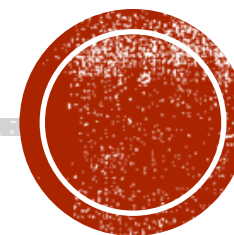


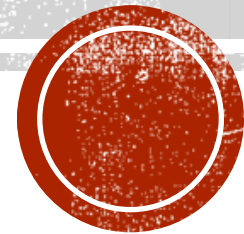
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WHEN SECONDS MATTER: THE VITAL ROLE OF ATHLETIC DIRECTORS/ ADMINISTRATORS IN EMERGENCY PREPAREDNESS

Amy Harris, CMAA
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NIAAA
December 15, 2024
Austin, Tx



OUR TEAM



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What state are you representing?

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Does your state have legislation requiring an EAP?

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Have you ever activated your EAP?

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If someone collapsed on your basketball court, are you confident that the EAP will run seamlessly?

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GOALS

Discuss
emergency
preparedness - the
EAP and beyond

Provide a guide
and resources for
developing your
EAP

Create/refine an
EAP for one venue
at your school



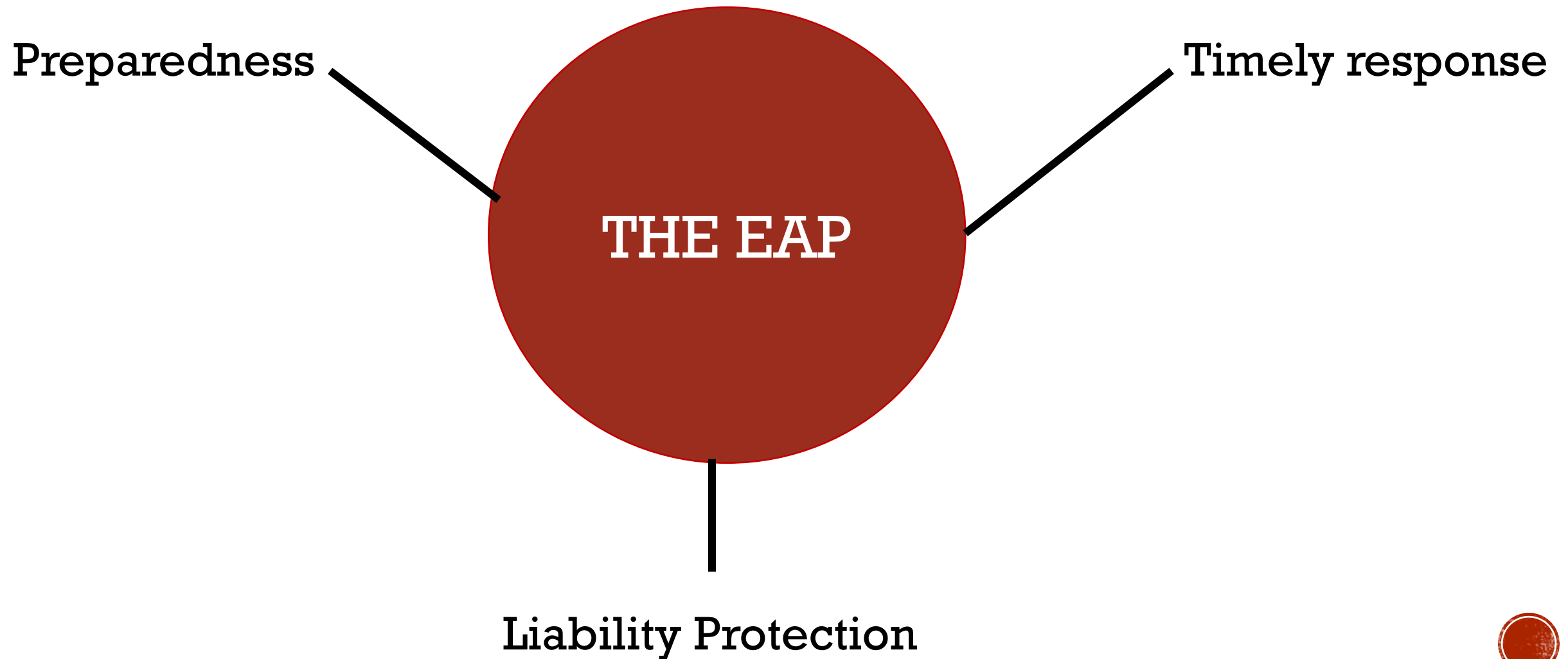
WHAT IS THE EAP?

A detailed set of procedures and guidelines that outlines how staff should respond to a medical emergency during a practice or competition,

providing a step-by-step roadmap to ensure prompt and appropriate care for injured athletes,

including identifying potential risks, assigning roles, and coordinating communication with emergency services.





THE COMPONENTS OF THE SCHOOL BASED EAP

- Designated Roles and Responsibilities
- Emergency Communication Protocols
- Medical Equipment
- Emergency Response Procedures
- Transportation Plan
- Emergency Drills and Training





LEGAL RESPONSIBILITY

Schools are required by law to provide a reasonable standard of care





PRACTICE & PREPARATION

In emergencies, initial plans often dissolve

Practicing every EAP ensures instinctive, effective action

PERFECTION TAKES PRACTICE

T · E · A · M

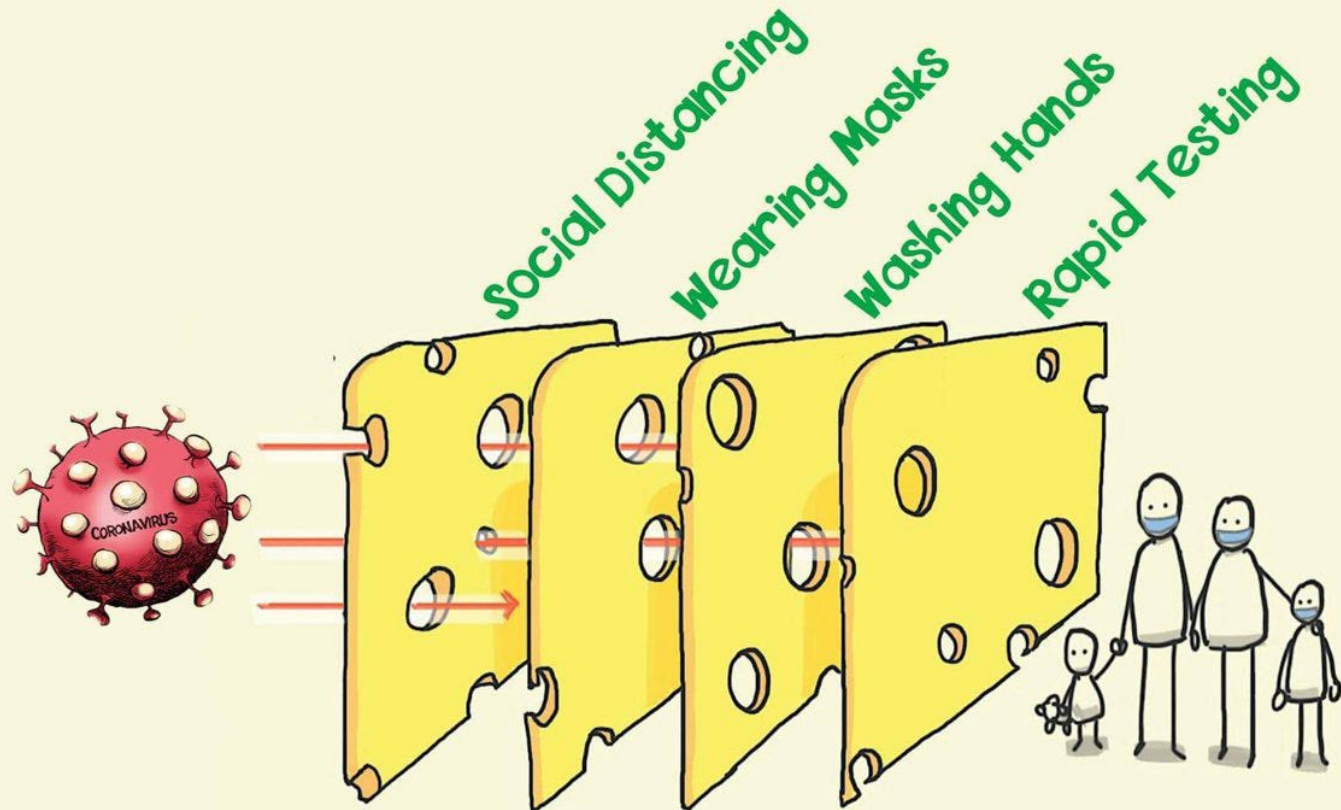
Together Everyone Achieves More



THE 1972 MIAMI DOLPHINS WORLD CHAMPIONS

(ht): Jake Scott, Lloyd Mumphord, Henry Stuckey, Marlin Briscoe, Charles Babb, Otto Stowe, Tim
Bob Lundy, Marv Fleming, Hubert Ginn, Mercury Morris, Dick Anderson, Larry Csonka, Jim De
Larry Little, Managing General Partner Joseph Robbie, Head Coach Don Shula, co-captain Bob G
Karl Noonan, Larry Seiple, THIRD ROW—ass't. equipment manager Jim Cheever, ass't. trainer Star
ey, Howard Twilley, Jim Kiick, Mike Kadish, Earl Morrall, Curtis Johnson, Jesse Powell, Bob Ma
oug Crusan, Bill Stanfill, ass't. coach Tom Keane, ass't. coach Mike Scarry, FOURTH ROW—ass'
y, Wayne Moore, Maulty Moore, Doug Swift, Manny Fernandez, Bob Kuechenberg, Jim Langer, H
b Heinz, ass't. coach Monte Clark, ass't. coach Howard Schnellenberger, ass't. coach Carl Taseff.

The Swiss Cheese Model



All layers are important because each layer is not perfect.

Created with sketchplanations.com

ERROR ANALYSIS

- Hindsight is 20/20
- Be able to predict hurdles
- Requires numerous perspectives





BE READY - ALWAYS

Emergencies can happen anytime

- Practices
- Games
- Mass participation events
- Non athletic events



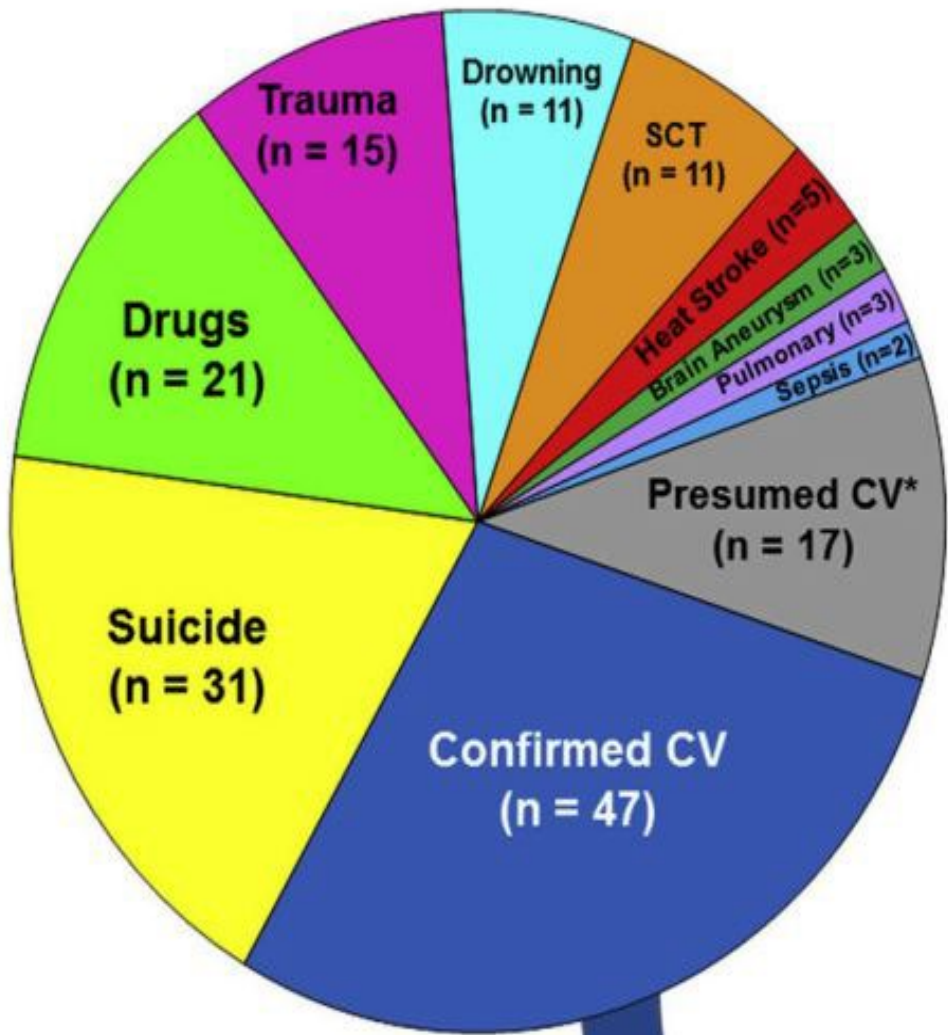
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What items do you need to respond to a medical emergency?

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- HCM (21)
- Coronary artery anomaly (8)
- CAD (5)
- Aortic rupture (3)
- ARVC (3)
- Dilated CM (2)
- Myocarditis (2)
- LQTS (1)
- MVP (1)
- AMI [Kawasaki Syndrome] (1)

**WHAT MEDICAL
EMERGENCIES
AM I TRYING
TO TREAT?**



WHAT ITEMS SHOULD YOU HAVE FOR A MEDICAL EMERGENCY?

- Phone to call to EMS (with cell service)
- Lightning Detector
- Wet Bulb Globe Temperature Device
- AED
- Dunk Tank
- Thermometer
- +/- medications (albuterol, Narcan, etc)
- Backboard/c-collar
- Personnel



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Besides a medical emergency, what other things can your EAP be used for?

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IDENTIFY AND PREPARE FOR ALL EMERGENCY SITUATIONS

■ MEDICAL

- Heat
- Sudden cardiac arrest
- Overdose
- Spine/Head injury
- Fracture/Dislocation
- Asthma Attack
- Sickle Cell Crisis

■ SEVERE WEATHER

■ FIGHTS/RIOTS

■ WEAPON

■ FIRE

■ BOMB THREAT

■ GAS LEAK

■ POWER OUTAGE





**RECOGNIZE
EMERGENCIES
CAN HAPPEN
AT ANY TIME**

- Pre-Game, In-Game & Post-Game
- Have a plan for all scenarios
- Have PAA announcements ready
- Expect the UNEXPECTED
- Prepare facility for Emergencies - tech ready, PAA with announcer, AED accessible, security in right place

ARE YOU READY ?





**DEVELOPING
YOUR EAP**



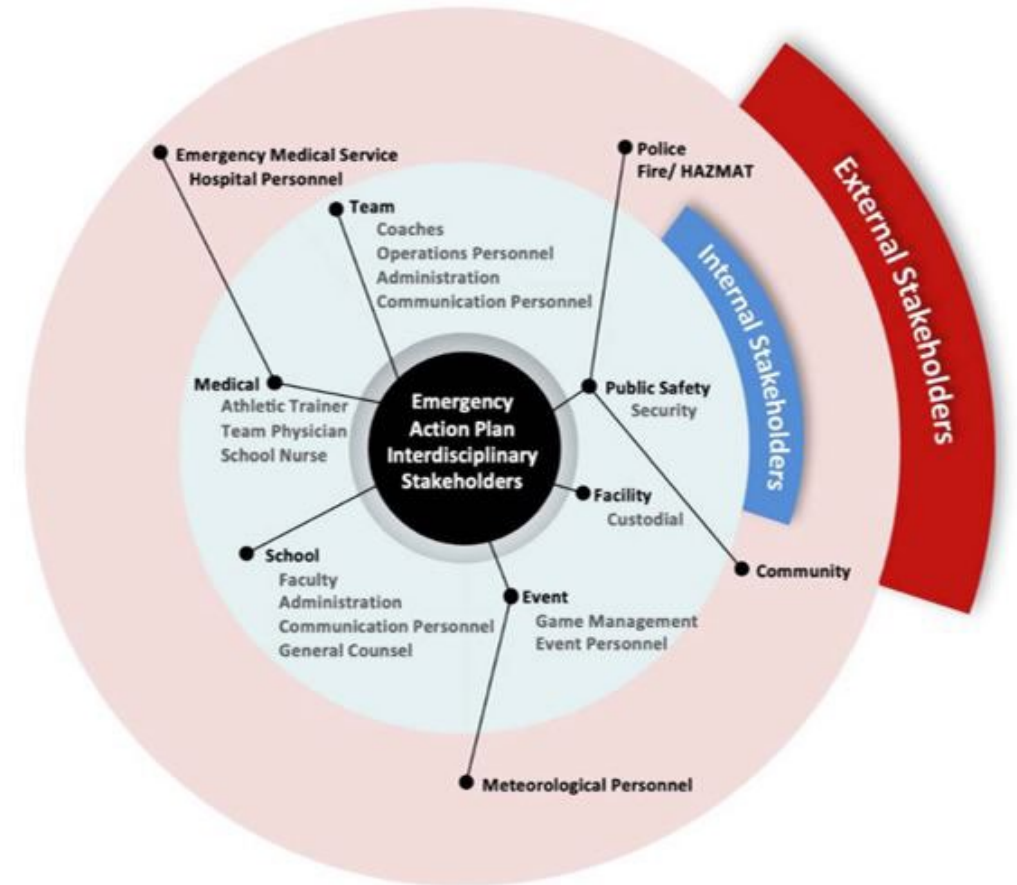
BUILD YOUR TEAM

ON CAMPUS

- ATHLETIC ADMINISTRATOR
- ATHLETIC DIRECTOR
- SRO
- TRAINER
- CUSTODIAN
- COACHES
- GAME STAFF

OFF CAMPUS

- TEAM PHYSICIAN
- EMS
- POLICE DEPARTMENT
- FIRE DEPARTMENT



IDENTIFY YOUR FACILITIES

ON CAMPUS

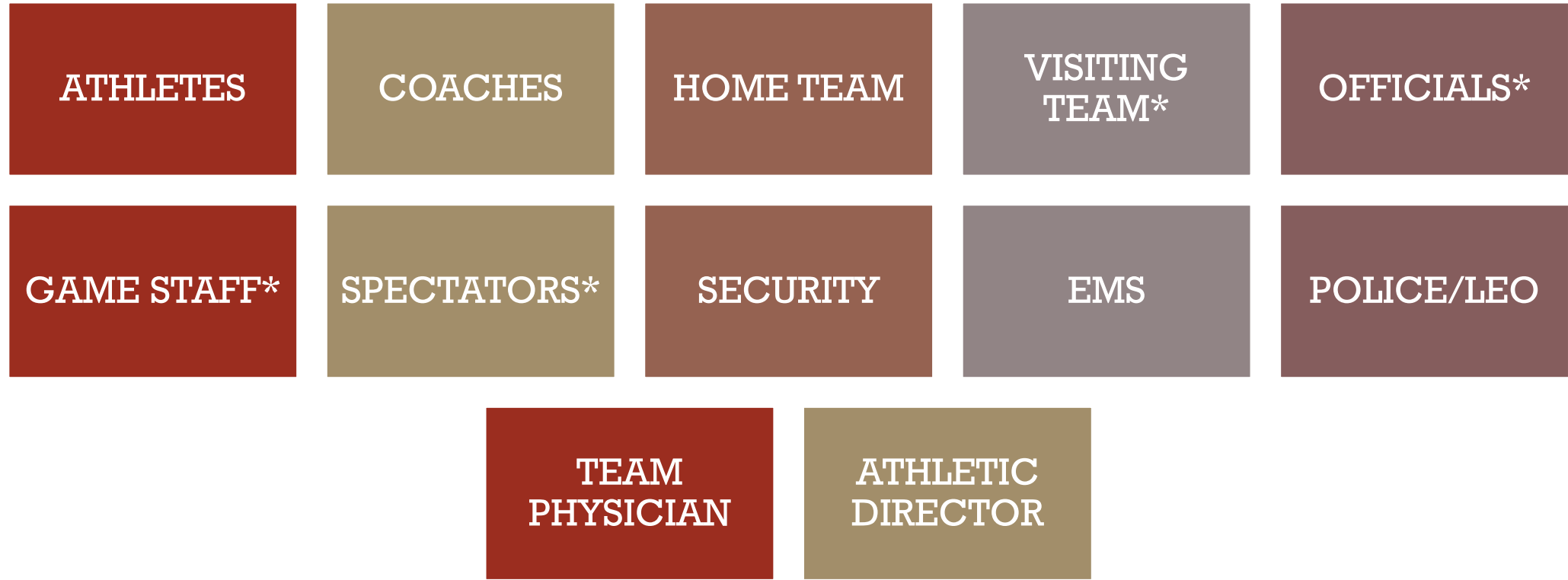
- GYMS
- STADIUMS
- FIELDS
- COURTS
- CONCESSIONS
- WEIGHT ROOM
- PARKING LOTS

OFF CAMPUS

- COMMUNITY FACILITIES
- STADIUMS
- CROSS COUNTRY ROUTES



IDENTIFY KEY PEOPLE



* MIGHT BE DIFFERENT PEOPLE BETWEEN EACH EVENT EVEN DURING THE SAME SEASON



CREATE AND PRACTICE THE PLAN

- 1. SHORT & SPECIFIC**
- 2. ALIGNED TO
SCHOOL EAP**
- 3. DISTRIBUTE & POST**
- 4. PRACTICE,
PRACTICE,
PRACTICE!!!**
- 5. REVIEW & REVISE**

**The EAP is a living, breathing document
and is the difference between life & death!**



AFTER AN EVENT



TAKE NOTES - Make mental notes and write them down as soon as you can.



DEBRIEF - Meet with all individuals involved with the emergency response to review EAP and offer support.



REVISE - Update and make necessary changes based on review, re-distribute updated EAP



Scroll to Post Event Toolkit



IMPROVEMENTS TO RECONSIDER

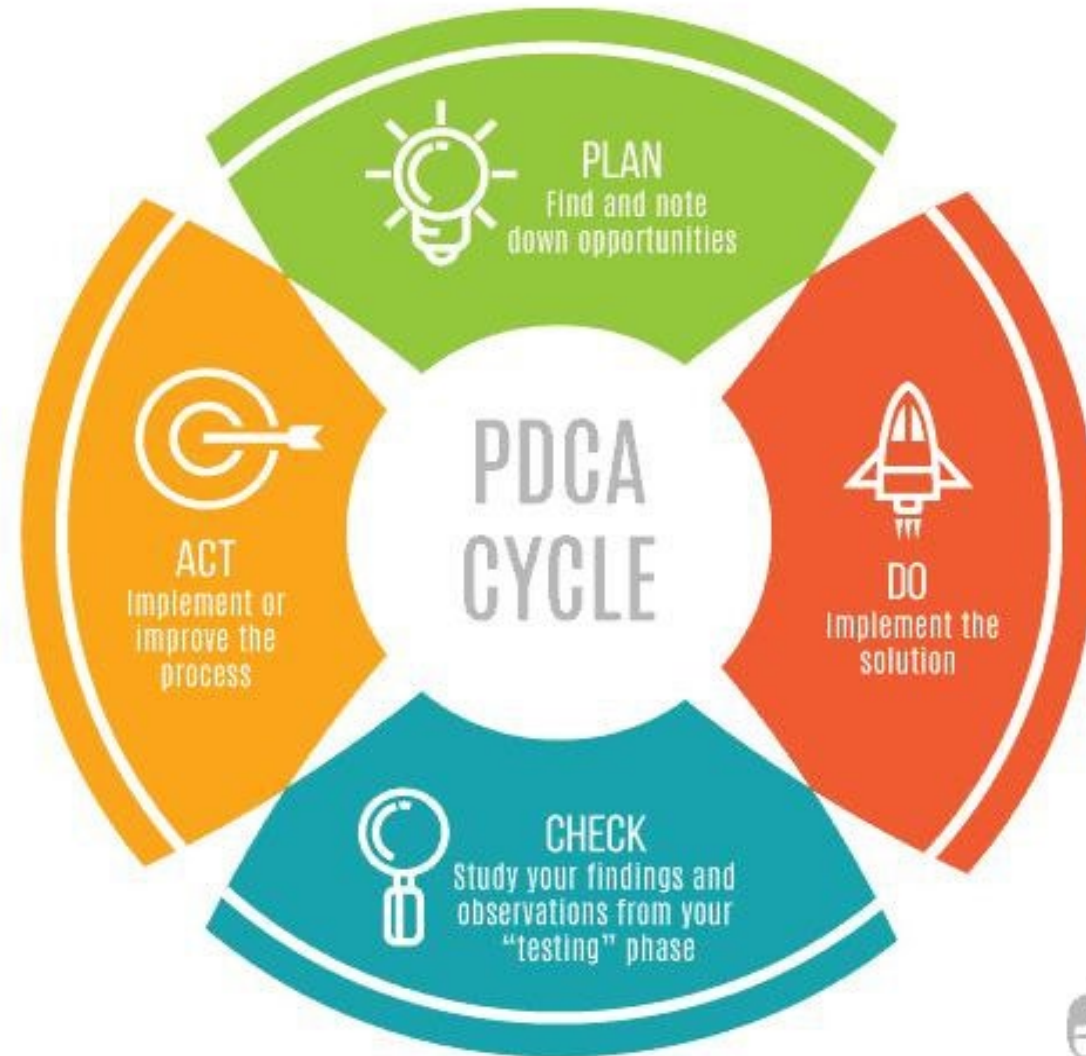
- Security Expectations and Procedures
- Weather System - Perry Weather, Weatherbug, Detectors
- Increased security cameras
- Lighting
- Signage & Staff Emergency Badge
- Fencing
- Usage of JROTC
- PAA - Use of jumbotrons & videoboards
- Communication Devices
- Code of Conduct
- De-escalation Techniques & PBIS
- Student Section Expectations



**WHAT
WOULD
YOU
DO**



EMERGENCY PLANNING IS CONTINUOUS





EXERCISE: CHOICE 1

- Imagine your school is hosting a high-profile rivalry game between two local high schools. The game is expected to draw a large, passionate crowd, and emotions are likely to run high. The following occurs at the end of the game:
 - **Scenario Timeline:**
 - The home team wins in the last seconds, triggering a rush of excitement on the field.
 - Players from both teams begin to gather at midfield, and taunts escalate into physical altercations.
 - Spectators begin rushing toward the field, further intensifying the chaos.
 - Law enforcement deploys pepper spray in an attempt to control the situation, causing additional panic among the crowd.



EXERCISE: CHOICE 2

- > 60 year old official is working a swim meet
- Collapses on the deck
- No medical personnel on the deck other than a volunteer lifeguard



TASKS WHILE YOU DEVELOP AN EAP FOR YOUR HOME FOOTBALL FIELD/BASKETBALL FIELD/POOL

- **Risk Assessment:**
 - Identify potential triggers and high-risk zones during and after the game.
 - Discuss how heightened emotions (in rivalry games) can escalate without proper protocols.
- **EAP Components:**
 - Procedures for team exits from the field to avoid confrontations, or traffic.
 - Communication plans with law enforcement, coaching staff, and game officials.
 - Strategies for managing crowd behavior and ensuring spectator safety.
 - Plans to mitigate risk, such as removing items that could be used for taunts, as necessary.
- **Rehearsal Plan:**
 - Outline steps for rehearsing the EAP with all stakeholders, including coaches, student-athletes, law enforcement, and event staff.
 - Develop a checklist of actions to review and practice before every game.
- **Post-Incident Review:**
 - Propose a process for reviewing the effectiveness of the EAP after an event.
 - Include metrics for success (e.g., time taken to clear the field, lack of injuries).



SAMPLE EMERGENCY ACTION PLANS

ANYONE CAN SAVE A LIFE

Worksheet



How-to Video





The Medical Time Out

MEDICAL TIME OUT

- ❑ Every season with the athletes and coaches
- ❑ Before every game with visiting team captains, coaches, and officials
- ❑ Before every Mass Participation Event
- ❑ Spontaneous drills





6 TRAITS OF HIGH-PERFORMANCE TEAMS

TRUST AND COMMUNICATION

Trust and open communication are foundational, allowing team members to share ideas freely and resolve conflicts constructively.



PSYCHOLOGICAL SAFETY

Team members feel safe expressing themselves without fear of negative consequences, which promotes innovation and problem-solving.



STRONG LEADERSHIP

Effective leadership sets the tone, provides direction, and fosters a supportive environment.



DIVERSITY AND INCLUSION

Embracing diverse perspectives and backgrounds enriches the team's creativity and problem-solving abilities.



CLEAR GOALS AND ROLES

Well-defined goals and roles, ensuring everyone knows their responsibilities and contributions



CONTINUOUS LEARNING

High-performance teams prioritize ongoing learning and development to adapt and grow.



- **Interchangeable Team Components**

The team should function seamlessly even if pieces are replaced.

- **Clear Role Definition**

Each role has a specific job and responsibilities and a clear leader

- **Supportive Environment**

Foster an atmosphere where team members feel comfortable asking questions to clarify details of their roles.

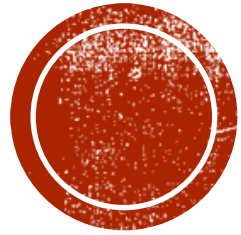
- **Trust and Competence**

Everyone must trust that their teammates know their roles and excel in executing them.

- **Diverse Perspectives**

Every member brings a unique perspective, essential to the team's overall success.





RESOURCES





Administrator's Guide

**ANYONE CAN
SAVE A LIFE**

<https://www.anyonecansavealife.org/>



KOREY STRINGER INSTITUTE

- <https://koreystringer.institute.uconn.edu/resources/>
- Website has
 - Exertional Heat Illness Templates
 - Lightning Policy Templates
 - Standard Operating Procedures Template



MORE RESOURCES

Sample EAPs



Sample Checklists/Letters



RESOURCES CONTINUED

**National Center for
Spectator Sports Safety
and Security Best
Practices Document**



Example Signage



Staff Badges



How to Put an Emergency Action Plan to the Test



1
Develop/Update EAP
with a cross-
functional team



2
Perform emergency
drills



3
Assess performance
against procedures



4
Communicate best
practices



5
Put an EAP into
action regularly

SafetyCulture



Confidence comes
from being prepared.

John Wooden

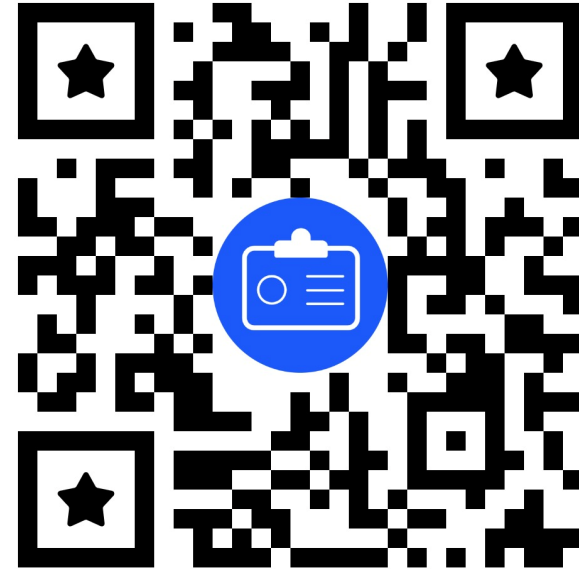
quote fancy



By failing to prepare, you are
preparing to fail.

~ Benjamin Franklin

AZ QUOTES



QUESTIONS?

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