

Vista Grande High School Emergency Action Plan

Vista Grande High School has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer (or school administrator, in the absence of a licensed athletic trainer).

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur. Situations when 911 should be called are:

- an athlete is not breathing
- an athlete has lost consciousness
- it is suspected that an athlete may have a neck or back injury
- an athlete has an open fracture (bone has punctured through the skin)
- severe heat exhaustion or suspected heat stroke
- severe bleeding that cannot be stopped

Chain of Command

Team Physician
Certified Athletic Trainer
Athletic Director
Administrator
Head Coach
Assistant Coach
Sports Medicine Student Assistant
Other Athletes

The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

1. The highest person on the chain of command will be deemed the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. The

front office or an administrator should be notified that there is an emergency situation on campus.

2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. (911 from a cell phone or pay phone. EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**

3. Phones at VGHS are located in the main office, classrooms, coaches offices, the training room and in the front lobby of the school. Everyone listed in the chain of command should have access to a cell phone.

4. The leader will send runners to all intersections between where the athlete is located and VGHS School/venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.

5. The leader will designate another person to attempt contact with the athlete's parents. Emergency contact information can be found in the athletic training office which coaches, athletic trainers, designated individual should have with them at all times. If a parent is not present, the form should accompany the athlete to the hospital.

6. If transport is deemed necessary by EMS, the athlete will be taken to Banner Hospital unless the parent requests otherwise.

Banner Casa Grande Medical Center
1800 E Florence Blvd
Casa Grande, AZ 85122

Vista Grande High School is located at:
1556 N Arizola Rd
Casa Grande, AZ 85122

After Hour and Weekend Dentist Hotline:
1-855-374-9831

The closest intersection to the school is Arizola Rd and Vista Grande High School Dr.

Location of AED's

1. The AED should always be with the athletic trainer during an event. If not, the AED is located in the athletic training room.

***Coaches should take note of the closest AED to their practice and game locations.**

IMPORTANT PHONE NUMBERS:

Athletic Trainer (Kelsey Carpenter): 970-433-2697

EMS: 911

Main Office: (520) 876-9400

ZONE 1 (Football Stadium)

EMS Route: Arizola Rd. to North Entrance to school, turn right into the first gate in front of football stadium. To get to practice fields, enter second gate entrance and proceed east towards football practice field.

ZONE 2 (Baseball Field, Softball Complex, Multi-purpose Fields/Courts)

EMS Route: Arizola Rd. to E. Cottonwood Ln intersection, turn right and head to N. Clements Rd, take right and head straight to fields.

ZONE 3 (Gymnasium)

EMS Route: Arizola Rd. to North Entrance to school, turn right into gate 2 or gate 3, turn right into parking lot at either gate location and someone will be outside to direct EMS to Gym.

Primary AED: With athletic trainer or in the ATR

Secondary AED: School Nurse's office