

CENTRAL HIGH SCHOOL ATHLETICS
TRACK & FIELD EMERGENCY ACTION PLAN

Address: 5321 Jacksboro Pike, Knoxville, Tennessee 37918

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 Girls: Michael Fox	(865) 689-1400
Head Coach Boys: Byron Ragsdale	(865) 689-1400
Principal: Dr. Danielle Rutig	(865) 689-1400
Main School:	(865) 689-1400

EMS Directions:

General directions to Central High School from I-640:

1. Take exit 393 for I-640 W/US-25W toward I-75 N/Lexington (Drive Approx. 4.4 mi).
2. Then take exit 6 for US-441 toward Broadway (Drive Approx. 0.3 mi).
3. Turn Right onto US-441 N/N Broadway.
4. Approx. in 0.1 mi take the Tazewell Pike exit and merge onto Jacksboro Pike (0.4 mi) and continue approx 0.8 mi then turn left onto Essary Drive.
5. In Approx. 600 ft turn Right onto Rosebay Rd.
6. In Approx. 0.2 mi turn Left into Central High School.

OR

1. From N Broadway turn Right onto Essary Dr.
2. Continue for 0.6 mi then turn Left onto Rosebay Rd..
3. In 0.2 mi turn Left into Central High School.

Football Stadium/Track:

*****TO ACCESS AT FIELD LEVEL ENTER FIELD FROM MARION DR.**

From Essary Drive:

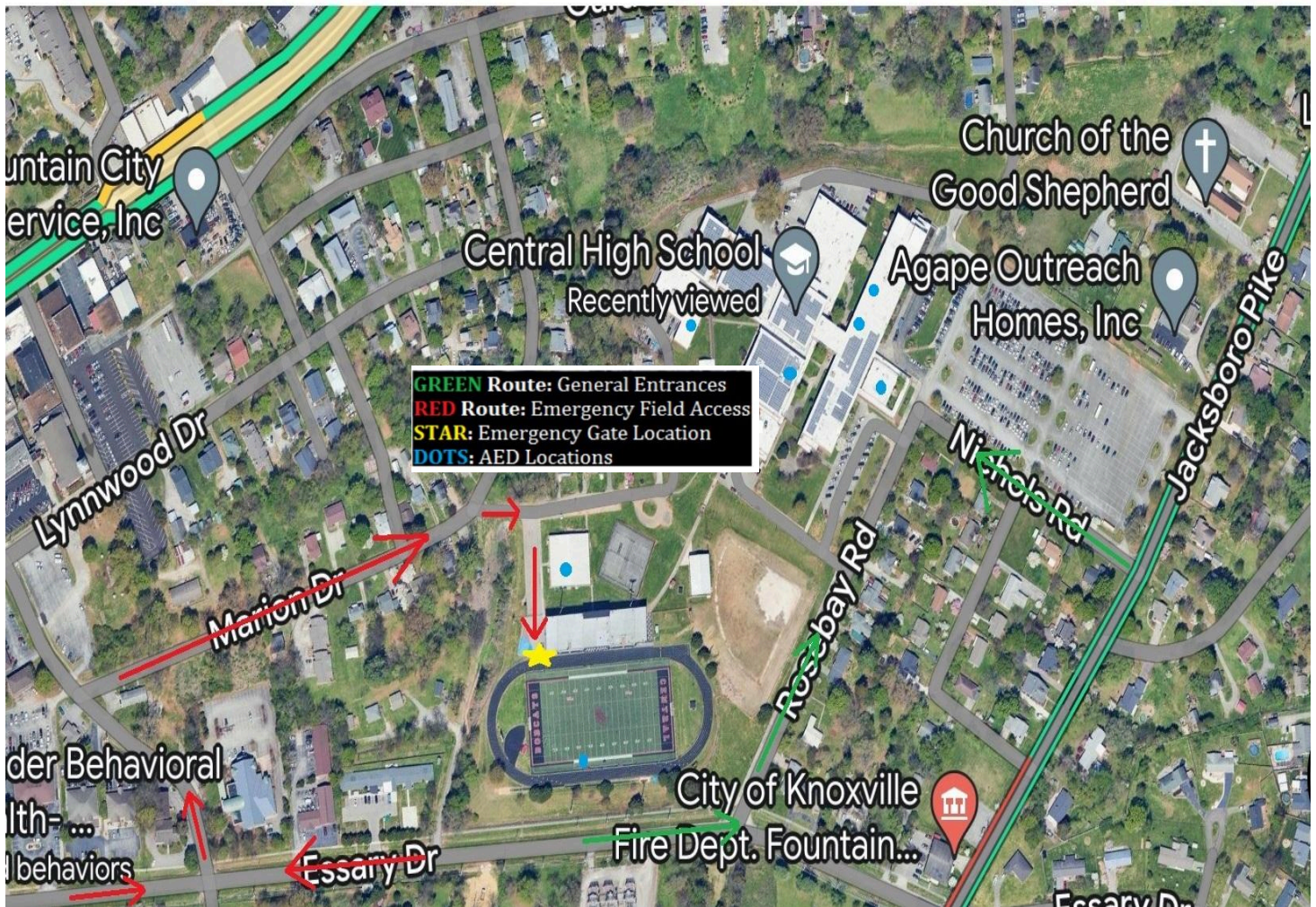
1. Turn onto Essary Drive.
2. Turn right onto Stanton Rd at FC Library.
3. Turn right onto Marion Drive, stay to the right and drive to the end of the road.
4. Field Access will be on the right.

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:

- Located with the athletic trainer on the sideline of summer/fall practices and games. Otherwise it is located in the Field House (Roy Acuff) AT office.
- Second AED is in a glass case along the wall in the gym, adjacent to the nearest entrance door leading from the commons area.
- Third AED is located in a glass case outside of the lower south vocational hall.
- Fourth AED is located in a glass case outside of the library.
- Fifth AED is located in a glass case approx. mid way down the Lower North Hallway.
- Sixth AED is located in a black box in the front office across from the secretaries.

2. First Aid Supplies:

- Located in medical kit with the AT on the sideline and in the Athletic Training room in the Field House (Roy Acuff).
- Supplies are on the counter for coaches to access and use as needed.

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 o Uncontrollable bleeding o Persistent chest pain/pressure o Lack of sweating, red hot skin o Unexplained seizure o Uncontrollable vomiting o Loss of sensation in limbs, no signs of circulation o Obvious bony deformity, exposed bone	o Unequal/unreactive pupils o Unequal chest rise/fall o Electrical accident o Possible poisoning o Inability to move o Suspected head, neck or back injury o Unexplained breathing difficulty, inability to breathe o Convulsions, severe headache, or slurred speech
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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 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*****