to establish safety of the scene and immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual on scene. Individuals with lesser qualifications should yield to those with more advanced or appropriate training. The second role is initiating the EAP by contacting Public Safety. Public Safety will then in turn contact emergency medical system (EMS) if emergency personnel are not already present onsite. Contacting Public Safety should be done as soon as the situation is deemed an emergency or life threatening. Emergencies and life threatening conditions include but are not limited to; possible head or neck injuries, heat illness/stroke, compound or displaced fractures, loss of consciousness, or respiratory or cardiac arrest. Time is the most critical factor when dealing when dealing with emergencies or life threatening conditions. Therefore, anyone within the EAT may contact Public Safety either via a telephone or a 2-way campus radio (channel 2). However, the person chosen for this role must be one who has good communication skills, is calm under pressure and is familiar with the EAP for that athletic venue. The third role within the EAT is equipment retrieval. This role may also be filled by anyone within the EAT with a working knowledge of the location of the specific equipment needed. The fourth and final role within the EAT is directing EMS to the scene. The individual charged with this responsibility should have keys to any locked gates or doors, which may slow the arrival of EMS.

Emergency Communication

Communication is essential to quick emergency response. Athletic trainers and emergency medical personnel must work together to provide the best emergency response capability and should have emergency contact information as part of their emergency preparedness. Communication prior to an event is a good way to build rapport and establish boundaries between both groups of professionals. If EMS is not directly available on site, communication with Public Safety at the time of injury or illness is necessary.

Access to a working telephone (mobile or fixed) or a 2-way campus radio 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 a failure of the primary system. The most common back up communication system is on the 2-way campus radio (channel 2 to Public Safety). At any athletic venue, home or away, it is important to establish the location of a working telephone.

Hofstra University emergency communication procedures mandates Public Safety be contacted first in any and all emergency situations, via cell phone (516- 463-6789), on a campus telephone (x36789), 911 on a campus phone that can dial out, or by 2-way campus radio (channel 2). When communicating with Public Safety please utilize the Initiation of the Emergency Action Plan form below.

HOFSTRA UNIVERSITY – ATHLETIC TRAINING

Initiation of the Emergency Action Plan

EMERGENCY NUMBERS:

Public Safety- (516) 463-6789 (Via Cell Phone)...X36789 on a campus phone, or 911 on a campus phone that can dial out.

PUBLIC SAFETY IS ALWAYS CALLED FIRST IN CASE OF EMERGENCY
ONCE YOU CALL PUBLIC SAFETY- DO NOT CALL 911 DIRECTLY

READ THE FOLLOWING TO THE OPERATOR WHEN CALLING FOR EMERGENCY ASSISTANCE

Hello, my name is (your name), I am the (your position) with (the team you work with). I am calling from (your phone number). I am located at (location) and we have (# of individuals involved) who need medical attention. The injury or illness was caused by (explain the cause of the emergency). The individual(s) major complaint is (describe complaint) and is (level of consciousness).

NEVER HANG UP WITH PUBLIC SAFETY UNTIL YOU ARE INSTRUCTED TO
IF YOU ARE COMMUNICTION WITH PUBLIC SAFETY VIA A 2- WAY CAMPUS RADIO, DO NOT CHANGE FROM CHANNEL 2 UNTIL PUBLIC SAFETY ARRIVES

EMERGENCY ENTRANCES:

Margiotta Hall/ Margiotta Hall Practice Fields/James M. Shuart Stadium/Stadium Building:

- Utilize the eastt entrance off of Uniondale Avenue, onto Stadium Blvd., then direct personnel to appropriate facility with venue specific map.

Physical Education Center/Field Hockey Stadium/Soccer Stadium/Swim Center

- Utilize the California Ave. entrance off of Hempstead Tpk., head north on Hofstra Blvd., turn Right on Northern Blvd., then direct personnel to appropriate facility with venue specific map.

Mack Sports Complex/Softball Stadium/ Baseball Field/Bubble/Recreation Center/ Tennis Complex/Wrestling Room

- Utilize the East Gate entrance off of Earl Ovington Blvd. to Dome Rd., then direct personnel to appropriate facility with venue specific map.

REFER TO VENUE SPECIFIC EMERGENCY ACTION PLAN FOR EMERGENCY ENTRANCES

EMERGENCY EQUIPMENT:

- THE FOLLOWING EMERGENCY EQUIPMENT IS LOCATED IN THE ATHLETIC TRAINING ROOMS IN THE PHYSICAL EDUCATION CENTER /MACK SPORTS COMPLEX//MARGIOTTA HALL:
- A.E.D., ATHLETIC TRAINING KIT, SPLINTING KIT, SPINE BOARDS, & ADDITIONAL EMERGENCY EQUIPMENT
- ALL PUBLIC SAFETY VEHICLES ARE EQUIPPED WITH EMERGENCY EQUIPMENT
- ALL PUBLIC SAFETY OFFICERS ARE NY STATE CERTIFIED FIRST RESPONDERS
- AT LEAST ONE HOFSTRA UNIVERSITY COACH PER TEAM ARE FIRST AID, CPR, & AED CERTIFIED
- ALL STRENGTH AND CONDITIONING COACHES ARE FIRST AID AND CPR/AED CERTIFIED
- ALL HOFSTRA STAFF CERTIFIED ATHLETIC TRAINERS ARE PROFESSIONAL RESCUER CERTIFIED
- ALL HOFSTRA ATHLETIC TRAINING STUDENTS ARE FIRST AID AND CPR/AED CERTIFIED

Emergency Equipment

All necessary emergency equipment should be in good operating condition, on site and quickly and easily accessible. All athletic training personnel should be familiar with the function and operation of each type of emergency equipment, and be proficient in its proper use. All emergency equipment should be checked on a regular basis as to its condition. Rehearsal or mock emergencies should be performed to ensure comfort and proficient use of the equipment as well as ensuring a good working relationship with EMS. It is important to know the proper manner in which to care and store all of the emergency equipment as well.

Emergency Transportation

Emphasis is placed on having an ambulance on site at high risk sporting events. EMS response time is factored in when determining on site ambulance coverage. Ambulances may be coordinated on site for other special events such as CAA/NCAA regional or championship events. In the event an ambulance is on site a specific location will be determined. For rapid access to the site with a cleared route for entering and exiting the venue, see the venue specific EAP. In the event of an emergency Public Safety should be contacted immediately.

In the evaluation of an emergency, the primary survey (Airway, Breathing, & Circulation) will help the emergency care provider in identifying emergencies requiring critical care and transportation decisions. In any and all emergency situations the athlete should be transported via ambulance to the appropriate medical facility. Unstable athletes should never be transported in inappropriate vehicles. Any emergency situation where there is a change in the level of consciousness, airway, breathing, or circulation, or there is neurovascular compromise, should be considered for immediate transport with emphasis on rapid evaluation, treatment and transportation.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. The survival of an athlete may rely on how well trained and prepared the emergency action team is. It is wise to invest athletic department “ownership” of the EAP by involving the athletic administration and coaches as well as the athletic training staff. The EAP should be revised annually with all athletic department staff, along with Adult CPR, AED, first aid and Professional rescuer refresher training. Through development and implementation of the EAP, the athletic department helps ensure that the athlete will have the best care provided when an emergency situation does arise.