

LAMPASAS ATHLETIC EMERGENCY ACTION PLAN

Emergency situations may arise at any time during athletic events. Quick and appropriate action must be taken in order to provide the best possible care to the participant of an emergency and/or life threatening condition.

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. This EAP (Emergency Action Plan) is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Situations when 911 should be called immediately are:

- An athlete is NOT breathing
- An athlete has lost consciousness
- Suspected spinal injury
- Open fracture (bone punctures skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

While it is important to notify school medical staff of 911 emergencies quickly, it is more important to **activate 911 PRIOR** to calling for the campus nurse, athletic trainer, school resource officer, principal, and/or parent. It is acceptable for a school staff member that is available to contact a parent or guardian while a different staff member is on the phone with EMS.

Within athletic practices or competition, the first responder to an emergency situation is typically a member of the athletic staff, most commonly a coach or athletic trainer. Acute care in an emergency situation should be provided by the most qualified individual on the scene. That person is deemed the leader and will stay with the athlete until EMS arrives.

While every situation will be different, the roles within the Emergency Team members that are present shall follow these 4 important steps:

1. Establish scene safety and immediate care of the athlete
2. Activate EMS
3. Retrieve emergency equipment
4. Direct EMS to the scene

Calling 911:

The person making the call to 911 should remain calm and not hang up first. It's important to provide the following info:

- Nature of emergency
- Number of athletes involved
- Condition of athlete(s)
- First aid treatment initiated
- Address to your location
- Specific location of the scene (“come into the parking lot at the end of 7th street)
- The emergency leader can send runners to intersections and/or gates to help direct the ambulance to the athlete. If gates are locked, it's important to send keys

Emergency Equipment:

- Necessary emergency equipment should be near the site and quickly accessible
- Equipment may include basic medical kit supplies, splints, AED, etc.
- If available, Student Trainers are good retrievers of equipment
- A copy of the athlete's medical history should be retrieved as well
- Ambulances are allowed to drive on tracks and fields when necessary

LOCATION OF AEDs (automated external defibrillators):

Lampasas High School

1. Athletic Trainer
2. Foyer between gyms by training room
3. Outside cafeteria in main hallway



Lampasas Middle School

1. Bozarth-Fowler Gym
2. Outside cafeteria in main entrance

LAMPASAS ISD ATHLETIC FACILITY ADDRESSES & PHONE NUMBERS

Lampasas High School

2716 S. Hwy. 281

Main office phone: 512-564-2310

Athletic Trainer Cell: 512-734-3812

Football/Softball/Baseball/Track/Soccer Entrance:

First gate to the right after entering LHS

Double gate facing Grace Fellowship to drive onto field

Gym Entrance:

- Main entrance near counseling office
- North end facing tennis courts/AG barn

Tennis courts:

North of field house

Badger Field

190 E. Ave B (Behind Storms)

Pressbox phone number: 512-556-8100

Lampasas Middle School

902 S. Broad

Main office phone: 512-556-3101

Old Gym/Weight Room/Practice Field:

West 7th Street dead ends into parking lot

Bozarth-Fowler Gym:

West 9th Street dead ends into parking lot

Tennis courts:

South of Bozarth-Fowler gym

LMS Track Field:

Accessible from gate behind BF Gym

Accessible from gate behind band hall

LOCAL HOSPITALS

Rollins Brook Community Hospital

608 N. Key Ave.
Lampasas, TX
512-556-3682

Metroplex Hospital

2201 S. Clear Creek Rd.
Killeen, TX
254-526-7523

Darnall Army Medical Center

Ft. Hood, TX
254-288-2000

McLane Children's Hospital (Baylor Scott & White)

1901 SW H K Dodgen Loop
Temple, TX
254-724-5437