



# **Emergency Action Plan For Oak Grove High School Athletics Program**

**2022 - 2023 as of 7/11/2022**

In case of an emergency, personnel responsibilities, locations of emergency equipment, and other emergency information such as 911 call instructions, addresses/directions to the venue, and a chain of command with important phone numbers have been listed here.

# Emergency Action Plan – Oak Grove High School

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## **Personnel Involved in Development**

The following individuals were involved with the creation of this Emergency Action Plan:

*Jeremy Miller, MSAT, LAT, ATC (Head Athletic Trainer)*

*Stan Smith (Athletic Director)*

*Stefanie Stroud (Principal)*

*Davidson County EMS*

*Midway Fire & Rescue*

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## Documentation of Recent Changes

As changes to the EAP are made, please list the change, page affected and date that the change was made.

Specific Changes Made	Page(s) Affected	Date
Updated AED location wording for each athletic venue	Pg. 12, 15, 17-26	6/22/2021
Updated personnel information (new principal at OGHS)	Pg. 3, 10, 38	6/27/2022

## Emergency Action Plan for Athletics Overview

### Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school activities workers must be prepared. The athletic department at Oak Grove has a duty to develop an emergency plan that may be implemented immediately when necessary and provide appropriate standards of emergency care to all sports participants. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team will enable each emergency situation to be managed appropriately.

### Components of the Emergency Plan

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of First Responder
5. Venue Directions with a Map
6. Emergency Action Plan Checklist for Non-Medical Emergencies

### Emergency Plan Personnel

The first responder in an emergency situation during an athletic practice or competition is typically a member of the sports medicine team, such as a certified athletic trainer. However, the first responder may also be a coach or another member of the school personnel.

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Certification in cardiopulmonary resuscitation (CPR), first aid, automated external defibrillator (AED), prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instructions, and strength and conditioning [including: athletic director, school nurse, certified athletic trainer, all coaches, etc.]. Copies of training certificates and/or cards should be maintained with the athletic director. **All head and paid coaches are required to have CPR, AED, First Aid, and concussion management training certifications.**

The emergency team may consist of physicians, emergency medical technicians, certified athletic trainers, athletic training students, coaches, managers, and possibly even bystanders. Roles of these individuals will vary depending on different factors such as team size, athletic venue, personnel present, etc.

The four basic roles within the emergency team are:

- 1. Establish scene safety and immediate care of the athlete**
  - a. This should be provided by the most qualified individual on the sports medicine team (the first individual in the chain of command).
- 2. Activation of Emergency Medical Services**
  - a. This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team. However, the person chosen should be someone who is calm under pressure, communicates well, and is familiar with the location and address of the sporting event.
- 3. Equipment Retrieval**
  - a. This may be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed.
- 4. Direction of EMS to scene**
  - a. One of the members of the team should be in charge of meeting the emergency medical personnel as they arrive at the site. This person should have keys to locked gates or doors.

**Prior to athletic events, a pre-event “Time Out” will be conducted to ensure the Emergency Action Plan is reviewed and to assign roles with the personnel and equipment available for that event.**

# Emergency Action Plan – Oak Grove High School

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## Activating Emergency Medical Services

- **Call 9-1-1**
- **Provide Information**
  - name, address, telephone number of the caller
  - nature of emergency (medical or non-medical\*)
  - number of athletes
  - condition of athlete(s)
  - first aid treatment initiated by the first responder
  - specific directions as needed to locate the emergency scene (i.e. “use the east entrance to the stadium on Midway School Road”)
  - other information requested by the dispatcher
- **DO NOT HANG UP UNTIL EMS HANGS UP FIRST**

\*If non-medical, refer to the specified checklist of the school’s non-athletics emergency action plan

## Emergency Communication

Communication is a key to a quick, efficient emergency response. There should be a pre-established phone tree to ensure all relevant parties are notified. Access to a working telephone line or other device, either fixed or mobile, should be assured. There should also be back-up communication in effect in case there is a failure of the primary communication. At every athletic venue, home and away, it is important to know the location of a workable telephone.

Please see pages 10 & 11 for emergency communication guidelines for Oak Grove High School.

## Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with function and operation of each type of emergency equipment. The equipment should be checked on a regular basis to ensure good condition and equipment use should be rehearsed by all emergency personnel. Creating an equipment inspection log book is strongly recommended. Know how to properly care for and store all of the equipment. You should choose a clean, dry, environmentally controlled area and it should be readily available when emergency situations arise.

This type of equipment could include: spine boards and straps, automated external defibrillators (AEDs), AED pads, AED batteries, splinting equipment, helmet removal equipment and their batteries, etc.

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

# Emergency Action Plan – Oak Grove High School

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## Medical Emergency Transportation

Emphasis is placed on having an ambulance on site at high risk sporting events, such as football, major tournaments, track and field meets, etc. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and cleared route for entering/exiting the venue. In the event that an ambulance is not on site, the medical personnel should be aware of average EMS response time for the athletic venue and distance from the venue to local hospitals.

*Any emergency situation where there is impairment in loss of consciousness (LOC), airway, breathing, or circulation (ABCs) or there is a neurovascular compromise should be considered a “load and go” situation and emphasis placed on rapid evaluation, treatment, and proper transportation.*

## Non-Medical Emergencies

For the non-medical emergencies (fire, bomb threats, violent or criminal behavior, etc.) refer to the school emergency action plan checklist and follow instructions.

## Post EAP Activation Procedures:

### *Documentation*

Documentation must be done by ATC (or other provider) and coach immediately following activation of the EAP. Both an injury report and accident report form must be filled out.

### *Debriefing*

A team comprising of the ATC, AD, coaches, nurse and one or two other school district employees not involved with the situation must discuss the event within 48 hours. This team must evaluate the effectiveness of the EAP and conduct a staff debriefing. A specific timeline for changes to the EAP should be made for promptness.

## Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete’s survival may hinge on the training and preparation of athletic healthcare providers. It is prudent to invest athletic department “ownership” in the emergency action plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency action plan should be reviewed at least once a year with all athletic personnel and local emergency response teams. Through development and implementation of the emergency action plan, **Oak Grove High School** helps ensure that the athlete will have the best care provided when an emergency situation does arise.



# Emergency Action Plan – Oak Grove High School

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## Staff Education

1. Each season, every coach will receive a copy of the Emergency Action Plan (EAP)
  - a. Each coach will provide their signature to confirm they have read the documents and asked any potential questions
2. A copy of the EAP will be posted on the schools athletics website ([www.oakgrovegrizzlies.com](http://www.oakgrovegrizzlies.com))
3. A copy of the venue specific EAP will be posted at each venue as well as in each medical kit which is to be kept with the coach at every practice/event
4. A hard copy of the EAP will be available in the athletic training room.

## Chain of Command

The athletic trainer should always act as the primary care-giver at the site of the injury or accident (when on-site) and would manage the situation according to the following rank:

1. Athletic Trainer
2. Team Physician
3. First Responder
4. Head Coach

In the event that a certified athletic trainer is not on-site at the time of injury, the following chain of command would be used:

1. First Responder
2. Head Coach
3. Assistant Coach
4. Athletic Director

Team: \_\_\_\_\_ CHAIN OF COMMAND  
Most medically qualified

- 1.
- 2.
- 3.
- 4.
- 5.

*\*this chain of command would be completed per team in the event that the chain is different per team*

Formation on an emergency team and implementation of specific roles are important. The highest person in the chain of command who is present at the 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.

# Emergency Action Plan – Oak Grove High School

## Emergency Telephone Numbers

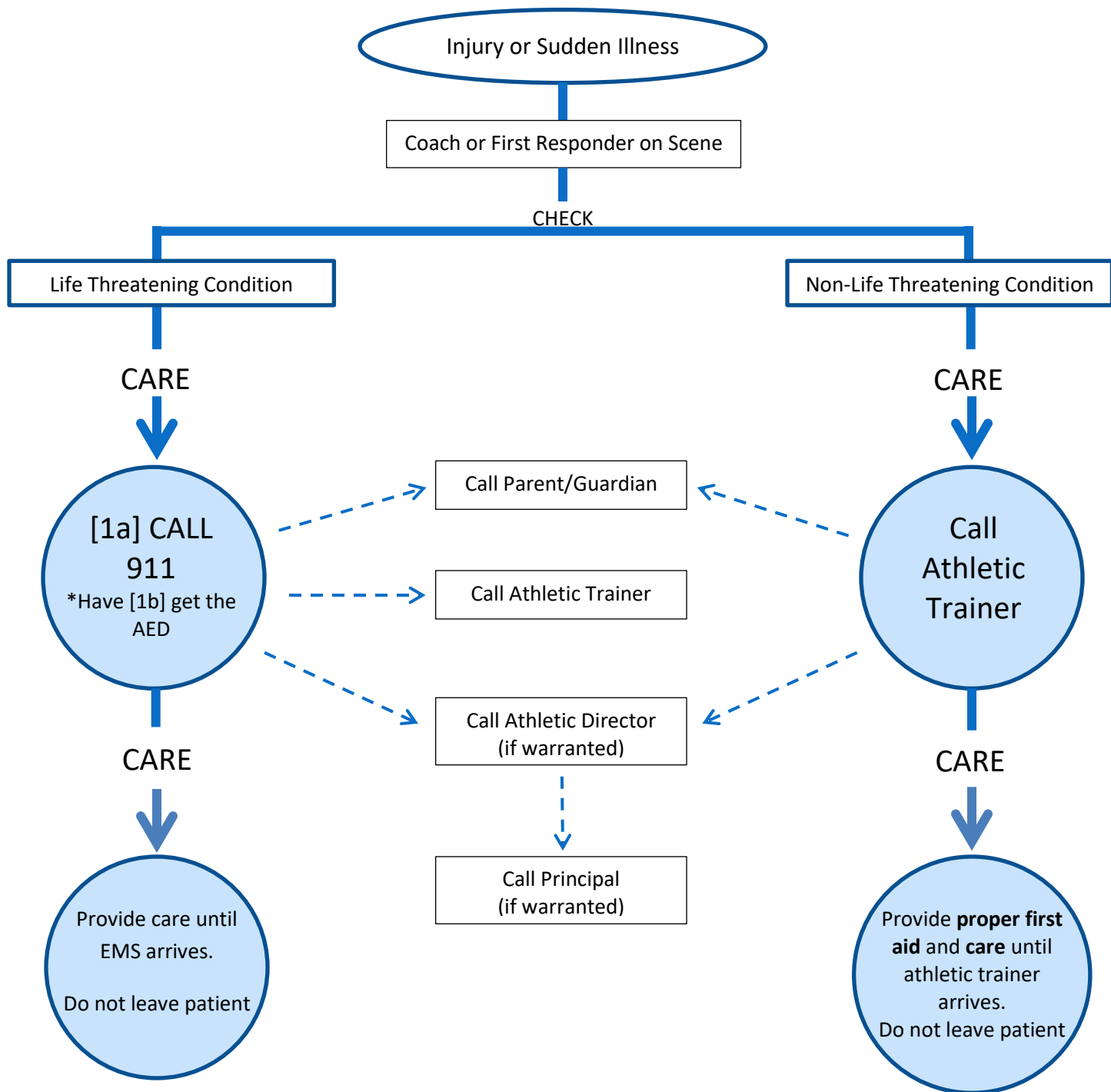
This list is only to be used in case of an emergency.

Off Campus Contacts	Phone Number
Emergency	911
Davidson County Sherriff's Office	336-242-2100
Davidson County Emergency Services	336-242-2270
Midway Fire & Rescue	336-764-0920
Forsyth Medical Center	336-718-5000
Thomasville Medical Center	336-472-2000
Atrium Health Wake Forest Baptist	336-716-2011
Poison Control Center	1-800-222-1222
Center for Disease Control	1-800-232-4636
National Weather Service	919-515-8209

On Campus Offices	Phone Number
Athletic Training Room	336-474-8280 ext. 5007
Nurse	336-474-8280 ext. 1291
Athletic Director	336-474-8282
Main Office	336-474-8280
Student Services Office	336-474-8280 ext.1246

Title	Name	Office	Cell
Athletic Trainer	Jeremy Miller	336-474-8280 ext. 5007	336-817-0856
Athletic Director	Stan Smith	336-474-8280 ext. 1207	336-817-5870
Principal	Stefanie Stroud	336-474-8280 ext. 1243	-
Assistant Principal	Shanice Lyons	336-474-8280	-
Assistant Principal	TBD		-
School Nurse	Holly Williams	336-474-8280 ext. 1294	336-240-9129
School Resource Officer	Johnny Leonard	336-474-8280 ext. 5018	336-596-3081

## Emergency Situation Contact Tree



Athletic Trainer may at their discretion contact sports medicine physician for guidance

# Emergency Action Plan – Oak Grove High School

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## Emergency Equipment Locations

### **Emergency Equipment:**

- Athletic Training Kit, Emergency Splint Bag, on site for events covered by ATC or in ATR
- First Aid Kit located with each coach

#### 1. AED

- a. Located with ATC for all covered events
- b. Located in the Stadium Press Box during the **FALL SEASON** and in the Baseball/Softball Storage Building during the **SPRING SEASON**.
- c. Additional AED located inside Oak Grove High School Gymnasium
- d. Additional AED located outside Oak Grove High School Main Office
- e. Additional AED located outside Oak Grove High School Student Services Office
- f. Additional AED located inside Oak Grove High School Auditorium

#### 2. Nearest phone

- a. Athletic Trainer's personal cell phone when covering events
- b. Coaches' personal cell phones (with emergency numbers attached here)
- c. In Oak Grove High School – there is a wall-mounted phone connected inside the weight room
- d. In Oak Grove High School – there is a landline phone in the athletic training room

#### 3. Rescue Inhaler

- a. Coaches are responsible for each student who has an inhaler and is responsible for bringing the inhaler with them to all practices/games
- b. Inhaler must be left with coach (labeled with name) during practices and games (not left in personal bag)
- c. Athletic trainer may be given a backup inhaler by the parent or child to keep as a backup in the med kit.

#### 4. Epi Pen

- a. Coaches are responsible for each student who has an epi pen and is responsible for bringing their epi pen with them to all practices/games
- b. Epi pen must be left with coach (labeled with name) during practices and games (not left in personal bag)
- c. Athletic trainer may be given a backup Epi pen by the parent or child to keep as a backup in the med kit.

#### 5. Splints

- a. With ATC during events or in ATR

#### 6. Spine boards/Cervical Collar

- a. Will be provided by EMS upon arrival

#### 7. Bio-hazard Materials

- a. Red bags – in each med kit and in ATR
- b. Disposal Bin – in ATR, Room 1505

#### 8. Crutches

- a. With ATC during events or in ATR

## Oak Grove High School AED Location

The main athletics AED for inside Oak Grove High School is located in the AED box on the wall of the Main Gymnasium





## Oak Grove High School Campus Map



## EMS Directions to Oak Grove High School

### From Winston-Salem, NC

Take and follow US-52 S; Take exit 100 for Hickory Tree Rd toward Midway; Turn left on Hickory Tree Rd; Turn right onto Old U.S. 52 S; Turn left onto Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 3<sup>rd</sup> exit

### From Lexington and Salisbury, NC

Take and follow US-52 N; Take exit 97 toward Midway; Turn left onto Old U.S. 52 N; Turn right onto Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 3<sup>rd</sup> exit

### From Wallburg, NC

Take and follow NC-109 S; Turn right onto Old Greensboro Rd; Turn right onto Midway School Rd; Slight left to stay on Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 1<sup>st</sup> exit

### From Thomasville, NC

Take and follow NC-109 N; Turn left onto Midway School Rd; Slight left to stay on Midway School Rd; Continue down Midway School Rd and at the traffic circle, take the 1<sup>st</sup> exit

# Emergency Action Plan – Oak Grove High School

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## OAK GROVE HIGH SCHOOL

**3507 Midway School Road  
Winston-Salem, NC 27107**

### Athletics Venue Information Chart

NOTE: Each entrance for EMS should be coded (i.e. Entrance #1, Entrance #2) and labeled on the map.

Venue	EMS Route: Entrance	Primary AED	Secondary AED
Main Gymnasium	Main Entrance	Main Gymnasium	Auditorium
Auxiliary Gymnasium	Main Entrance	Main Gymnasium	Auditorium
OGHS Stadium (Football)	Main Entrance	With ATC	Stadium Press Box
OGHS Stadium (Fall)	Main Entrance	Stadium Press Box	Main Gymnasium
OGHS Stadium (Spring)	Main Entrance	Main Gymnasium	Auditorium
Baseball/Softball Field	Athletic Fields	Storage Building (Spring)	Main Gymnasium
Soccer Practice Field (Fall)	Athletic Fields	Stadium Press Box	Main Gymnasium
Soccer Practice Field (Spring)	Athletic Fields	Storage Building	Main Gymnasium
Tennis Courts	Bus/Service	Main Gymnasium	Auditorium
Football Practice Field	Athletic Fields	With ATC	Storage Building (Spring)

# Emergency Action Plan – Oak Grove High School

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## **General Plan of Action**

1. Most medically qualified person will lead
2. Check the scene – is it safe to help?
3. Is the athlete breathing? Conscious? Pulse?
  - a. If NO instruct person to call 911 – LOOK PERSON DIRECTLY IN EYES and make sure they call!
  - b. Check card for 911 call instructions for your location
4. Perform emergency CPR/First Aid
  - a. If severe bleeding – instruct individual to assist with bleeding control
5. Instruct coach or bystander to get AED
6. Instruct coach or bystander to control crowd
7. Contact the Athletic Trainer of Oak Grove High School if they are present at the school but not on scene
8. Contact parents
9. Contact Athletic Director
10. Contact Principal/Assistant Principal
11. Instruct individual to meet ambulance to direct to appropriate site
12. Assist with care as necessary
13. Assistant coach must accompany athlete to hospital – either in ambulance or follow by car
14. Document the event



# Emergency Action Plan – Oak Grove High School

## Venue Specific Emergency Action Plans OGHS Stadium Events (Football, Soccer, Track & Field)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to traffic circle (Main Entrance); proceed to school and turn right towards stadium; follow road to stadium entrance located on visitor's side of stadium at concession stand.

**GPS Coordinates:** Latitude: 35.944001 Longitude: -80.162118



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in the athletic training room

**Emergency Equipment:** First Aid Kit, AED (with ATC, Press Box [Fall], Main Gym [Spring]), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to OGHS Stadium
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Field House/Locker rooms, and School Buses or Vehicles

Updated: February, 2020

# Emergency Action Plan – Oak Grove High School

## Baseball Field (Practices & Games)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to Athletic Fields Entrance; follow road past softball field and through parking lot to baseball field.

**GPS Coordinates:** Latitude: 35.944592 Longitude: -80.160608



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in the concession stand

**Emergency Equipment:** First Aid Kit, AED (with ATC or in Storage Building [Spring])

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to OGHS Stadium
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Field House, and School Buses or Vehicles

Updated: February, 2020

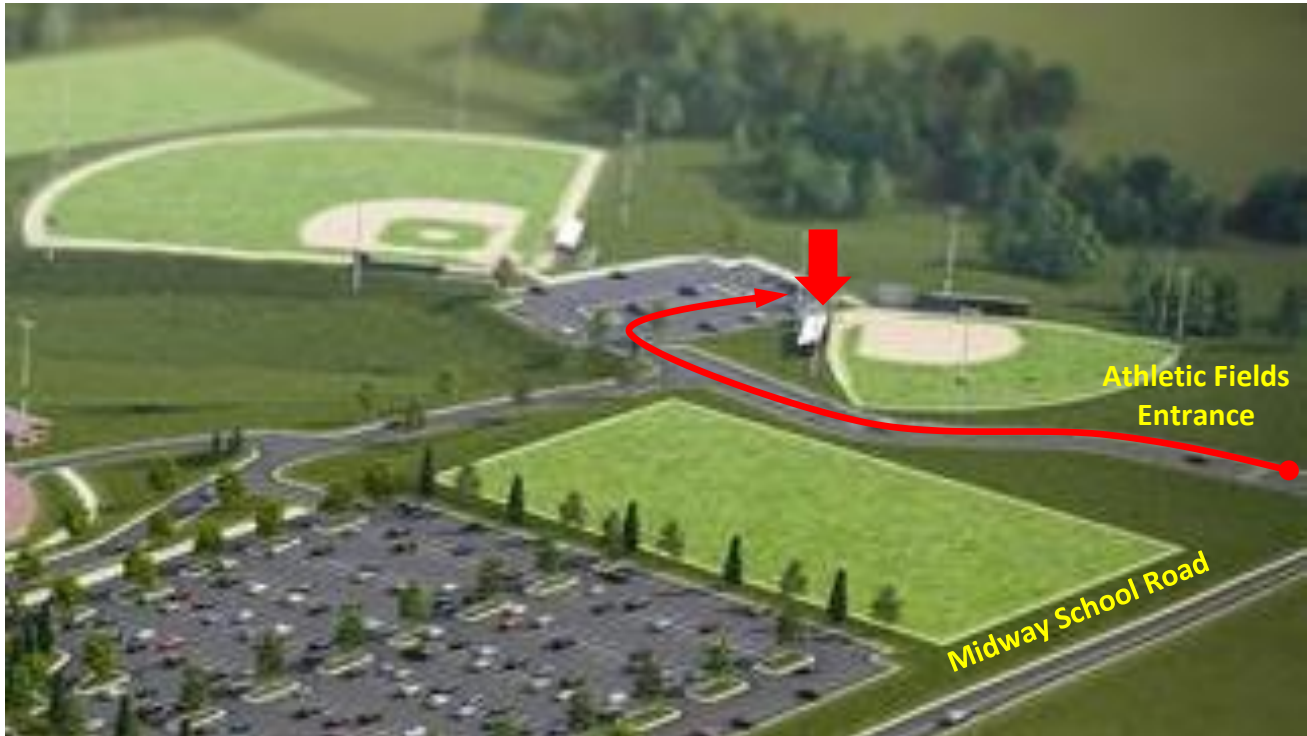
# Emergency Action Plan – Oak Grove High School

## Softball Field (Practices & Games)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to Athletic Fields Entrance; follow road past softball field to parking lot on the backside of the softball field.

**GPS Coordinates:** Latitude: 35.943991 Longitude: -80.160029



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in the concession stand

**Emergency Equipment:** First Aid Kit, AED (with ATC or in Storage Building [Spring])

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Softball Field
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Field House, and School Buses or Vehicles

Updated: February, 2020



# Emergency Action Plan – Oak Grove High School

## Main Gymnasium Events (Basketball, Volleyball, Wrestling, Cheer)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to traffic circle (Main Entrance); follow road to circle at front of school; enter through entrance located in recessed portion of building to gymnasium on the right.

**GPS Coordinates:** Latitude: 35.943953 Longitude: -80.164209



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in PE/Coaches Office

**Emergency Equipment:** First Aid Kit, AED (in AED wall box), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Main Gymnasium
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Updated: February, 2020**

# Emergency Action Plan – Oak Grove High School

## Main Gymnasium Practices (Basketball, Volleyball, Cheer)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to traffic circle (Main Entrance); follow road to circle at front of school; enter through entrance located in recessed portion of building to gymnasium on the right.

**GPS Coordinates:** Latitude: 35.943953 Longitude: -80.164209



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in PE/Coaches Office

**Emergency Equipment:** First Aid Kit, AED (in AED wall box), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Main Gymnasium
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Updated: February, 2020**



# Emergency Action Plan – Oak Grove High School

## Auxiliary Gymnasium

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to traffic circle (Main Entrance); follow road to traffic circle at front of school; enter through entrance located in recessed portion of building and proceed right towards the gymnasium; turn left down hallway and the auxiliary gym is at the end of the hall on the right

**GPS Coordinates:** Latitude: 35.943953 Longitude: -80.164209



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in wrestling room or PE/Coaches Office

**Emergency Equipment:** First Aid Kit, AED (in Main Gym), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Weight Room / Auxiliary Gym
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

Updated: July, 2020

# Emergency Action Plan – Oak Grove High School

## Weight Room

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to traffic circle (Main Entrance); follow road to traffic circle at front of school; enter through entrance located in recessed portion of building and proceed right towards the gymnasium; turn left down hallway and the wrestling room is at the end of the hall on the left

**GPS Coordinates:** Latitude: 35.943953 Longitude: -80.164209



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in wrestling room or PE/Coaches Office

**Emergency Equipment:** First Aid Kit, AED (in Main Gym), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Wrestling Room
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

Updated: July, 2020

# Emergency Action Plan – Oak Grove High School

## Tennis Courts (Practices & Events)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to Bus/Service Entrance; follow road through bus parking lot around to back of school where tennis courts are located.

**GPS Coordinates:** Latitude: 35.944966 Longitude: -80.16441



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in PE/Coaches office

**Emergency Equipment:** First Aid Kit, AED (in Main Gym), Splint Bag

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at bus/service entrance and direct EMS to Tennis Courts
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Locker Rooms, and School Buses or Vehicles

Updated: February, 2020



# Emergency Action Plan – Oak Grove High School

## Practice Field (Football)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to Athletic Fields Entrance; follow road past softball field and through parking lot to baseball field; proceed around baseball field to practice field.

**GPS Coordinates:** Latitude: 35.945725 Longitude: -80.161114



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in the concession stand

**Emergency Equipment:** First Aid Kit, AED (with ATC or in Storage Building [Spring])

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Soccer Practice Field
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Team Locker Rooms

Updated: February, 2020

# Emergency Action Plan – Oak Grove High School

## Practice Field (Soccer)

**Address:** 3507 Midway School Road, Winston Salem, NC 27107

**Venue Directions:** Take Midway School Road to Athletic Fields Entrance; soccer practice field is on the left along the road.

**GPS Coordinates:** Latitude: 35.943324 Longitude: -80.160767



**Emergency Personnel:** Oak Grove High School Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

**Emergency Communication:** Cellular phone or landline located in the concession stand

**Emergency Equipment:** First Aid Kit, AED (with ATC or in Press Box [Fall] or Storage Building [Spring])

**Role of First Responders:** (Prior to athletic events a pre-event “Time Out” will be conducted)

1. Activation of emergency medical services (EMS); Instruct coach or bystander to call 911
  - a. Call 911 (provide name, address (**3507 Midway School Road**), telephone number; number of individuals injured, condition of injured, treatment, specific directions, other information as requested) **\*STAY ON THE PHONE, BE THE LAST TO HANG UP\***
2. Perform emergency CPR/First Aid
  - a. Most qualified individual (ATC if present) will stay with athlete and provide immediate care
3. Emergency equipment retrieval; **Instruct coach or bystander to GET AED!!**
4. Meet EMS personnel at traffic circle in front of school and direct EMS to Soccer Practice Field
  - a. Open Appropriate Gates/Doors; Designate an individual to “flag down” and direct to scene
5. Scene Control: Limit emergency scene to first aid providers and move bystanders away from area

**Lightning or Thunder Disturbances Safe Shelter/Evacuation Route identified:**

OGHS Gymnasium, Team Locker Rooms

Updated: February, 2020

# Emergency Action Plan – Oak Grove High School

## Inclement Weather Policies

### Hot Weather Guidelines

#### From the NATA Position Statement: *Fluid Replacement for Athletes* (2000)

Dehydration can compromise athletic performance and increase the risk of exertional heat injury. Athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity. Drinking behavior can be modified by education, increasing fluid accessibility, and optimizing palatability. However, excessive overdrinking should be avoided because it can also compromise physical performance and health. We will provide practical guidelines regarding fluid replacement for athletes.

- Acclimatization will take place over 10-14 days
- Unlimited amounts of water will be made readily available
- It is recommended that 7-10oz of water be consumed every 10-20 minutes.
- Wet Bulb Globe Temperature (WBGT) will be taken every hour to determine activity modifications using a WBGT device.
- A 3 percent dehydration rule will be in effect using a weight chart to monitor athletes during the acclimatization period.

The Oak Grove High School Athletic Department follows the NCHSAA Handbook (Section 2.3 Health & Safety) for Heat Illness Prevention and Management. Sections 2.3.2, 2.3.3, 2.3.4, 2.3.5, and 2.3.6 apply to heat illness and can be found on the NCHSAA website under Health & Safety.

Oak Grove High School will default to practice/game restrictions put in place by Davidson County Schools' "Heat Advisory" procedures. Heat Advisories are issued during the course of the sports season as designated by the NCHSAA. If no such restriction is in place for the day, follow procedure below:

WBGT Index (F)	Heat Index	Procedure
Less than 80	Less than 80	Primary cautions for new or unconditioned athletes or extreme exertion (5 min water/rest break every 30 min)
80 – 84.9	80-90	Closely monitor new or unconditioned athletes and all athletes during extreme exertion (5 min water/rest break every 25 min)
85 – 87.9	91-103	Reduced intensity practice or modifications in clothing/equipment (5 min water/rest break every 20 min)
88 – 89.9	104-124	All athletes under constant observation; remove pads and equipment (5 min water/rest break every 15 min)
90 or Above	125 and up	SUSPEND PRACTICE

The athletic trainer will be the designated individual who will monitor the outdoor weather environment and work closely with the athletic director and principal to make decisions on suspending and removing participants from all athletic events for each venue and/or sport. If the athletic trainer is not present at the time of potential environmental hazard, the head coach will be responsible for making such decisions.

#### Management of Heat Illness:

- Primary goal is to reduce body temperature!
  - Remove excessive clothing and equipment
  - Immerse athlete in cold tub
    - If cold immerse tub is not available other options include:
      - Cold ice towels
      - Use cooler of waters
      - Ice bags – place at head, neck, armpits, under knees, and groin
      - Move to air conditioned area
  - Monitor vital signs
  - If you suspect a heat stroke and/or athlete is not improving, call 911 and follow EAP

# Emergency Action Plan – Oak Grove High School

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## Cold Weather Guidelines

Oak Grove High School will default to practice/game restrictions put in place by Davidson County Schools. If no such restriction is in place for the day, follow the procedure below:

Temperature	Procedure
30°F-26°F	Be aware of the potential for cold injury and notify appropriate personnel of the potential.
25°F-16°F	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for re-warming
15°F-1°F	Consider modifying activities to limit exposure or to allow more frequent chances to re-warm
0°F and below	Consider terminating or rescheduling activity.

The athletic trainer will be the designated individual who will monitor the outdoor weather environment and work closely with the athletic director and principal to make decisions on suspending and removing participants from all athletic events for each venue and/or sport. If the athletic trainer is not present at the time of potential environmental hazard, the head coach will be responsible for making such decisions.

# Emergency Action Plan – Oak Grove High School

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## Lightning Safety

**From the NATA Position Statement: *Lightning Safety for Athletics and Recreation***

*Journal of Athletic Training*, 2013; 48(2):258-270

“Lightning is the most dangerous and frequently encountered thunderstorm hazard that people experience every year. Over the past century, it has consistently been in the top 2 causes of storm-related deaths in the United States. During the most recent decade, lightning was responsible for an average of 42 fatalities yearly in the United States and an estimated 10 times as many injuries. Lightning is a widespread danger to the physically active population, in part because of the prevalence of afternoon to early evening thunderstorms from late spring to early fall and a societal trend toward outdoor physical activities during those times.”

## Recommendations

The National Athletic Trainers’ Association and Davidson County Schools recommend a proactive approach to lightning safety, including the implementation of a lightning-safety policy. The policy includes: (1) Promote lightning-safety slogans. (2) Establish a chain of command. (3) Use a reliable means of monitoring the weather. (4) Identify locations safe from the lightning hazard. (5) Establish specific criteria to suspend and resume activity.

### 1. Promote Lightning-Safety Slogans

- **“NO Place Outside Is Safe When Thunderstorms Are In The Area!”**
- **“When Thunder Roars, Go Indoors!”**
- **“Half An Hour Since Thunder Roars, Now It’s Safe To Go Outdoors!”**

### 2. Establish a Chain of Command

- The athletic trainer will be the designated “weather watcher” and will work closely with the athletic director and principal to make decisions on suspending and removing participants from each athletic venue.
- As the designated “weather watcher”, the athletic trainer will actively be looking for signs of threatening weather.

### 3. Use a Reliable Means of Monitoring the Weather

- Monitoring the weather is at minimum a 2-prong approach:
  1. Awareness of local weather
    - Local weather shall be monitored through the use of smartphone applications (WeatherBug, Weather Underground, etc.) local news forecasts, and/or online (weather.com, The NWS, etc.).
  2. Actively looking for signs of approaching or developing thunderstorms
    - The athletic trainer and designated persons will watch for incoming severe weather signs, such as high winds, darkening clouds, or lightning or thunder.
    - WeatherBug’s Spark Lightning Alert app and a handheld SkyScan Portable Lightning Detector will be utilized to monitor the presence of lightning.

### 4. Identify Locations Safe From the Lightning Hazard

- The primary choice for a lightning-safe building is any fully enclosed building with wiring and plumbing.
- If a safe building is not available, a fully enclosed vehicle with a solid metal roof and sides provides nearly equivalent safety.
- Each venue’s specific location is listed below.

### 5. Establish Specific Criteria to Suspend and Resume Activity

- The identified weather watcher (athletic trainer) is a critical participant in suspending activity.
- Proven technologies currently on the market can aid in determining when lightning is approaching or in the immediate area and can assist in determining when to vacate and resume activities.



# Emergency Action Plan – Oak Grove High School

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## Specific Guidelines for Oak Grove High School

The Oak Grove High School Athletic Department uses the NATA Position Statement, NCHSAA Handbook (Section 2.3 Health & Safety) and NFHS Sports Medicine Handbook (“Lightning Safety”) as guides for Lightning or Thunder Disturbances.

1. Consider postponing or suspending activities if a thunderstorm appears imminent before or during activity.
2. All activity will be stopped and fields cleared when there has been a lightning strike within a 10 mile radius of Oak Grove High School. The WeatherBug Spark Lightning Alert app and SkyScan Portable Lightning Detector will be used to determine when lightning is approaching or in the immediate area.
3. Safe locations are identified below as well as in the venue-specific Emergency Action Plans.
4. Resumption of activity may occur when 30 minutes has passed after the last lightning strike has been identified within the 10 mile radius. The 30-minute clock is reset for each lightning strike within 10 miles.

*\* At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.*

**Safe shelters for each venue are as follows:**

- 1. Football/Soccer/Track**
  1. Field House/Locker Room
  2. School Gymnasium/Locker Rooms
  3. School Buses or Vehicles
- 2. Baseball**
  1. Bathrooms
  2. School Buses, Cars, or Vans
- 3. Softball**
  1. Bathrooms
  2. School Buses, Cars, or Vans
- 4. Tennis**
  1. School Gymnasium/Locker Rooms
  2. School Buses, Cars, or Vans
- 5. Practice Fields**
  1. Field House/Locker Room
  2. School Gymnasium/Locker Rooms

Unsafe locations include most places termed shelters, locations with open areas, and areas near tall objects.

Lightning-safety strategies include avoiding shelter in storage sheds, dugouts, concession stands, press boxes, open garages, and under the stadium. Everyone should also avoid standing under trees, poles and elevated areas as well as avoid open fields.

## First Aid for Lightning Victims

Rescuers and emergency personnel must ensure their own personal safety before venturing into a dangerous situation to render care. The EMS should be activated as soon as it is determined that casualties may exist. Touching a victim to provide first aid is safe. If a lightning strike victim presents in asystole cardiac or respiratory arrest, it is critical to initiate CPR as soon as safely possible. If an AED is available, it should be used with victims who are unconscious or may be in cardiac arrest. Personnel responsible for the well-being of participants should maintain current CPR and first-aid certifications.

Evaluate and treat lightning strike victims in the following order:

- 1) Move patient(s) to a safer location if needed.
- 2) Evaluate and treat for apnea (cessation of breathing) and absence of heartbeat (cardiac arrest).
- 3) Assess level of consciousness.
- 4) Evaluate and treat for the possibility of spinal injuries.
- 5) Evaluate and treat for hypothermia.

# Emergency Action Plan – Oak Grove High School

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## **Tornado Policy**

In the event of a tornado watch or warning, please make sure to confirm with school administration and athletic directors about the course of action for your athletes. These violent storms can arise at any time during a favorable event and being caught off guard could be deadly. Please make sure your coaches and athletes are aware of the safe locations to report to in the event of tornadic activity. If there is not a school policy regarding a safe location, please get your athletes to an interior room of a sturdy building. This is best decided on prior to a severe weather event. Listed below are three locations that would be suitable for refuge:

- 1) Boys and Girls Locker Rooms
- 2) Auditorium
- 3) Main Gymnasium

# Emergency Action Plan – Oak Grove High School

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## Additional Considerations for Specific Conditions

### 1. Sudden Cardiac Arrest

- Goal of initiating Cardio-Pulmonary Resuscitation (CPR) within 1 minute of collapse
  - Targeted first responders (e.g. certified athletic trainer, first responders, coaches) should receive CPR training and maintain certification
- Goal of “shock” from a defibrillator within 3-5 minutes of collapse
  - Consider obtaining Automated External Defibrillator(s)
    - Understand that in most communities the time from EMS activation to shock is 6.1 minutes on average and can be longer in some places
    - Appropriate training, maintenance, and access
    - Notify EMS of AED type, number, and exact location
- Additional equipment to consider beyond AED
  - Barrier shield device/pocket masks for rescue breathing
  - Bag-valve mask
  - Oxygen source
  - Oral and nasopharyngeal airways

### 2. Heat Illness

- Follow NCHSAA heat and humidity guidelines
- Inquire about sickle cell trait status on Pre-Participation form
  - Consider those with the trait to be “susceptible to heat illness”
  - Those with the trait should not be subject to timed workouts
  - Those with the trait should be removed from participation immediately if any sign of “exhaustion” or “struggling” is observed
- If heat illness is suspected
  - Activate EMS immediately
  - Begin cooling measures
    - Shade, cool environment
    - Ice water immersion, ice packs, soaked towels, fan and mist
- Any victim of heat illness should see a physician before return to play

### 3. Head and Neck Injury

- Athletic trainer/First responder should be prepared to remove the face-mask from a football helmet in order to access a victim’s airway without moving the cervical spine
- Sports medicine team should communicate ahead of time with local EMS
  - Agree upon C-spine immobilization techniques (e.g. leave helmet and shoulder pads on for football players) which meet current local and national recommendations/ standards
  - Type of immobilization equipment available on-site and/or provided by EMS
- Athlete and coaches should be trained not to move victims

### 4. Asthma

- Students with asthma should have an “asthma action plan”
  - Lists medications, describe actions to take based on certain symptoms and/or peak flow values as determined by a licensed physician / PA / NP
  - On file with the athletic trainer
  - Available at games / practice / conditioning



# Emergency Action Plan – Oak Grove High School

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- Can be same as that on file with school nurse
- Students with asthma should have:
  - Rescue inhaler and spacer if prescribed
    - Readily accessible during games / practice / conditioning
    - Athletic trainer / first responder should have an extra inhaler prescribed individually for each student as back-up
    - Before each activity test to be certain it is functional, contains medication, and is not expired

## 5. Anaphylaxis

- Documentation of known anaphylactic allergy to bee stings, foods, medications, etc. should be on file with the athletic trainer
  - Describe symptoms that occur
  - What action to take if specific symptoms occur
- Students with known anaphylactic allergy should have
  - Rescue prescription medication (usually an epi-pen)
    - Readily accessible during games / practices / conditioning
    - Athletic trainer / first responder should have an extra supply of the rescue medication prescribed individually for each student as back-up
    - Before each activity examine to be certain it is functional, contains medication, and is not expired

## 6. Lightning

- Assign the role of monitoring for threatening weather conditions
  - Typically athletic trainer, administrator
  - Discuss in advance of games the role of this person (Baseball, softball, football)
- Methods to monitor for lightning risk
  - Consult National Weather Service or local media for severe weather watches and warnings
  - Flash-to-bang method
    - Count the time in seconds that passes between a “flash” of lightning and the “bang” of thunder that follows. If count is less than 30 seconds, stop activity and seek safe shelter
- Communicate the need to stop activity and seek shelter
  - P.A. announcement (announce specific locations and directions to these locations)
  - Signal sound from a horn, siren, whistle, bell
- Identify safe shelter for each venue and be sure it is accessible (within reasonable distance, unlocked, capacity)
  - Building (with four walls, a ceiling, and plumbing or wiring that acts to electrically ground the structure)
  - Secondary option is a metal roof vehicle with all windows completely rolled up
- Determine when to resume activity
  - Flash-to-bang count greater than 30 seconds or pre-determined time period (usually 30 minutes) after last visible lightning

# Emergency Action Plan – Oak Grove High School

## Protocol for Medical Certification Requirements

All paid athletics personnel associated with practices, competition, skills instruction, and strength and conditioning including all head, assistant, and volunteer coaching staff, must have the following:

- ARC or AHA CPR/AED Certification
- Prevention of Disease Transmission: Bloodborne Pathogens Training
- Emergency Action Plan annual training

All updated copies of certificates/cards will be on file in the Athletic Director's office

Log of Safety Certifications			
Athletic Administration			
Sport	Staff Member	CPR/AED Expiration Date	BBP Training Date
Athletic Director	Stan Smith, AD	AHA 5/2024	
Athletic Trainer	Jeremy Miller, LAT, ATC	AHA 7/2024	
First Responders	Kimberlee Duncan (Fall)	ARC 6/2023	
	Calvin Keller (Winter)	ARC 6/2023	
	Kristen Bethard (Spring)	AHA 8/2023	

Fall Sports			
Sport	Staff Member	CPR/AED Expiration Date	BBP Training Date
Football	Tyler Billings	8/2023	
	Rob Creason	AHA 6/2023	
	Caleb Fogle	6/2023	
	Trevor Hinson	N/A	
	Mark Holcomb (HC)	AHA 6/2023	
	Calvin Keller	ARC 6/2023	
	Gil Maxwell		
	Chase Mitchell	AHA 6/2023	
	Dave Mizzell	N/A	
	Jared Rofles	AHA 6/2023	
	Dequan Tuttle	N/A	
Boys Soccer	Sammy Antonelli (HC)	AHA 6/2023	
	Kristen Bethard	AHA 8/2023	
Volleyball	Jake Butts	11/2023	
	Lynne Rausch (HC)	AHA 8/2022	
	Austin Sunter	N/A	
	Julie Whitlow	N/A	
Cheer	Ashley Bodenheimer	AHA 5/2024	
	Kim Pendry	AHA 5/2024	
	Morgan Powell	AHA 5/2024	
Girls Tennis	Zachary Bowers (HC)	AHA 8/2023	
Girls Golf	William Crotts (HC)	AHA 5/2024	
Cross Country	Shawn Loggins (HC)	AHA 6/2023	

# Emergency Action Plan – Oak Grove High School

Winter Sports			
Sport	Staff Member	CPR/FA/AED Exp.	BBP Training Date
Boys Basketball	Will Essick	AHA 6/2023	
	Caleb Fogle	6/2023	
	Todd Rausch (HC)	AHA 6/2023	
	Dustin VanWeerdhuizen	AHA 5/2024	
Girls Basketball	Sterling Charles		
	Lynne Rausch (HC)	AHA 8/2022	
	Elizabeth Ray	AHA 6/2023	
	Logan Ruiz	N/A	
	Laquita Tuttle	N/A	
Cheer	Ashley Bodenheimer	AHA 5/2024	
	Kimberly Pendry	AHA 5/2024	
	Morgan Powell	AHA 5/2024	
Swimming	Jake Butts	11/2023	
	Rachel Greene (HC)	ARC 5/2023	
Wrestling	Jesse Arnold	N/A	
	Chris Diluzio	N/A	
	Chris Rickard	AHA 6/2023	
	Jason Smith (HC)	AHA 6/2023	
	Will Weekly	N/A	
	Joey Yokeley	AHA 5/2024	
Spring Sports			
Sport	Staff Member	CPR/FA/AED Exp.	BBP Training Date
Baseball	Caleb Fogle	6/2023	
	Landon Michael		
	Chase Mitchell (HC)	AHA 6/2023	
Boys Golf	Will Essick (HC)	AHA 6/2023	
Softball	Sam Cole	N/A	
	Danielle DiLuzio (HC)	AHA 6/2023	
	Jason Smith	AHA 6/2023	
	Lindsay Winchel	AHA 6/2023	
	Matt White	N/A	
	Daren “Timothy” Wilson	N/A	
Girls Soccer	Kimberlee Duncan	ARC 6/2023	
	Hilary Lytle (HC)	AHA 6/2023	
Boys Tennis	Thomas Bestor (HC)	AHA 6/2023	
	Tyler Billings	8/2023	
Track & Field	Rob Creason	AHA 6/2023	
	Calvin Keller (HC Boys)	ARC 6/2023	
	Shawn Loggins (HC Girls)	AHA 6/2023	

# Emergency Action Plan – Oak Grove High School

## Acknowledgement of Seasonal Training on the Emergency Action Plan

Each coach or volunteer in every sport providing instruction, assistance, or supervision in an athletic activity for the student athletes at OAK GROVE HIGH SCHOOL must sign this form certifying that the coach or volunteer has received a copy of the EAP and completed training on the emergency action plan. The training must be completed **annually**.

I hereby verify by signing below that I have received a copy of the EAP and completed training on the emergency action plan.

[illegible]

# Emergency Action Plan – Oak Grove High School

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[illegible]

# Emergency Action Plan – Oak Grove High School

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## Approval and Verification Page:

This document has been read and revised by the Oak Grove High School athletic trainer, team physician(s), athletic director, and principal.

Team Physician: \_\_\_\_\_  
Zachary Sandbulte, MD

Date: \_\_\_\_\_

Athletic Trainer: \_\_\_\_\_  
Jeremy Miller, LAT, ATC

Date: \_\_\_\_\_

Athletic Director: \_\_\_\_\_  
Stan Smith

Date: \_\_\_\_\_

Principal: \_\_\_\_\_  
Stefanie Stroud

Date: \_\_\_\_\_