

Maryville R-II School District Emergency Action Plan

Maryville, Missouri

Football Practice Field

- Location: Entrance off east side of South Munn by bus barn.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse: 660-562-3511
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 - 1. Immediate care of the injured or ill athlete
 - 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 - 3. Emergency equipment retrieval
 - 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Softball/Baseball Field

- Location: Entrance off east side of South Munn. Enter on north drive to school and around to the east side of school. Enter through gate located on south side of parking lot then through small gate located on west side of restrooms in multi building.
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- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse: 660-562-3511
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Stadium Game Field/Track

- Location: Entrance off east side of South Munn. Enter on north drive to school and around to east side of school. Follow gravel drive located on north side of parking lot through double gate and follow around to gate located on northeast corner of track.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse: 660-562-3511
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

MHS Gymnasium

- Location: Entrance off east side of South Munn on north drive to school. Enter drive to the west of school to the doors entering commons.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse: 660-562-3511
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Band Practice Parking Lot

- Location: Entrance off east side of South Munn. Enter on north drive to school and around to east side of school to northeast corner of parking lot.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Donaldson Park Soccer Field

- Location: Entrance off west side of Icon Road. Follow drive to west side of park.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 - 1. Immediate care of the injured or ill athlete
 - 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 - 3. Emergency equipment retrieval
 - 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

NWMSU High Rise Tennis Courts

- Location: Entrance off east side of Icon Road into parking lot of NWMSU. Proceed east to tennis courts.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 - 1. Immediate care of the injured or ill athlete
 - 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 - 3. Emergency equipment retrieval
 - 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

MHS Multipurpose Building

- Location: Entrance off east side of South Munn. Enter on north drive to school and around to east side of school. Enter through gate located on south side of parking lot. Enter through first double doors on east side of building to wrestling room.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

MMS Football Practice Field

- Location: Entrance off Highway V. Enter on east drive and proceed to north side of parking lot.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 - 1. Immediate care of the injured or ill athlete
 - 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 - 3. Emergency equipment retrieval
 - 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

MMS Gymnasium

- Location: Entrance off Highway V. Enter on east drive and take circle drive in front of school.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
 - MS Principal: Kevin Pitts 660-541-0769
 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 - 1. Immediate care of the injured or ill athlete
 - 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 - 3. Emergency equipment retrieval
 - 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Mozingo Golf Course

- Location: Entrance to park off of Highway 136. Go north along road to the entrance into Mozingo Golf Course on west side of road.
- Emergency Personnel: If certified athletic trainer is not present the Head Coach will be the lead first responder. Head Coach will designate assistant coaches for assignment of first responder duties.
- Emergency Communication:
 - EMS: Ambulance 911
 - ATC: Paul Snow 660-541-1493
 - AD:
 - HS Principal: Thom Alvarez 660-853-1029
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 - HS Nurse:
- Emergency Equipment: AED located on wall in hallway across from gym. Ice and bags located in cooler brought to practice site daily. Screwdriver and cutting snips for facemask removal located in kit brought to practice site daily.
- Role of First Responders:
 1. Immediate care of the injured or ill athlete
 2. Activation of EMS: Call 911 (provide name, location, condition of injured, first aid treatment, other information as requested)
 3. Emergency equipment retrieval
 4. Direct EMS to scene (open gates, designate person to flag down EMS upon arrival, control scene by moving bystanders away from area)

Care of Spine Injured Athlete

- The Spine-Injured Athlete
- Athletic participation carries with it the risk of catastrophic spine injury. Because of the potential for permanent neurological injury or death associated with cervical spine injury, proper on site management is of utmost importance. Sports medicine professionals support the practice of removing football helmets and shoulder pads during the pre-hospital care once the EMS arrives when there is a chance of cervical spine injury.
- The NFHS SMAC supports the recommendations and guidelines set forth in the National Athletic Trainers' Association's 2015 Position Statement on the Acute Management of the Cervical Spine-Injured Athlete.
- Immediate Care of all Suspected Spine Injuries:
 - - Any athlete suspected of having a spinal injury should not be moved and should be managed as though a spinal injury exists.
 - - The athlete's airway, breathing and circulation, neurological status, and level of consciousness should be assessed.
 - - The athlete should not be moved unless absolutely essential to maintain airway, breathing, or circulation.
 - - If the athlete must be moved to maintain airway, breathing, or circulation, the athlete should be placed in a supine position while maintaining spinal immobilization.
 - - When moving a suspected spine-injured athlete, the head and trunk should be moved as a unit.
 - - The EMS must be activated immediately
 - - Once the EMS is on site the football helmet and shoulder pads will be removed before placing the athlete on a spine board for transport.
 - - The facemask and chinstrap will be removed.
 - - The jersey will be cut in to gain access to the front of the shoulder pads.
 - - The shoulder pads will be cut at the front and the straps unhooked from the chest plate of the pads.
 - - To remove the helmet and shoulder pads will be removed by using the 6 person lift method while head and neck remains stabilized.
 - - The person at the head will coordinate the lift. Once the athlete is lifted the helmet and shoulder pads will be removed.
 - - The spine board will be placed under the athlete and the athlete will be lowered down on to the spine board.
 - - The athlete on the spine board will be lifted onto the ambulatory cot and placed in the ambulance for transport.

Face Mask Removal

- - It is imperative that all coaches, athletic trainers, team physicians, and EMS personnel practice the use of the different face mask removal tools and familiarize themselves with how the face mask is to be removed from every helmet currently on the market.
- - Those involved in the pre-hospital care of injured football players should have the tools for face mask removal readily available (screwdriver, power screwdriver, Trainers Angel, FM Extractor, or a modified anvil pruner. A backup removal tool should also be on hand if a screwdriver is the first tool of choice).
- - Removal of the screws holding the facemask onto the helmet should be performed in a safe manner while the head and neck remain immobilized. If a screw does not loosen with the use of a screwdriver then the backup tool should be used to cut the clips holding the facemask to the helmet.

- Paul Snow ATC
- Revised 7/14/2015

Return to Learn Concussion Management

- Concussion Management Protocol
- Student/Athletes that are suspected of having sustained a concussion shall be required to adhere to the following concussion protocol.
 1. The student/athlete will be removed from play immediately by coach/official/athletic trainer.
 2. The student/athlete must be evaluated by an approved health care provider.
 3. Only health care providers as defined by MSHSAA, MD/DO/PAC/LAT/ARNP/Neuropsychologist.
 4. School personnel will inform the parents/guardian of the suspected concussion.
 5. The student/athlete diagnosed with a concussion must be held out of activity the day of injury and until cleared to return to play by a healthcare provider, MD/DO/PAC/LAT/ARNP/Neuropsychologist.
- The student/athlete diagnosed with a concussion may return to school with a “Return to Learn Form” signed by the approved health care provider with recommended academic adjustments. The school will have a committee to address the recommended adjustments to communicate with the school staff and to monitor the student throughout the “Return to Learn” protocol.
- Return to Play Protocol
- If diagnosed with a concussion, a student/athlete must be cleared for progression to activity by an approved healthcare provider, MD/DO/PAC/LAT/ARNP/Neuropsychologist (emergency room physician cannot clear for progression). The MSHSAA Concussion Return to Play Form must be signed by the approved health care provider and on file at the school before protocol begins.
- After the student/athlete has not experienced symptoms attributed to the concussion for a minimum of 24 hours and has returned to school on a full time basis (if school is in session), the stepwise progression below shall be followed.
 - Step 1: Begin light exercise only (no weight lifting), bike or walk for 5-15 minutes
 - Step 2: Begin light jogging without any equipment (no helmets or pads)
 - Step 3: Begin non-contact drills in full uniform. Start light weight lifting.
 - Step 4: Begin full contact practice or training (a walk through practice does not count as a full, normal practice).
 - Step 5: Return to full participation. The student/athlete must be cleared by MD/DO/PAC/LAT/ARNP/Neuropsychologist before returning to play. The MSHSAA Concussion Return to Play Form must be signed by the approved healthcare provider and on file at the school.

Return to Learn Concussion Management

- The student/athlete should spend a minimum of one day at each step before advancing to the next. If concussion symptoms occur at any step the athlete must stop the activity and the treating healthcare provider must be contacted.
- Return to School Protocol
- If diagnosed with a concussion, a student/athlete may need academic adjustments at school. The Return to Learn: School Recommendations Following Concussion form that is recommended by MSHSAA must be signed by an approved health care provider, MD/DO/PAC/LAT/ARNP/Neuropsychologist and on file at the school. This form will describe any suggestions for academic adjustments to be individualized for the student/athlete as deemed appropriate in the school setting.
- The school's "Return to Learn" committee will be informed of the recommended academic adjustments and will work with the school's faculty in the implementation of the protocol. The school's committee will consist of the following; a teacher, school nurse, administrator, school counselor, school certified athletic trainer.
- Revised 5/12/2015

Progression Protocol Sample

- Step 1
 - 10/19/15 Bike 10 minutes, no weight lifting, no practice
 - 10/20/15 Bike 15 minutes in PE class, no weight lifting, no practice
 - 10/21/15 Bike 20 minutes in PE class, no weight lifting, no practice
- Step 2
 - 10/22/15 Jog 8 minutes in PE class, no weight lifting, no practice
 - 10/23/15 Jog 12 minutes in PE class, no weight lifting, no game participation
 - 10/24/15 Jog 15 minutes on own
- Step 3
 - 10/25/15 Jog 15 minutes on own
 - 10/26/15 Perform $\frac{1}{2}$ of prescribed weight workout, non-contact practice
 -
- Step 4
 - 10/27/15 Perform $\frac{3}{4}$ of prescribed weight workout, non-contact @ practice
 - 10/28/15 Perform full weight workout, full contact @ practice
 -
- Step 5
 - 10/29/15 Make appointment to see Dr. Bomar for release to full participation.

MSHSAA Heat Acclimation Schedule

- All Sports and Activities (excludes band and flags)
- We have 16 calendar days to get 14 days of practice before first contest.
- Days 1-5
 - 5 hours of total contact with students a day
 - Single practice a day (3 hours max.)
 - 1 hour rest
 - o May watch film
 - o No lifting, no conditioning, etc
 - 1 hour walk thru
 - o No personal equipment (gloves, helmets, catchers gear, balls, etc.)
 - o No conditioning, no lifting
 - • Football Days 1 & 2 Helmets Only
 - • Football Days 3 thru 5 Helmets and Shoulder Pads only
- Day 6
 - 5 hours of total contact with students
 - Football may start full pads
 - May have 2 practices a day with mandatory 3 hours between practices
 - Both practices may only last for a combined 5 hours.
- Day 7
 - - Can only have 6 consecutive days of practice, thus day seven is off day
- Day 8-13 and 15-16
 - Must have only one day in a row of 2 practices a day
 - On days of 2 practices there must be 3 hours in between practices
 - Ex: If having 2 practices on Monday the can only have 1 practice on Tuesday
- Day 14
 - - Can only have 6 consecutive days of practice, thus day 14 is off day
- Recommended
 - If Heat Index is between 95 and 105 degrees all practices should be altered
 - If Heat Index is 105 degrees and above all practices should be canceled

Missouri State High School Activities Association Information

- MSHSAA.org
- Sports Medicine Tab
- Concussion Return to Play Form
- Concussion Return to School Form
- Heat Acclimation

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