



SHILOH CHRISTIAN

EMERGENCY ACTION PLAN

2013-2014

SHILOH CHRISTIAN SCHOOL

EMERGENCY CONTACTS

POLICE DEPARTMENT	911 OR 479-751-4542
FIRE AND AMBULANCE	911 OR 479-751-4510
NW MEDICAL CENTER	479-751-5711
ATHLETIC TRAINER – SEAN HUDDLESTON	417-239-4242
HIGH SCHOOL MAIN OFFICE	479-725-4231
ADMINISTRATION OFFICE	479-756-1140
ATHLETIC DIRECTOR OFFICE	479-725-4227
ATHLETIC DIRECTOR CELL	479-263-3111
BEN MAYES	479-841-0294
GREG JONES	479-841-5690
KATERINA FOLEY	479-841-9145
MATT SLAUGHTER	479-430-9551

If an ambulance is called, please call Greg Jones IMMEDIATELY.

TABLE OF CONTENTS

2	EMERGENCY CONTACT LIST
4	OVERVIEW OF EMERGENCY ACTION PLANS (EAP)
7	BASEBALL EAP
8	BASKETBALL EAP
9	CROSS COUNTRY EAP
10	FOOTBALL EAP
11	SOCCER EAP
12	VOLLEYBALL EAP
13	WRESTLING EAP
14	LIGHTENING GUIDELINES AND PROCEDURES
15	CONCUSSION GUIDELINES AND PROCEDURES
16	MRSA GUIDELINES AND PROCEDURES
17	HOT WEATHER PRACTICE PROCEDURES
21	HEAT INDEX CHART
22	VERIFICATION OF EAP AND PROCEDURES FOR HOT WEATHER PRACTICES
23	COACH & VOLUNTEER VERIFICATION OF HEAT ILLNESS TRAINING
25	COACH & VOLUNTEER VERIFICATION OF CONCUSSION TRAINING
27	COACH & VOLUNTEER VERIFICATION OF MRSA TRAINING

SHILOH CHRISTIAN SCHOOL

EMERGENCY ACTION PLAN FOR ATHLETICS OVERVIEW

EVEN THOUGH THEY ARE NOT COMMON, EMERGENCY SITUATIONS MAY ARISE AT ANY TIME IN HIGH SCHOOL ATHLETIC EVENTS. IN ORDER TO PROVIDE THE BEST POSSIBLE CARE FOR OUR ATHLETES AND STAFF IN THE EVENT OF SUCH AN EMERGENCY, WE HAVE DEVELOPED THE FOLLOWING EMERGENCY PLAN DETAILING THE PROCEDURES TO BE FOLLOWED.

COMPONENTS OF THE EMERGENCY PLAN

THESE ARE THE BASIC COMPONENTS OF EVERY EMERGENCY ACTION PLAN FOR ATHLETICS:

- 1. EMERGENCY PERSONNEL**
- 2. EMERGENCY COMMUNICATION**
- 3. EMERGENCY EQUIPMENT**
- 4. ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES**
- 5. DIRECTIONS TO SPORT VENUES**

EMERGENCY PLAN PERSONNEL

THE FIRST RESPONDER TO AN EMERGENCY SITUATION IS TYPICALLY A COACH OR ATHLETIC TRAINER. CERTIFICATION IN CPR, FIRST AID, PREVENTION OF DISEASE TRANSMISSION, AND EMERGENCY PLAN REVIEW IS STRONGLY RECOMMENDED FOR ALL ATHLETICS PERSONNEL ASSOCIATED WITH PRACTICES, COMPETITIONS, SKILLS INSTRUCTIONS, AND STRENGTH AND CONDITIONING.

AN EMERGENCY ACTION PLAN CANNOT BE COMPLETE WITHOUT THE FORMATION OF AN EMERGENCY TEAM. THE ROLES OF THIS TEAM WILL VARY DEPENDING ON THE ATHLETIC VENUE. THIS TEAM WILL CONSIST OF THE ATHLETIC TRAINER, EMERGENCY MEDICAL TECHNICIANS, COACHES, ADMINISTRATORS, PARENTS, AND POSSIBLY OTHER BYSTANDERS INCLUDING BUT NOT LIMITED TO PHYSICIANS IN ATTENDANCE. THE ROLES OF THESE INDIVIDUALS MAY VARY DEPENDING ON THE ATHLETIC VENUE.

THERE ARE FOUR BASIC ROLES WITHIN THE EMERGENCY TEAM.

- 1. ESTABLISH SCENE SAFETY AND IMMEDIATE CARE OF THE ATHLETE. (ATHLETIC TRAINER OR HEAD COACH)**
- 2. ACTIVATION OF THE EMERGENCY MEDICAL SYSTEM (ADMINISTRATOR IN CHARGE)**
- 3. EMERGENCY EQUIPMENT RETRIEVAL (ASSISTANT COACHES)**
- 4. DIRECTION OF EMS TO SCENE (ASSISTANT COACH OR SECURITY)**

WHEN ACTIVATING THE EMS SYSTEM THE FOLLOWING INFORMATION NEEDS TO BE AVAILABLE:

MAKING THE CALL: 9 1 1

PROVIDING INFORMATION:

- NAME, ADDRESS, TELEPHONE NUMBER OF CALLER
- NATURE OF EMERGENCY, WHETHER MEDICAL OR NON-MEDICAL
- NUMBER OF ATHLETES
- CONDITION OF ATHLETE(S)
- FIRST AID TREATMENT INITIATED BY ATHLETIC TRAINER OR PHYSICIAN
- SPECIFIC DIRECTIONS AS NEEDED TO LOCATE THE EMERGENCY SCENE
- OTHER INFORMATION AS REQUESTED BY DISPATCHER

WHEN FORMED, THE EMERGENCY TEAM SHOULD BE ADAPTED TO EACH INDIVIDUAL SPORT AND MORE THAN ONE PERSON SHOULD BE ASSIGNED TO EACH ROLE SO THAT THE TEAM CAN STILL FUNCTION EVEN THOUGH CERTAIN PEOPLE MAY NOT BE PRESENT.

EMERGENCY COMMUNICATION

COMMUNICATION IS THE KEY TO QUICK EMERGENCY RESPONSE. THE ATHLETIC TRAINER, COACHES AND ADMINISTRATORS CARRY THEIR CELL PHONES. THIS WOULD BE THE FIRST AND PREFERRED METHOD OF COMMUNICATION. A FIXED LANDLINE IS AVAILABLE IN THE COACHES' SUITE OF THE SHILOH ADMINISTRATION BUILD.

EMERGENCY EQUIPMENT

ALL NECESSARY EMERGENCY EQUIPMENT SHOULD BE AT THE SITE AND READILY AVAILABLE. EMERGENCY PERSONNEL SHOULD BE FAMILIAR WITH THE LOCATION AND OPERATION OF EACH PIECE OF EMERGENCY EQUIPMENT. EQUIPMENT SHOULD BE IN GOOD OPERATING CONDITION. IT SHOULD BE CHECKED BEFORE THE BEGINNING OF THE SCHOOL YEAR AND PERIODICALLY THROUGHOUT THE SCHOOL YEAR.

MEDICAL EMERGENCY TRANSPORTATION

EMPHASIS SHOULD BE PLACED AT HAVING AN AMBULANCE ON SITE AT HIGH RISK SPORTING EVENTS.

IN AN EMERGENCY SITUATION, THE ATHLETE SHOULD BE TRANSPORTED BY AMBULANCE. EMERGENCY CARE PROVIDERS SHOULD REFRAIN FROM TRANSPORTING UNSTABLE ATHLETES IN INAPPROPRIATE VEHICLES.

ANY EMERGENCY SITUATIONS WHERE THERE IS IMPAIRMENT IN LEVEL OF CONSCIOUSNESS, AIRWAY, BREATHING, OR CIRCULATION OR THERE IS NEUROVASCULAR COMPROMISE SHOULD BE CONSIDERED A "LOAD AND GO" SITUATION AND EMPHASIS PLACED ON RAPID EVALUATION, TREATMENT AND TRANSPORTATION. SITUATIONS INVOLVING HEAT ILLNESS ARE THE ONLY EXCEPTION TO THIS "LOAD AND GO" POLICY. WHEN HEAT ILLNESS IS SUSPECTED A COOL FIRST, TRANSPORT SECOND POLICY HAS BEEN SHOWN TO BE THE MOST EFFECTIVE WAY TO TREAT DANGEROUSLY HOT ATHLETES.

THE IMPORTANCE OF BEING PROPERLY PREPARED IN THE EVENT OF AN EMERGENCY MUST BE STRESSED. AN ATHLETE'S SURVIVAL MAY HINGE ON HOW WELL TRAINED AND PREPARED ATHLETIC PERSONNEL ARE. ATHLETIC DEPARTMENT PERSONNEL MUST ASSUME OWNERSHIP OF THE EMERGENCY PLAN. IT SHOULD BE REVIEWED AT LEAST ONCE A YEAR WITH ALL ATHLETIC PERSONNEL AND THE LOCAL EMERGENCY RESPONSE TEAMS. THROUGH DEVELOPMENT AND IMPLEMENTATION OF THE EMERGENCY PLAN, SHILOH CHRISTIAN SCHOOL WANTS TO ENSURE THAT THE ATHLETE WILL HAVE THE BEST CARE PROVIDED WHEN AN EMERGENCY SITUATION DOES ARISE.

**APPROVAL AND ACCEPTANCE OF THE SHILOH CHRISTIAN SCHOOL
EMERGENCY PLAN FOR ATHLETICS**

APPROVED BY _____
GREG JONES, SCS PRINCIPAL DATE _____

APPROVED BY _____
JOSH FLOYD, SCS ATHLETIC DIRECTOR DATE _____

APPROVED BY _____
SEAN HUDDLESTON, SCS ATHLETIC TRAINER DATE _____

SHILOH CHRISTIAN BASEBALL EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. MOE HENRY – HEAD COACH (479) 466-3091
- B. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- C. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- D. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: THE SHILOH BASEBALL FIELD IS LOCATED ON THE SOUTH SIDE OF CROSS CHURCH PROPERTY. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. EMERGENCY SERVICES SHOULD ENTER THE PROPERTY FROM JOHNSON ROAD ON THE SOUTH ENTRANCE TO THE CHURCH PARKING LOTS. THE BASEBALL FIELD WILL BE LOCATED SOUTH OF THE PARKING LOT. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

SHILOH CHRISTIAN BASKETBALL EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. MAT STEWART – HEAD GIRLS COACH (479) 445-7228
- B. BRENT HESTER – HEAD BOYS COACH (479) 871-3026
- C. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- D. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- E. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: THE SHILOH GYM IS LOCATED ON THE CENTRAL PORTION OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE GYM IS MOST DIRECTLY ACCESSIBLE BY ENTERING THE NORTH PARKING LOT FROM JOHNSON ROAD THEN ENTERING THE BUILDING VIA THE DOORS LABELED ENTRANCE NEAR THE SHILOH CHRISTIAN SCHOOL ADMINISTRATION OFFICES. THE **SPECIAL EVENTS CENTER** ENTRANCE IS INSIDE TO THE LEFT. THE AMBULANCE SHOULD PARK NEAR THE **SPECIAL EVENTS CENTER** ENTRANCE AND ENTER BUILDING FROM THAT LOCATION. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

SHILOH CHRISTIAN CROSS COUNTRY EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. MARLA RICHARDS – HEAD GIRLS COACH (479) 595-1173
- B. KEITH MCDANIEL – HEAD BOYS COACH (479) 719-8894
- C. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- D. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- E. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: THE SHILOH CROSS COUNTRY COURSE IS LOCATED ON THE SOUTH SIDE OF THE CROSS CHURCH PROPERTY. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. EMERGENCY SERVICES SHOULD ENTER THE SOUTH PARKING LOT OF THE CHURCH FROM JOHNSON ROAD. THE COURSE IS LOCATED SOUTH OF THE PARKING LOT, NEXT TO THE BASEBALL FIELD. THE MAIN SCHOOL PHONE NUMBER IS 479-756-1140.

SHILOH CHRISTIAN FOOTBALL EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. JOSH FLOYD – HEAD COACH (479) 263-3111
- B. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- C. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- D. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: CHAMPIONS STADIUM IS LOCATED ON THE NORTH PORTION OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE FIELD IS MOST DIRECTLY ACCESSIBLE BY ENTERING THE NORTH PARKING LOT FROM JOHNSON ROAD. THERE IS A GATE IN THE SOUTHEAST CORNER OF THE FIELD. THE AMBULANCE SHOULD PARK OR ENTER FIELD FROM THAT LOCATION. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

SHILOH CHRISTIAN SOCCER EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. TOMMY ROY – HEAD COACH (479) 422-2825
- B. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- C. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- D. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: CHAMPIONS STADIUM IS LOCATED ON THE NORTH PORTION OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE FIELD IS MOST DIRECTLY ACCESSIBLE BY ENTERING THE NORTH PARKING LOT FROM JOHNSON ROAD. THERE IS A GATE IN THE SOUTHEAST CORNER OF THE FIELD. THE AMBULANCE SHOULD PARK OR ENTER FIELD FROM THAT LOCATION. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

SHILOH CHRISTIAN VOLLEYBALL EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. SHYRAH PERRY – HEAD COACH (417) 425-1722
- B. STEVEN WILKINS – ASSISTANT COACH (870) 818-6805
- C. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- D. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- E. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: THE SHILOH GYM IS LOCATED ON THE CENTRAL PORTION OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE GYM IS MOST DIRECTLY ACCESSIBLE BY ENTERING THE NORTH PARKING LOT FROM JOHNSON ROAD THEN ENTERING THE BUILDING VIA THE DOORS LABELED ENTRANCE NEAR THE SHILOH CHRISTIAN SCHOOL ADMINISTRATION OFFICES. THE **SPECIAL EVENTS CENTER** ENTRANCE IS INSIDE TO THE LEFT. THE AMBULANCE SHOULD PARK NEAR THE **SPECIAL EVENTS CENTER** ENTRANCE AND ENTER BUILDING FROM THAT LOCATION. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

SHILOH CHRISTIAN WRESTLING EMERGENCY PLAN

EMERGENCY COMMUNICATIONS

THE ON-SITE PERSONNEL (CERTIFIED ATHLETIC TRAINERS AND COACHES) CAN BE REACHED VIA CELL PHONE

- A. JERRY HANLIN – HEAD COACH (918) 521-4279
- B. SEAN HUDDLESTON – ATHLETIC TRAINER (417) 239-4242

OFF-SITE COMMUNICATIONS AND PERSONNEL

- C. GREG JONES – SHILOH ADMINISTRATION (479) 841-5690
- D. LAVERNE NEAL (479) 466-3209

THE NEAREST FIXED PHONE LINE IS LOCATED IN SHILOH COACHING SUITE.

EMERGENCY EQUIPMENT

AED WITH ATHLETIC TRAINER OR IN THE CONCESSION STAND
SPLINTS FOR ARMS AND LEGS WITH ATHLETIC TRAINER
2 WHIRLPOOLS IN THE ATHLETIC TRAINING ROOM

ROLES OF CERTIFIED ATHLETIC TRAINER, ADMINISTRATION AND COACHES

- IMMEDIATE EVALUATION AND CARE OF THE MORE SERIOUSLY-INJURED OR ILL STUDENT ATHLETES;
 - ACTIVATION OF EMERGENCY MEDICAL SYSTEM (EMS)
 - 911 CALL (PROVIDE NAME, ADDRESS, TELEPHONE NUMBER, NUMBER OF INDIVIDUALS INJURED, CONDITION OF INJURED; FIRST AID TREATMENT; SPECIFIC DIRECTIONS; OTHER INFORMATION AS REQUESTED).
- EMERGENCY EQUIPMENT RETRIEVAL
- DIRECT EMS PERSONNEL (AMBULANCE) TO THE SCENE
- DESIGNATE INDIVIDUAL TO FLAG DOWN EMS AND DIRECT TO SCENE
- SCENE CONTROL: LIMIT SCENE TO SPORTS MEDICINE PERSONNEL AND MOVE BYSTANDERS AWAY FROM AREA.
- ENSURE PARKING LOT IS CLEAR AND ASSESSABLE TO EMERGENCY PERSONNEL
- CONTACT STUDENT PARENT OR GUARDIAN

VENUE DIRECTIONS: THE WRESTLING ROOM IS LOCATED IN THE 24/7 STUDENT MINISTRY PORTION OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE WRESTLING ROOM IS MOST DIRECTLY ACCESSIBLE BY ENTERING THE NORTH PARKING LOT FROM JOHNSON ROAD THEN ENTERING THE BUILDING VIA THE 24/7 DOORS LOCATED ON THE EAST SIDE OF THE SHILOH CHRISTIAN SCHOOL CAMPUS. THE WRESTLING ROOM IS LOCATED INSIDE THE DOORS TO THE LEFT. THE SCHOOL ADDRESS IS 1707 JOHNSON ROAD. THE MAIN SCHOOL PHONE NUMBER IS (479) 756-1140.

ARKANSAS ACTIVITIES ASSOCIATION LIGHTNING GUIDELINES AND PROCEDURES

**THE FOLLOWING PROCEDURES WILL BE PUT IN PLACE FOR LIGHTENING
DISTURBANCES OR OTHER WEATHER RELATED ISSUES:**

LIGHTENING DELAY PROCEDURES

- 1. USE THE AAA HANDBOOK/NFHS RULEBOOK AS A GUIDE TO IMPLEMENT LIGHTNING DELAY PROCEDURES.**
- 2. WHEN THUNDER IS HEARD, A CLOUD-TO-GROUND BOLT IS SEEN OR AN APPROVED LIGHTNING/STORM DETECTOR INDICATES THAT LIGHTING IS WITHIN EIGHT (8) MILES OF THE VENUE; THE THUNDERSTORM IS CLOSE ENOUGH TO STRIKE YOUR LOCATION. SUSPEND PLAY AND TAKE SHELTER IMMEDIATELY.**
- 3. ADHERE TO THE 30-MINUTE RULE BEFORE RESUMING PLAY, REGARDLESS OF THE POINT OF INTERRUPTION.**
- 4. COMMUNICATE WITH THE HOST SCHOOL ADMINISTRATION, VISITOR ADMINISTRATION AND HEAD COACHES OF BOTH TEAMS AS CONDITIONS CHANGE.**
- 5. ATTEMPT TO FINISH THE CONTEST, IF AT ALL POSSIBLE, ONCE THE LIGHTNING DISTURBANCE SUBSIDES.**
- 6. IT IS ULTIMATELY THE RESPONSIBILITY OF THE GAME OFFICIALS IN COMMUNICATION WITH THE HOST SITE ADMINISTRATION AS TO WHETHER TO SUSPEND THE CONTEST OR EXTEND THE DELAY ADDITIONALLY.**

***REFER TO PAGE 35 OF THE NFHS SPORTS MEDICINE HANDBOOK FOR MORE
INFORMATION REGARDING LIGHTNING SAFETY.**

ARKANSAS ACTIVITIES ASSOCIATION CONCUSSION GUIDELINES AND PROCEDURES

THE ARKANSAS ACTIVITIES ASSOCIATION BOARD OF DIRECTORS HAS ADOPTED THE FOLLOWING GUIDELINES FOR DEALING WITH A CONCUSSES STUDENT ATHLETE:

1. NO ATHLETE SHOULD RETURN TO PLAY OR PRACTICE THE SAME DAY OF A CONCUSSION.
2. ANY ATHLETE SUSPECTED OF HAVING A CONCUSSION SHOULD BE EVALUATED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL THAT DAY (MD, DO, NURSE PRACTITIONER, CERTIFIED ATHLETIC TRAINER OR PHYSICIAN'S ASSISTANT).
3. ANY ATHLETE WITH A CONCUSSION SHOULD BE SHOULD BE MEDICALLY CLEARED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL PRIOR TO RESUMING PARTICIPATION IN ANY PRACTICE OR COMPETITION.
4. AFTER MEDICAL CLEARANCE, RETURN TO PLAY SHOULD FOLLOW A STEP-WISE PROTOCOL WITH PROVISIONS FOR DELAYED RETURN TO PLAY BASED UPON THE RETURN OF ANY SIGNS OR SYMPTOMS.

CONCUSSIONS AT ALL LEVELS OF SPORTS HAVE RECEIVED A GREAT DEAL OF ATTENTION IN THE PAST FEW YEARS. THE ATTENTION HAS INCREASED EVEN MORE OVER THE PAST YEAR, CULMINATING WITH THE NFL, NCAA AND NFHS TESTIFYING BEFORE THE U.S. CONGRESS ABOUT WHAT EACH ORGANIZATION IS DOING TO PROTECT ATHLETES FROM CONCUSSIONS. OVER THE PAST YEARS THE ARKANSAS ACTIVITIES ASSOCIATION HAS TAKEN A PROACTIVE STANCE ON PROVIDING OUR MEMBER SCHOOLS WITH EDUCATIONAL RESOURCES DEALING WITH CONCUSSIONS. DURING

1. EVERY COACH AND REGISTERED VOLUNTEER MUST RECEIVE TRAINING ON CONCUSSIONS ONCE EVERY THREE YEARS.
2. EVERY ATHLETE AND PARENT MUST READ AND SIGN A "CONCUSSION FACT SHEET FOR ATHLETES AND PARENTS".
3. ANY ATHLETE WHO IS SUSPECTED BY THEIR SCHOOL'S PERSONNEL OR SCHOOL MEDICAL STAFF OF HAVING A CONCUSSION SHOULD NOT RETURN TO PLAY OR PRACTICE ON THE SAME DAY.
4. ANY ATHLETE SUSPECTED OF HAVING A CONCUSSION SHOULD BE EVALUATED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL THAT DAY (NEUROPSYCHOLOGIST, MD, DO, ADVANCED PRACTICE NURSE, CERTIFIED ATHLETIC TRAINER, OR PHYSICIAN ASSISTANT).
5. ANY ATHLETE WITH A CONCUSSION SHOULD BE MEDICALLY CLEARED BY AN APPROPRIATE HEALTHCARE PROFESSIONAL PRIOR TO RESUMING PARTICIPATION IN ANY PRACTICE OR COMPETITION.
6. AFTER MEDICAL CLEARANCE, RETURN TO PLAY SHOULD FOLLOW A 5-DAY STEP-WISE PROTOCOL FOR DELAYED RETURN TO PLAY BASED UPON THE RETURN OF ANY SIGNS OR SYMPTOMS.

ARKANSAS ACTIVITIES ASSOCIATION MRSA GUIDELINES AND PROCEDURES

- ATHLETES **MUST** WASH THEIR HANDS PRIOR TO ANY ATHLETIC PARTICIPATION.
- ATHLETES SHOULD HAVE ALL CUTS & SCRAPES COVERED PRIOR TO PARTICIPATION. AFTER PARTICIPATION CLEAN THE WOUND AND RECOVER.
- **DO NOT** ALLOW ATHLETES TO SHARE WATER BOTTLES, TOWELS, RAZORS, OR ATHLETIC EQUIPMENT. (USE CUPS, DISPOSABLE DRINKS, INDIVIDUAL TOWELS OR DISPOSABLE TOWELS, AND MAKE SURE ATHLETES ARE WEARING THE EQUIPMENT THAT WAS ISSUED TO THEM.)
- MAKE ALCOHOL BASED HAND SANITIZER AVAILABLE DURING PRACTICE AND GAMES.
- ATHLETES **MUST** TAKE SHOWERS AFTER PRACTICE AND GAMES.
- DISINFECT **ALL** BALLS USED IN PRACTICE OR GAMES BY SPRAYING THEM WITH LYSOL.
- CLEAN LOCKER ROOMS, MEETING AREAS, IN-DOOR WORKOUT FACILITIES, COURTS, AND CHEERLEADING MATS WEEKLY WITH AN FDA APPROVED SOLUTION THAT TARGETS M.R.S.A. (WRESTLING MATS SHOULD BE CLEANED DAILY.)
- IF YOU HAVE TURF IN YOUR INDOOR FACILITY CHECK WITH THE MANUFACTURER TO SEE WHICH DISINFECTANTS ARE RECOMMENDED.
- WASH **ALL** SOFT GOOD ITEMS **DAILY**. (TOWELS, PRACTICE GEAR, ETC.)
- SPECIFIC EQUIPMENT FOR EACH SPORT SHOULD BE CLEANED WEEKLY (VOLLEYBALL KNEE PADS, FOOTBALL EQUIPMENT, CATCHER'S GEAR, ETC.).
- WEIGHT ROOMS SHOULD BE EQUIPPED WITH DISINFECTING WIPES & HAND SANITIZER. (WIPE DOWN WEIGHTS AFTER EACH USE, ENCOURAGE ATHLETES TO CLEAN HANDS, COVER ANY TEARS ON WEIGHT BENCHES, ATHLETES SHOULD WEAR SHIRTS WHILE WORKING OUT.)
- ANY ATHLETE WITH SIGNS & SYMPTOMS OF AN INFECTION SHOULD BE ISOLATED FROM THE REST OF THE TEAM IMMEDIATELY AND REFERRED TO A LICENSED HEALTH CARE PROFESSIONAL, SUCH AS A SCHOOL NURSE, CERTIFIED ATHLETIC TRAINER, OR PHYSICIAN.

HOT WEATHER PRACTICE PROCEDURES

INTRODUCTION

THE FOLLOWING POLICY ON HEAT ILLNESS HAS BEEN DEVELOPED BY THE SPORTS MEDICINE AND ATHLETIC DEPARTMENT TO PROVIDE THE HIGHEST QUALITY HEALTHCARE FOR STUDENT ATHLETES AT SHILOH CHRISTIAN HIGH SCHOOL. THIS PROCEDURE IS REVIEWED ANNUALLY AND REVISED AS NEEDED. ANNUAL TRAINING OCCURS FOR THE SPORTS MEDICINE STAFF AS WELL AS ANNUAL UPDATES AND TRAINING WITH THE LOCAL EMS PROVIDER. PROLONGED ENVIRONMENTAL HEAT EXPOSURE AND ENDOGENOUS HEAT PRODUCTION DURING ACTIVITY BOTH REQUIRE ELABORATE REGULATION BY THE ENDOCRINE, EXOCRINE, CIRCULATORY AND NEUROLOGIC SYSTEMS. HEAT ILLNESSES ARE BEST THOUGHT OF AS A COLLECTION OF ILLNESSES THAT RANGE FROM BEGIN TO POTENTIALLY FATAL. FROM THE MILD HEAT SYNCOPE AND CRAMP, TO MODERATE HEAT EXHAUSTION, AND THE LIFE THREATENING HEAT STROKE, THIS GUIDELINE SERVES TO REVIEW AND PROVIDE OPTIMAL STRATEGIES TO HELP MINIMIZE HEAT ILLNESS.

“EXERTIONAL HEAT STROKE HAS HAD A 100% SURVIVAL RATE WHEN IMMEDIATE COOLING (VIA COLD WATER IMMERSION OR AGGRESSIVE WHOLE BODY COLD WATER DOUSING) WAS INITIATED WITHIN 10 MINUTES OF COLLAPSE.” FROM KOREY STRINGER INSTITUTE, UNIVERSITY OF CONNECTICUT:
[HTTP://KSI.UCONN.EDU/INFO/BASIC.HTML](http://ksi.uconn.edu/info/basic.html)

BECAUSE OF THIS, SHILOH CHRISTIAN SCHOOL ATHLETIC DEPARTMENT HAS ADOPTED A **“COOL FIRST, TRANSPORT SECOND POLICY”**.

PREVENTION OF HEAT ILLNESS

CIRCUMSTANCES IN WHICH HEAT ILLNESS CONDITIONS OCCUR MAY BE PREDICTABLE. THE APPROPRIATE MODIFICATION OF THESE CIRCUMSTANCES SHOULD BE DISCUSSED AND IMPLEMENTED STARTING DURING THE PRESEASON.

PRE-SEASON

- THOROUGH AND COMPLETE PRE-PARTICIPATION HISTORY AND PHYSICAL EXAMINATION
 - NOTE HISTORY OF HEAT ILLNESS
 - NOTE HISTORY OF SICKLE CELL TRAIT AND SCREENING TEST RESULTS IF POSITIVE:
 - STUDENT ATHLETE COUNSELED ON SICKLE CELL TRAIT
 - AT FOR SPORT NOTIFIED
 - COACHES NOTIFIED

- SICKLE CELL TRAIT DOES NOT PREDISPOSE TO HEAT ILLNESS BUT THE CONDITIONS MAY BE CONFUSED WITH EACH OTHER AND OUTCOME FROM EHS MAY BE MORE SEVERE. (FOR MORE INFORMATION ON SICKLE CELL – SEE PAGE 113 IN THE NFHS SPORTS MEDICINE HANDBOOK)
 - TYPE AND DURATION OF TRAINING ACTIVITIES WITHIN THE PAST 1 – 2 MONTHS
 - EXTENT OF TRAINING DONE IN HEAT
 - ACCLIMATIZE ATHLETES TO HIGH HEAT AND HUMIDITY GRADUALLY OVER 10 – 14 DAYS
 - SET UP STRENGTH AND CONDITIONING/ACCLIMATIZATION PROGRAMS

- EDUCATE ATHLETIC TRAINING STAFF AND COACHING STAFF ON HEAT ILLNESS RECOGNITION, MANAGEMENT AND PREVENTION
- REVIEW NATIONAL ATHLETIC TRAINERS' ASSOCIATION POSITION STATEMENT: FLUID REPLACEMENT FOR ATHLETES.
- PERFORM TRAINING SESSIONS WHEN MEDICAL CARE IS AVAILABLE AND ON-SITE
- PREPARATION OF SPORT MEDICINE AND PRACTICE FACILITIES
 - ICE/WATER
 - ICE TOWELS
 - COOLERS/WATER BOTTLES
 - WATER/SPORTS DRINK (GATORADE)
 - ICE TUBS/COLD WHIRLPOOLS
- 2 LARGE ICE TUBS OUTSIDE ON FOOTBALL PRACTICE FIELD UNDER MISTING TENTS DURING FALL FOOTBALL CAMP
- COLD WHIRLPOOL LOCATED IN ATHLETIC TRAINING ROOM
 - LOWER AIR CONDITIONING IN BUILDINGS (70)
- EMERGENCY PLANNING/COMMUNICATION
 - COMMUNICATION BETWEEN ATHLETIC TRAINERS, TEAM PHYSICIANS, AND LOCAL EMS
 - AVAILABILITY OF CELL PHONES OR RADIOS
 - COLD TUBS – CHECKED AND FILLED BEFORE EVERY PRACTICE
- COLD WHIRLPOOL IN ATHLETIC TRAINING ROOM CONSTANTLY FILLED AND CHECKED EACH MORNING
 - TEMPERATURE MAINTAINED AT 55 DEGREES
- ICE TUBS FILLED BEFORE PRACTICE AND ICE CHEST FILLED WITH ICE AND READY FOR USE
- IF IMMERSION IS NECESSARY, ADDITIONAL ICE IS READILY AVAILABLE FROM ATHLETIC TRAINING ROOM AND/OR IN ICE CHEST LOCATED NEXT TO THE ICE TUBS DURING FALL CAMP
 - CARTS FOR PATIENT TRANSPORT

PRE-PRACTICE

- MONITOR HEAT INDEX VIA INTERNET WEATHER REPORT
- COMMUNICATE WITH COACHES (ADJUST PRACTICE TIMES, BREAKS, INTENSITY OF WORKOUT)
- EQUIPMENT CHECK – UTILIZE LIGHT COLORS, LIGHTWEIGHT, AND SUN PROTECTION
- COMMUNICATE WITH STUDENT ATHLETES
- DIET/NUTRITION (WHEN AND WHAT TO EAT)
- STOP MEDICATIONS THAT IMPAIR HEAT LOSS, INCREASE THERMOGENESIS, OR DECREASING SWEATING (EPHEDRA COMPOUNDS, ANTIHISTAMINES, LARGE AMOUNTS OF CAFFEINE, DIURETICS) AND SUBSTITUTE WITH SAFER MEDICATIONS
- HYDRATION
 - SEE NATIONAL ATHLETIC TRAINERS' ASSOCIATION POSITION STATEMENT: FLUID REPLACEMENT FOR ATHLETES
- WEIGHT CHARTS
 - DAILY WEIGH - IN AND PRE AND POST-PRACTICE
 - IF .3% WEIGHT LOSS FROM DAY BEFORE, MUST INCREASE SALT/FLUID INTAKE BEFORE PRACTICE AND MONITOR ATHLETES FOR SIGNS AND SYMPTOMS OF HEAT ILLNESS CLOSELY
- AT DISCRETION OF SPORTS MEDICINE TEAM AND OR PARENT, STUDENT ATHLETE MAY BE HELD FROM PRACTICE UNTIL REHYDRATED
- ICE/WATER/ICE TOWELS AVAILABLE

- DESIGNATE COOL/SHADED AREA (4 – 10x20 POP-UP TENTS, MISTING LINES, FANS, AND 8 BENCHES)
- ICE TUBS (PRACTICE FIELD, ATHLETIC TRAINING ROOM)
 - TEMPERATURE OF TUBS AND COLD WHIRLPOOL RE-CHECKED
 - ATHLETIC TRAINING STAFF ENSURES THAT THERE IS ENOUGH ICE IN ICE MACHINES AND/OR ICE CHESTS TO ADEQUATELY COOL WATER AND CHECKS TO MAKE SURE THERE IS ICE FLOATING AT THE TOP OF THE ICE TUBS
- EMERGENCY EQUIPMENT (AED, THERMOMETER, TRANSPORT CARTS, ETC.)

DURING PRACTICE

- MONITOR HEAT INDEX EVERY 20 – 30 MINUTES VIA INTERNET WEATHER REPORT AS NEEDED
- MINIMIZE WARM UP TIME IN HEAT
- CONDUCT WARM UPS IN THE SHADE OR COOLER (INDOOR) ENVIRONMENTS WHEN POSSIBLE
- COMMUNICATE WITH COACHING STAFF
 - INCREASE BREAKS (FREQUENCY AND DURATION)
 - LOWER INTENSITY OF WORKOUT DEPENDING ON HEAT
 - MINIMAL EQUIPMENT, CLOTHING
- ICE, WATER, TOWEL AVAILABILITY
- INJURED ATHLETES OBSERVE PRACTICE FROM COOL/SHADED AREAS
- COLD TUBS (ATHLETIC TRAINING ROOM AND FOOTBALL PRACTICE FIELD)
 - CAN ACCESS ATHLETIC TRAINING ROOM WITH CART TO TRANSPORT STUDENT ATHLETES FROM PRACTICE FIELD
 - ICE TOWELS ON PRACTICE TO BE USED DURING TRANSPORT
- SPORTS MEDICINE STAFF FIELD COMMUNICATION (CELL PHONES, RADIOS)
- HEAT ILLNESS RECOGNITION
 - ANY ATHLETES WHO DISPLAY SIGNS AND SYMPTOMS OF HEAT ILLNESS MUST HAVE PARTICIPATION RESTRICTED BASED ON THE JUDGMENT OF THE SPORTS MEDICINE STAFF/COACH/PARENT
- PRACTICE MODIFICATION
 - REST BREAKS SHOULD BE PLANNED TO MATCH CONDITIONS AND INTENSITY OF ACTIVITY
 - MINIMIZE THE AMOUNT OF EQUIPMENT AND CLOTHING WORN IN HOT OR HUMID CONDITIONS
- PRE-HYDRATION AND HYDRATION DURING ACTIVITY
 - SEE NATIONAL ATHLETIC TRAINERS' ASSOCIATION POSITION STATEMENT: FLUID REPLACEMENT FOR ATHLETES

POST-PRACTICE

- COMMUNICATE WITH COACHES (INJURY REPORT; WEATHER FORECAST, ETC.)
- COMMUNICATE WITH STUDENT ATHLETES
 - ENCOURAGE STUDENT ATHLETES TO SLEEP AT LEAST 6 – 8 HOURS AT NIGHT IN A COOL ENVIRONMENT
 - EAT A WELL-BALANCED DIET THAT INCLUDES PROPER HYDRATION
- LOTS OF FLUIDS; LOW FAT MEAL; NO CAFFEINE OR ALCOHOL
- LIGHTLY SALTED FOODS; NO FAST FOODS; DRINK FLUIDS WITH MEAL
 - EXTRA SODIUM MAY BE REQUIRED WHEN EXERCISING IN HOT CONDITIONS OR ON DAYS WITH MULTIPLE PRACTICES, EITHER IN DIET OR REHYDRATION BEVERAGES
 - SIGNS PLACED IN ATHLETIC TRAINING ROOM AND LOCKER ROOMS REGARDING HEAT ILLNESS PREVENTION
- HYDRATION

- SEE NATIONAL ATHLETIC TRAINERS' ASSOCIATION POSITION STATEMENT:
FLUID REPLACEMENT FOR ATHLETES
- WEIGHT CHARTS
 - NOTE >3% WEIGHT LOSS AND MONITOR ATHLETES FOR SIGNS OR SYMPTOMS OF HEAT ILLNESS CLOSELY AND EDUCATE THE STUDENT ATHLETE REGARDING APPROPRIATE REHYDRATION
- HAVE COLD TUBS AVAILABLE (ATHLETIC TRAINING ROOM)
 - COLD WHIRLPOOL IS AVAILABLE POST PRACTICE FOR CRYOTHERAPY IN ATHLETIC TRAINING ROOM
 - OUTDOOR ICE TUBS MAY ALSO BE USED FOR CRYOTHERAPY
- ICE IS ADDED AS NEEDED TO ACHIEVE A TEMPERATURE OF 55 DEGREES

RETURN TO ACTIVITY

IF AN ATHLETE HAS EXPERIENCED ANY OF THE PREVIOUS HEAT RELATED ILLNESSES, HE OR SHE SHOULD BE EVALUATED BY A PHYSICIAN TO DETERMINE A RETURN TO PLAY STRATEGY. STUDENT ATHLETES WITH EXERTIONAL HEAT STROKE SHOULD AVOID HEAT EXPOSURE FOR A MINIMUM OF ONE WEEK. THE STUDENT ATHLETE SHOULD NOT RETURN TO ATHLETIC ACTIVITY UNTIL FULLY CLEARED BY PHYSICIAN.

HEAT INDEX CHART

NOAA's National Weather Service

Heat Index

Temperature (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

- Caution
- Extreme Caution
- Danger
- Extreme Danger

**VERIFICATION OF EMERGENCY ACTION PLANS AND
PROCEDURES FOR HOT WEATHER PRACTICES**

**SHILOH CHRISTIAN SCHOOL HAS EMERGENCY ACTION PLANS FOR EACH
ATHLETIC VENUE. THE PLANS ARE REVIEWED ANNUALLY WITH THE LOCAL
EMERGENCY SERVICE PROVIDER.**

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**SHILOH CHRISTIAN SCHOOL HAS PROCEDURES FOR HOT WEATHER
PRACTICES.**

SIGNATURE

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SHILOH CHRISTIAN SCHOOL COACH & VOLUNTEER ACKNOWLEDGMENT OF HEAT ILLNESS TRAINING

EACH COACH OR VOLUNTEER IN EVERY SPORT PROVIDING INSTRUCTION, ASSISTANCE OR SUPERVISION IN AN ATHLETIC ACTIVITY FOR A AAA MEMBER SCHOOL MUST SIGN THIS FORM CERTIFYING THEIR COMPLETED HEAT ILLNESS TRAINING. THIS TRAINING **MUST** BE COMPLETED EVERY THREE (3) YEARS.

I HEREBY VERIFY BY SIGNING BELOW THAT I HAVE COMPLETED THE TRAINING ON HEAT ILLNESS.

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SHILOH CHRISTIAN SCHOOL COACH & VOLUNTEER ACKNOWLEDGMENT OF CONCUSSION TRAINING

EACH COACH OR VOLUNTEER IN EVERY SPORT PROVIDING INSTRUCTION, ASSISTANCE OR SUPERVISION IN AN ATHLETIC ACTIVITY FOR A AAA MEMBER SCHOOL MUST SIGN THIS FORM CERTIFYING THEIR COMPLETED CONCUSSION TRAINING. THIS TRAINING **MUST** BE COMPLETED EVERY THREE (3) YEARS.

I HEREBY VERIFY BY SIGNING BELOW THAT I HAVE COMPLETED THE TRAINING ON CONCUSSIONS.

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SHILOH CHRISTIAN SCHOOL COACH & VOLUNTEER ACKNOWLEDGMENT OF M.R.S.A. TRAINING

EACH COACH OR VOLUNTEER IN EVERY SPORT PROVIDING INSTRUCTION, ASSISTANCE OR SUPERVISION IN AN ATHLETIC ACTIVITY FOR A AAA MEMBER SCHOOL MUST SIGN THIS FORM CERTIFYING THEIR COMPLETED M.R.S.A. TRAINING. THIS TRAINING **MUST** BE COMPLETED EVERY THREE (3) YEARS.

I HEREBY VERIFY BY SIGNING BELOW THAT I HAVE COMPLETED THE TRAINING ON M.R.S.A.

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