

Karns City Area School District  
Athletics Program

**Emergency Action Plan**

Athletic Department  
1446 Kittanning Pike  
Karns City, PA. 16041  
724-756-2030

*Revised January 2021*  
*John Burnett MS, LAT, ATC.*  
*Head Athletic Trainer*

# EMERGENCY ACTION PLAN FOR ATHLETICS

## Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the student athlete. The development and implementation of an emergency action plan (EAP) will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities personnel must be prepared. Athletic organizations have a duty to develop an emergency action plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. This preparation involves formulation of an emergency action plan, proper coverage of 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 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 sports medicine team should enable each emergency situation to be managed appropriately and efficiently.

## Components of an Emergency Action Plan (EAP)

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder(s)
5. Venue Directions with Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

## Emergency Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine staff, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel. The type and degree of sports medicine 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.

Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), emergency action plan review, and prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning.. **All coaches are required to have CPR, First Aid, and AED certification as well as yearly Concussion Wise, Heart Wise and Heat Wise training.**

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

**The four basic roles within the emergency team are:**

- 1. Establish scene safety and immediate care of the athlete:**
  - a. This should be provided by the most qualified individual on the medical team. In instances that an athletic trainer is available, this role will be assumed by the athletic trainer.
- 2. Activation of Emergency Medical Services:**
  - a. This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team.
- 3. Equipment Retrieval:**
  - a. May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed. Student athletic trainers, coaches and athletes are good choices for this role.
- 4. Direction of EMS to the scene:**
  - a. One of the members of the team should be in charge of meeting the emergency personnel as they arrive at the site. This person should have keys to locked gates/doors.

## **Activating Emergency Medical Services**

Call 9-1-1

Provide information

- Name, address, telephone number of caller
- Nature of the emergency (medical or non-medical)\*
- Number of athletes
- Condition of athlete(s)
- First aid treatment initiated by first responder
- Specific directions as needed to locate the emergency scene (i.e. “use the south entrance to the school off Kittanning Pike / State Route 268”)
- Other information requested by the dispatcher
- DO NOT HANG UP FIRST

## **Emergency Communication**

Communication is key to a quick, efficient emergency response. There is a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

## **Emergency Equipment**

All necessary emergency equipment should be at the site and quickly accessible when emergency situations arise. Personnel should be familiar with the function and operation of the equipment and must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis.

## Emergency Medical Transportation

Emphasis should be placed at having an ambulance on site at high risk sporting events. 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. If an ambulance is not present at an event, entrance to the facility should be clearly marked and accessible. **In the event of an emergency, the 911 system will be utilized for activating emergency medical services.**

In the emergency medical evaluation, the primary survey assists the emergency care provider in identifying injuries or illnesses requiring critical intervention and in determining transport decisions. Any emergency situation where there is loss of consciousness (LOC), or impairment of airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “load and go” situation and emphasis is placed on rapid evaluation, treatment, and proper transportation. **Any emergency personnel who experiences doubt in their mind regarding the severity of the situation should call 911 and activate the emergency action plan (EAP)**

\*\* On-site ambulance service is available for ALL HOME Karns City football contests.

### Medical Facilities / Mileage

	<u>Butler Hospital</u>	<u>Armstrong County Hospital</u>	<u>Clarion</u>
<i>Karns City High School</i>	<i>14 miles</i>	<i>20 miles</i>	<i>36 miles</i>
<i>Chicora Elementary School</i>	<i>11.2 miles</i>	<i>16.6 miles</i>	<i>31.5 miles</i>
<i>Sugarcreek Elementary School</i>	<i>21.4 miles</i>	<i>8.9 miles</i>	<i>31.5 miles</i>
<i>Pullman Park</i>	<i>1.6 miles</i>	<i>19.5 miles</i>	<i>49 miles</i>
<i>Fairview Field</i>			

\*\*\* **Level 1 Trauma Centers located in Pittsburgh include: Allegheny General, UPMC Mercy, UPMC Presbyterian and UPMC Children’s hospital. Air Transportation is 10-15 minutes via Life Flight or Stat MED**

## **Non- Medical Emergencies**

Situations where an immediate response / dispatch of Emergency Medical Services (EMS) is **not** required.

**A Moderate Severity Injury/Illness** may require early medical assessment. The athletic trainer or coach will contact the parent/guardian to report the injury or illness. Ex: lacerations that may require suturing, possible fractures, and/or orthopedic injuries requiring immediate evaluation (athlete cannot weight-bear or move injured area), asthma, diabetic episode etc.

**MildSeverity Injuries/Illness** should be evaluated by the athletic trainer(s) within 24 hours. Ex: strains, sprains, abrasions, contusions, etc.

## **Post EAP Activation Procedures:**

### *Documentation*

Documentation must be done by the certified athletic trainer, coach or first responder immediately following activation of the EAP.

### *Debriefing*

In order to evaluate the effectiveness of the EAP, a staff debriefing following the emergency event should be conducted with all parties involved within 48 hours.

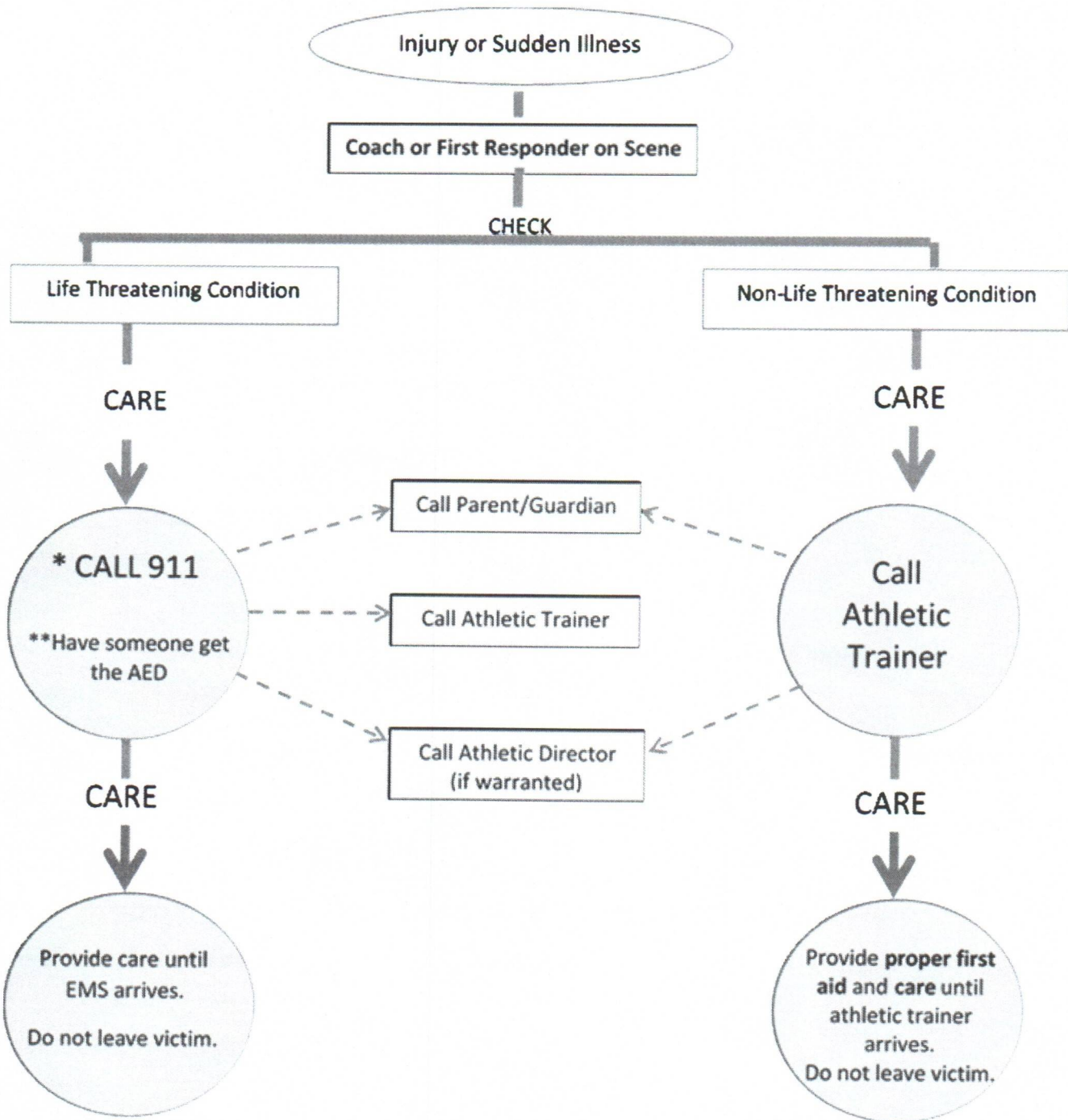
## **Staff Education**

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
2. A copy of the relevant EAP will be in each medical kit which is to be kept with the coach at every practice/event
3. A copy of the entire EAP will kept athletic training room. Every effort will be made to post a venue specific EAP at each location.

## **Conclusion**

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on the training and preparation of healthcare providers. It is prudent to invest athletic department "ownership" in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should be reviewed at least once a year with all athletic personnel and local emergency response teams. Through development and implementation of the emergency plan, the Karns City Area School District helps ensure that the athlete will have the best care provided when an emergency situation does arise.

# Emergency Situation Contact Tree

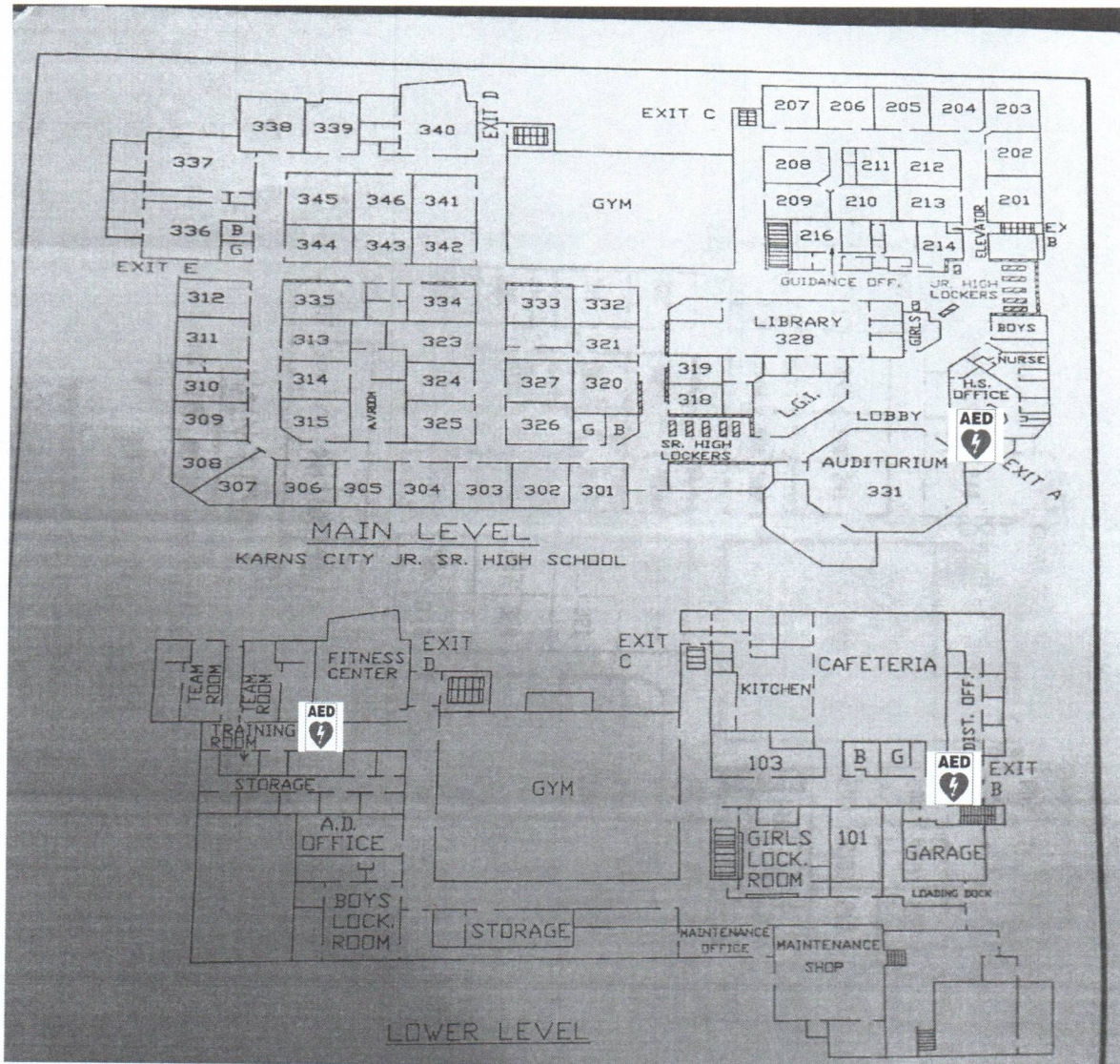




## Emergency Phone List

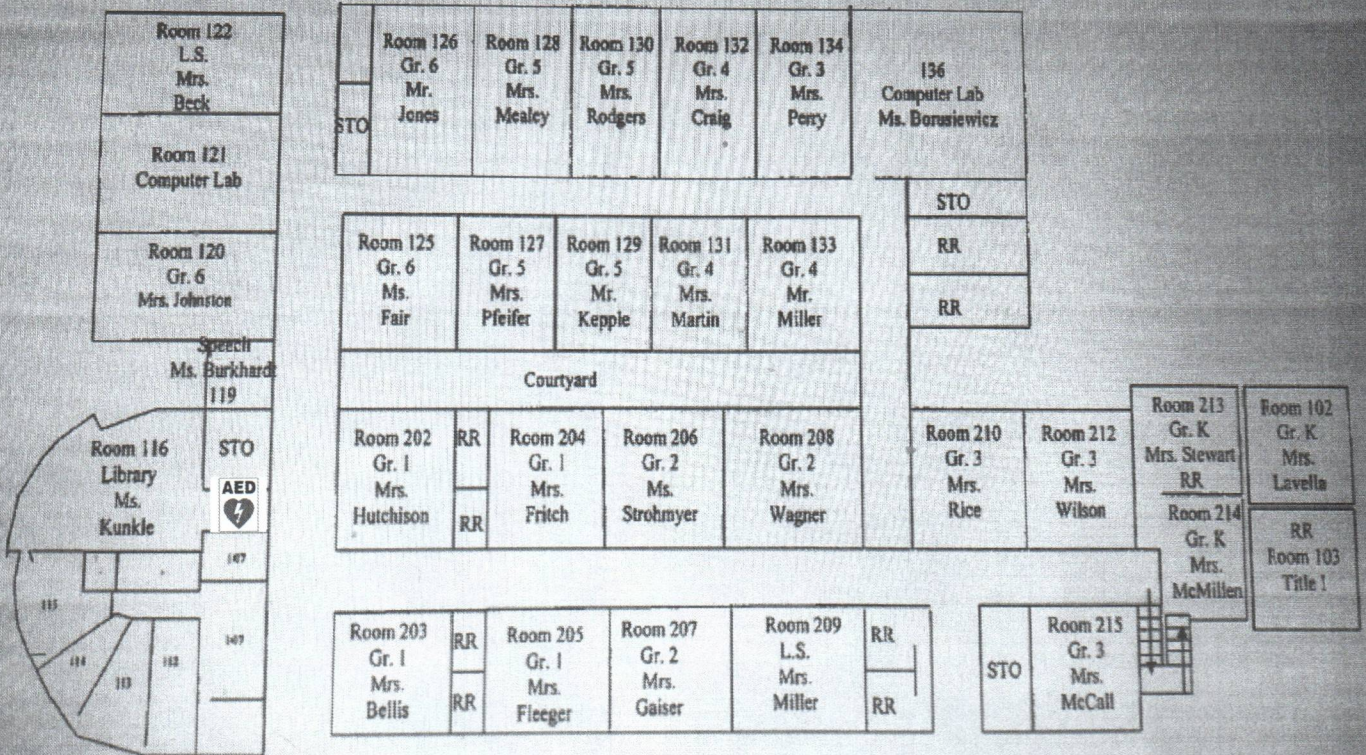
Butler County Communications Center (all emergencies)	911
Pa Poison Control Center	(412) 681-6669
Armstrong County Memorial Hospital	(724) 543-8500
Butler Memorial Hospital	(724) 283-6666
Clarion Hospital	(814) 226-9500
Pennsylvania State Police (Butler)	(724) 284-8100
Karns City Regional Ambulance	(724) 756-4710 fax (724)756-4442
John Burnett, MS, LAT, ATC (Head athletic Trainer)	[Home] 724-352-4748 [Office] 724 -756-2030 ext. 1109 [Cell ] 724-816-8385
Eric Fritch, MS, LAT, ATC	[Cell] 724-822-5911
Josh Williams (Athletic Director)	[cell] 814-590-8821 [Office] 724-756-2030 ext. 1034
Brenda Knoll ( Principal 10-12)	[Cell] 724-290-2579 [Office] 724-756-2030 ext. 1019
Mike Stimac (Principal 7-9)	[Cell] 814-221-2542 [Office] 724-756-2030 ext. 1023
Kelly Hilliard, RN (School Nurse)	[Office] 724-756-2030 ext. 1020
Steve Andreassi (Maintenance Supervisor)	[Office] 724-756-2030 ext.1033 [Cell] 724-991-7151
Karns City Area School District	(724) 756-2030
Karns City Press Box	(724) 756-7351
Karns City Fax	(724) 756-1064 Athletic Office (724) 756-2121 HS office

# Karns City Junior / Senior High School AED Locations



# Chicora Elementary School AED Locations

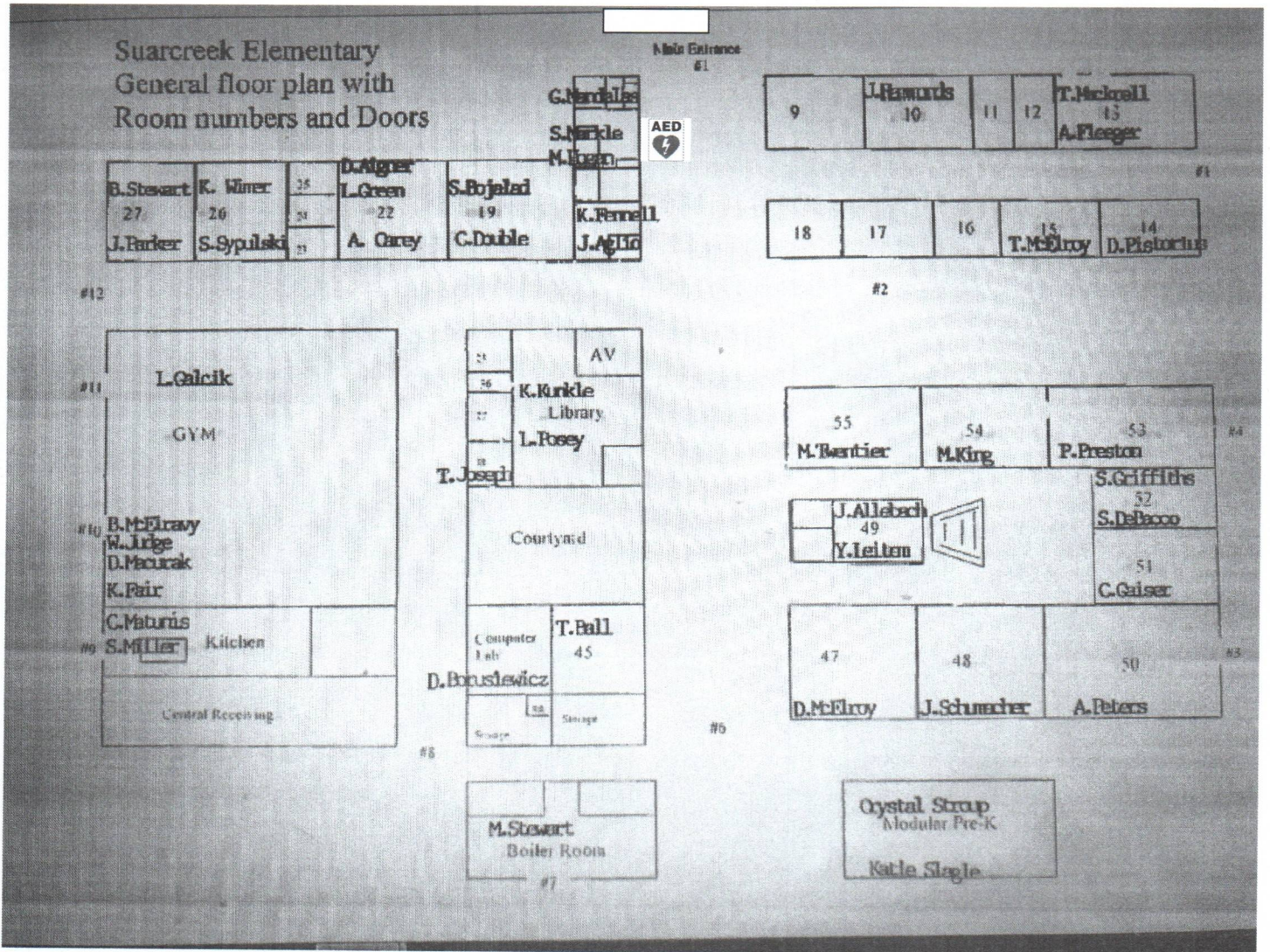
Modular: Mrs. Green-Art/Mrs. Carey & Ms. Paulsen-Music & Band



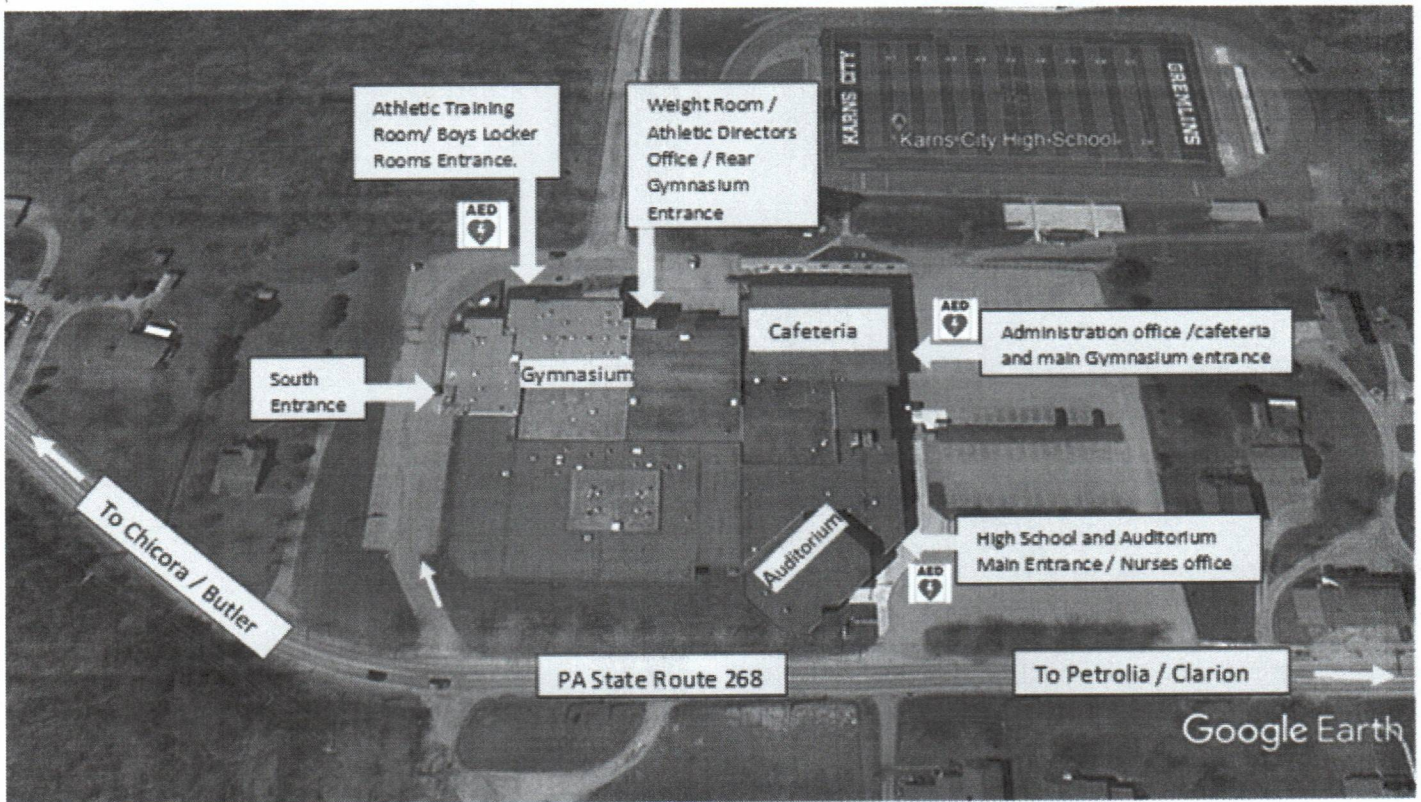
Gymnasium: Mr. Galcik-P.E.



# Sugarcreek Elementary School AED Locations

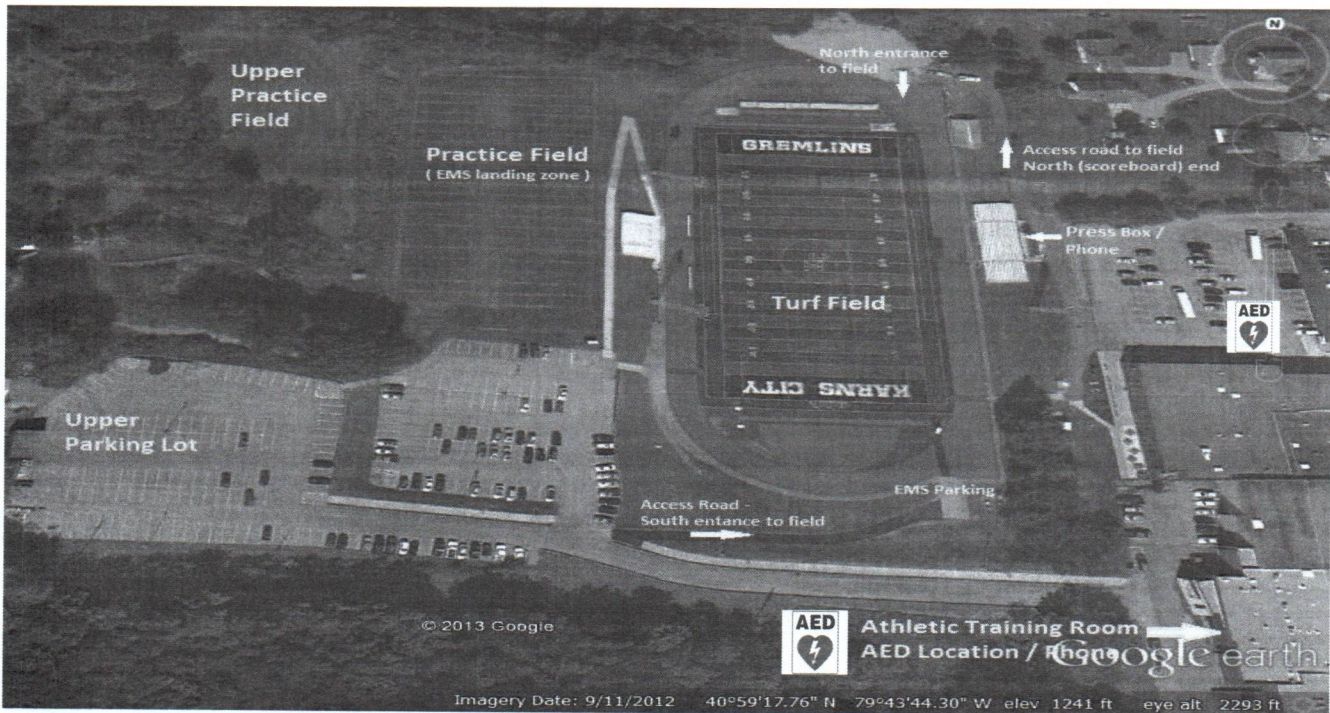


# Karns City Jr./Sr. High School - Aerial View of the Building



# Karns City Jr./Sr. High School Emergency Action Procedures

## Athletic Complex : Diehl Stadium & Practice Fields



Athletic Trainer(s) will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered by an athletic trainer; EMS should be contacted immediately.

### Medical Emergency

1. Call 911
2. Perform emergency CPR/First Aid

### Non-Medical Emergency

1. Contact Athletic Trainer or School Nurse
2. Contact Parent

- If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to GET AED!!
  4. Designate coach or bystander to control crowd
  5. Contact the Athletic Trainer if not present on scene
  6. Meet ambulance and direct to appropriate site
  7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
  8. Document event and debrief

### Emergency Equipment:

- Athletic Training Kit, Emergency backpack, splint bag on site for events covered by the Athletic Trainer
- Athletic trainer may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the med kit
- Team First Aid Kit located with coach
- Mobile AED with the Athletic Trainer for all covered events
- Additional AED located in the lobby of the Administration/Cafeteria/Gymnasium entrance or cabinet by ATR.

### Nearest phone:

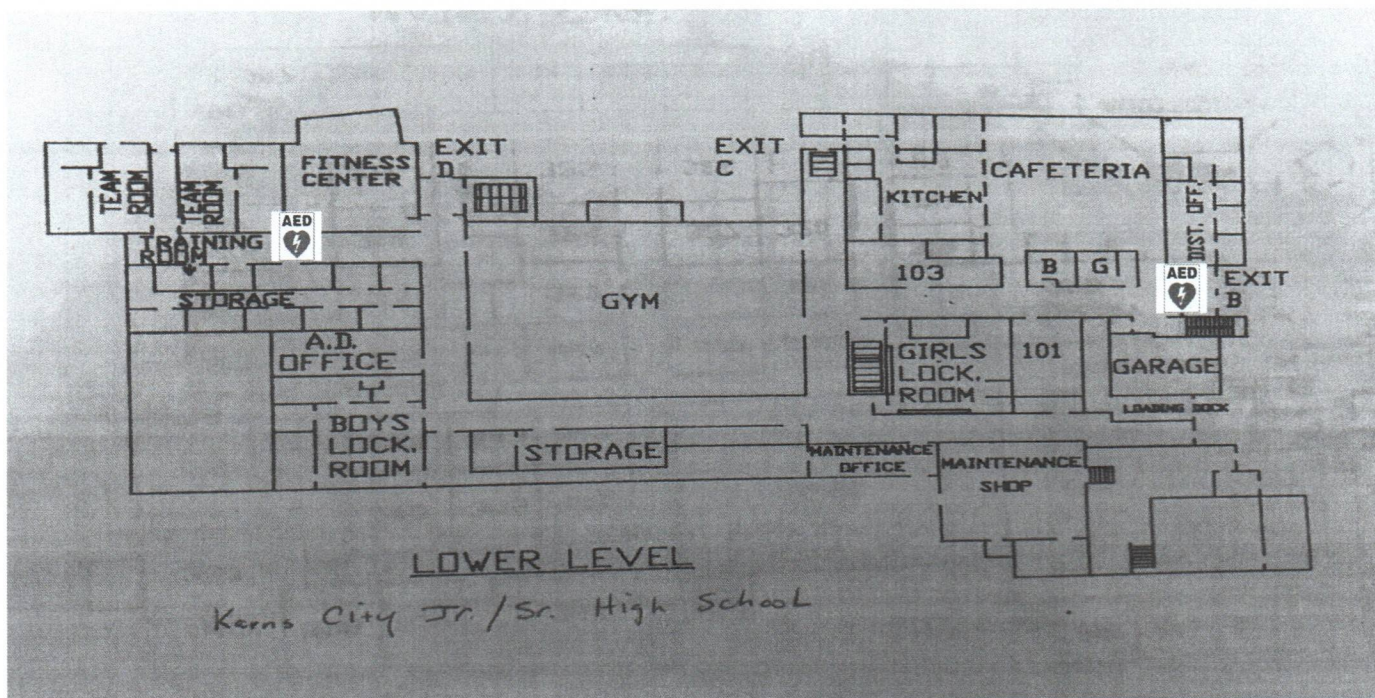
- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)
- There is a phone in the press box

### Severe Weather / Lightning

- Athletes report to locker rooms or vehicles. Spectators report to cafeteria or vehicles.

# Karns City Junior/ Senior High School Emergency Action Procedures

## Gymnasium / Fitness Center/ Athletic Training Room



Athletic Trainer(s) will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered by an athletic trainer; EMS should be contacted immediately.

### Medical Emergency

1. Call 911
2. Perform emergency CPR/First Aid
  - If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to get the AED!!
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer if not present on scene
6. Meet ambulance and direct to appropriate site
7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
8. Document event and debrief

### Emergency Equipment:

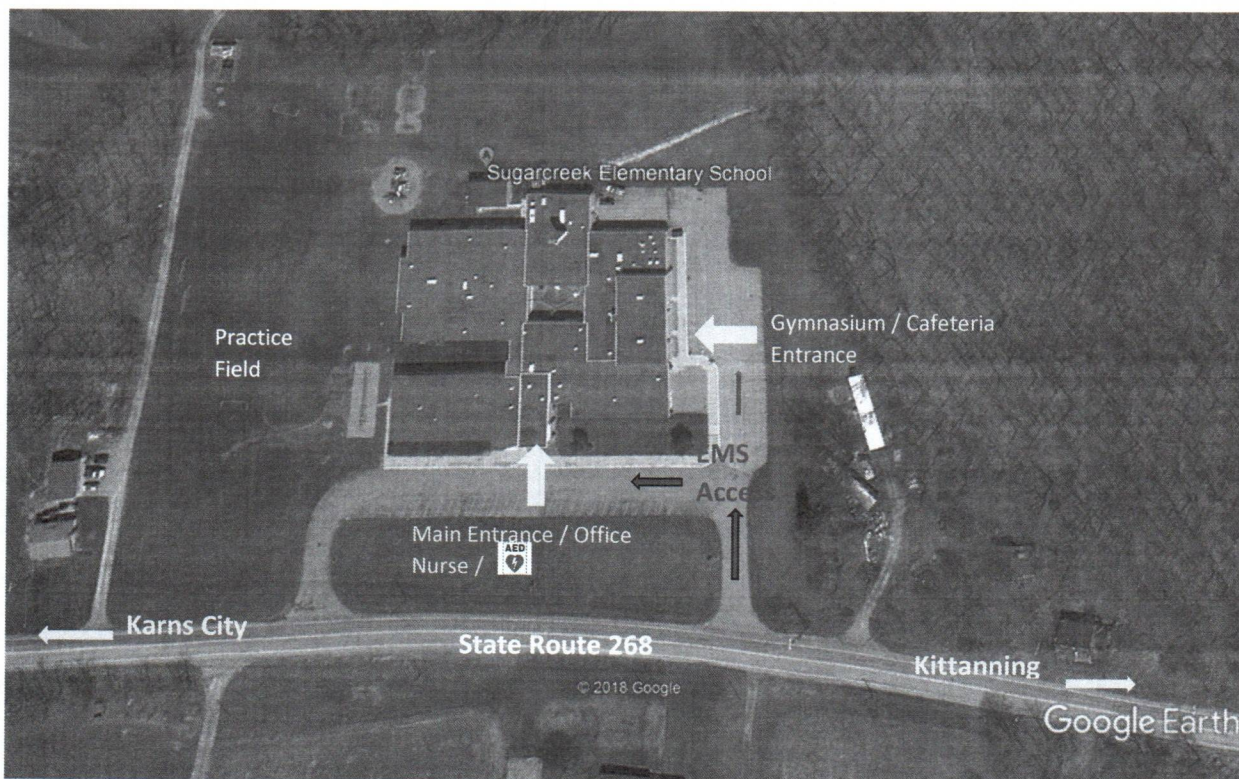
- Athletic Training Kit, splint bag on site for events covered by the Athletic Trainer.
- Biohazard cleanup supplies and container located in the athletic training room.
- Athletic trainer may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the med kit.
- Team First Aid Kit located with coach.
- Mobile or fixed AED with the Athletic Trainer or in the athletic training room for all covered events
- Additional AED located in the lobby of the Administration/Cafeteria/Gymnasium entrance

### Nearest phone:

- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)
- There are phones located in the Athletic Director's office and the athletic training room

# Sugarcreek Elementary School Emergency Action Procedures

## Practice Fields / Gymnasium



Athletic Trainer(s) in direct communication with coaching staff. In case of Emergencies during practices/game not covered by an athletic trainer, EMS should be contacted immediately.

### **Medical Emergency**

1. Call 911
2. Perform emergency CPR/First Aid
  - If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to GET AED!!
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer if not present on scene
6. Meet ambulance and direct to appropriate site
7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
8. Document event and debrief

### **Emergency Equipment:**

- Coach may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the med kit
- Team First Aid Kit located with coach
- AED is located in the main entrance of Sugarcreek elementary school by the main office. Coaches will have access to the building after school hours.

### **Nearest phone:**

- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)

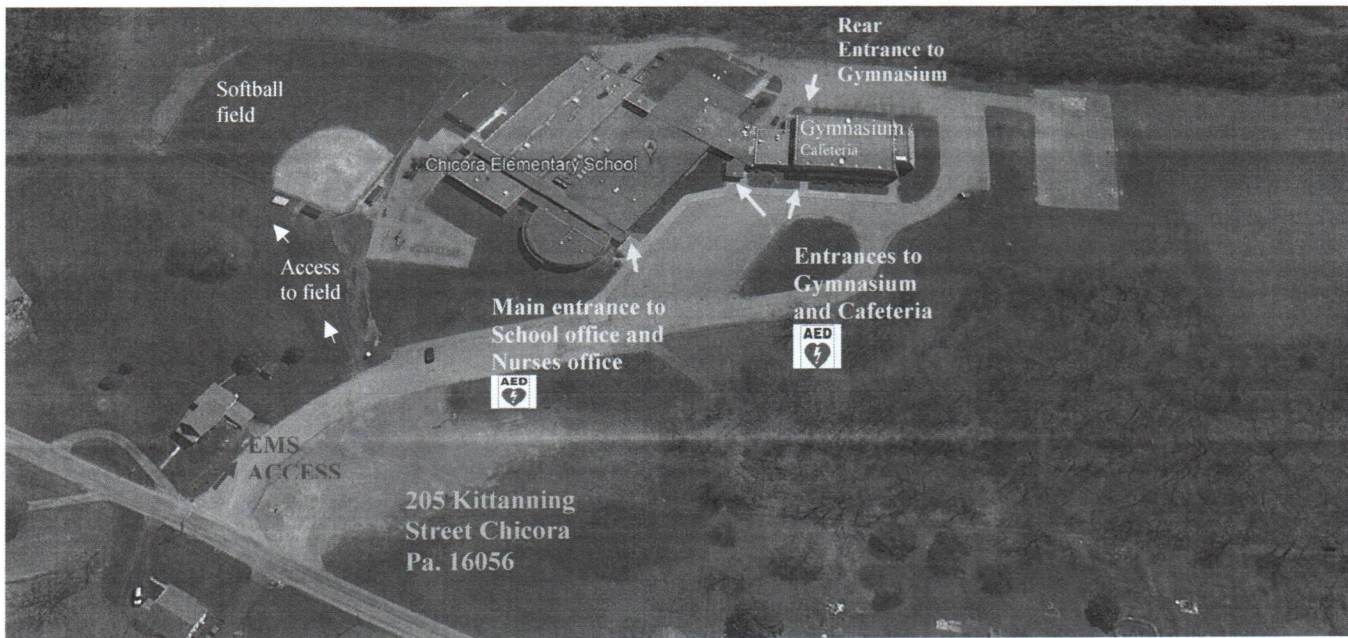
### **Severe Weather / Lightning**

- Athletes and spectators move inside the building or to vehicles.



# Chicora Elementary School Emergency Action Procedures

## Practice Fields / Gymnasium



Athletic Trainer(s) will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered by an athletic trainer, EMS should be contacted immediately.

### **Medical Emergency**

1. Call 911
2. Perform emergency CPR/First Aid
  - If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to get the AED!!
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer if not present on scene
6. Meet ambulance and direct to appropriate site
7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
8. Document event and debrief

### **Non-Medical Emergency**

1. Contact Athletic Trainer or School Nurse
2. Contact Parent

### **Emergency Equipment:**

- Athletic Training Kit, emergency splints on site for events covered by the Athletic Trainer.
- Athletic Trainer and /or coach may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the medical kit.
- Team First Aid Kit located with coach.
- AED located in a cabinet located in the lobby entrance to the gymnasium / cafeteria.
- Additional AED located in a cabinet located in the main lobby entrance to school office.

### **Nearest phone:**

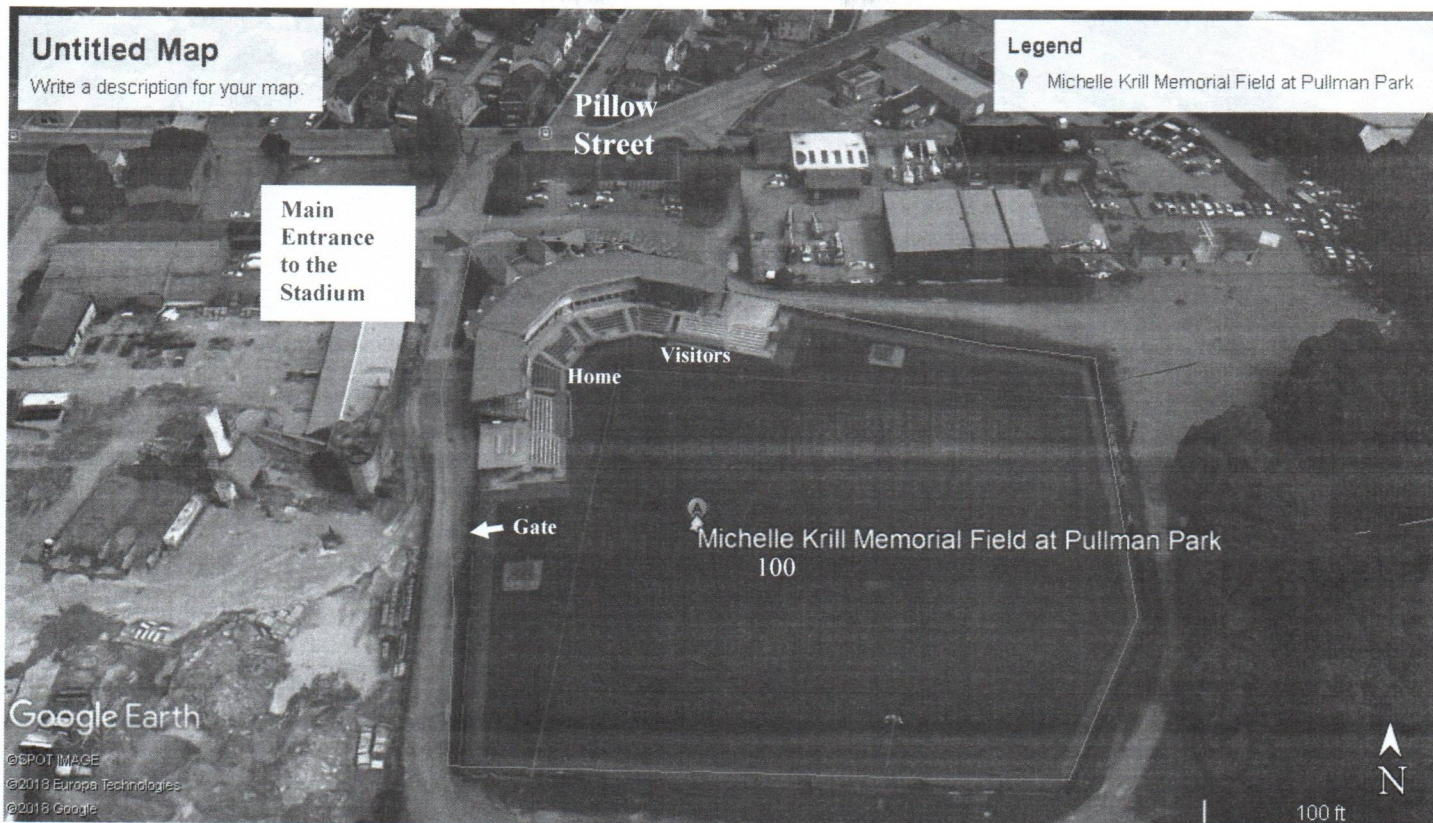
- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)
- There is a phone located in the Physical Education office located in the gymnasium/cafeateria.

### **Severe Weather / Lightning**

- Athletes and spectators move inside the building or to vehicles.

# Pullman Park Emergency Action Procedures

## Michelle Krill Memorial Field



Karns City High School pays to use Pullman Park for home baseball games. Pullman Park **DOES NOT** have an AED on site. The city of Butler has a full time police and Fire Department (all firefighters are EMT and /or paramedic trained). Butler Ambulance Service located in Butler provides Advanced Life Support services. Butler Hospital is 1.6 miles away. Athletic Trainer(s) will be on site for select practices and events or in direct communication with coaching staff. Emergencies during games not covered by an athletic trainer, EMS should be contacted immediately.

### Medical Emergency

1. Call 911
2. Perform emergency CPR/First Aid
  - If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to GET AED!!
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer if not present on scene
6. Meet ambulance and direct to appropriate site
7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
8. Document event and debrief

### Emergency Equipment:

- Athletic Training Kit, emergency splints on site for events covered by the Athletic Trainer
- Mobile AED with the Athletic Trainer for all covered events..
- Athletic trainer may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the med kit
- Team First Aid Kit located with coach

### Nearest phone:

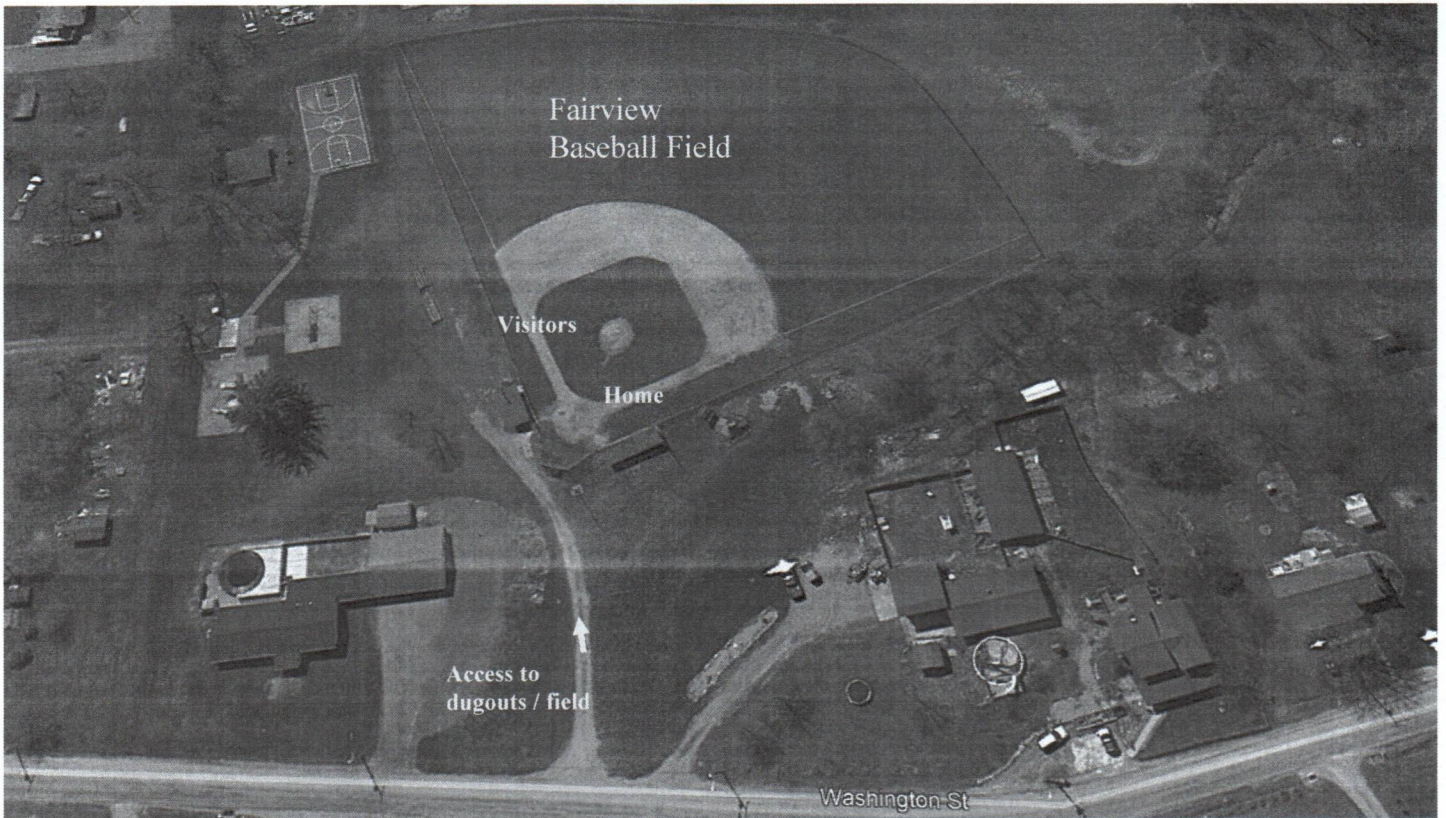
- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)

### Severe Weather / Lightning

- Athletes report to locker rooms or vehicles. Spectators report to concession area or vehicles

# Fairview Field Emergency Action Procedures

## Deal Baseball Field



Athletic Trainer will be on site for select events or in direct communication with coaching staff. Emergencies during practices / games not covered by an athletic trainer, EMS should be contacted immediately.

### **Medical Emergency**

1. Call 911
2. Perform emergency CPR/First Aid
  - If athletic trainer is present he/she will stay with athlete and provide immediate care.
  - If athletic trainer is not present, most qualified coach (training/certifications) will stay with athlete and provide immediate care.
3. Instruct coach or bystander to GET AED!!
4. Designate coach or bystander to control crowd
5. Contact the Athletic Trainer if not present on scene
6. Meet ambulance and direct to appropriate site
7. Assist ATC and/or EMS with care as directed / Retrieve Necessary Supplies/Equipment
8. Document event and debrief

### **Emergency Equipment:**

- Team First Aid Kit located with coach
- Athletic Training Kit, emergency splints on site for events covered by the Athletic Trainer
- Mobile AED with the Athletic Trainer for all covered events..
- a. Athletic trainer may be given a backup Epi pen/rescue inhaler by the parent or child to keep in the med kit.

### **Nearest phone:**

- Athletic Trainer's personal cell phone when covering events
- Coaches' personal cell phones (refer to emergency phone list)

### **Severe Weather / Lightning:**

- Athletes report to vehicles. Spectators report to vehicles