

ROOSEVELT ATHLETICS – Emergency Action Plan

A SERIOUS INJURY IS ANY CONDITION WHEREBY THE ATHLETE'S LIFE MAY BE IN DANGER OR RISKS PERMANENT IMPAIRMENT. THESE INJURIES INCLUDE BUT ARE NOT LIMITED TO: Cervical Spine and Head Injuries, Loss of Limb, Severe Bleeding, Shock, Severe Fractures, Heat and Cold Stress, Pulmonary Attach (breathing problem) and Cardiovascular Arrest (chest pain).

These emergency procedures are applicable for all sports at Roosevelt University and at the following locations at which intercollegiate athletic events are held: Diversey Tennis Center, Grant Park Tennis Courts, Alexian Field, and Keating Sports Center on the campus of the Illinois Institute of Technology (Cross Country DOES NOT have a venue).

Emergency Personnel: Locate the Athletic Training Staff at practices and events. EMS is available by calling 911. The athletic training staff is certified by the American Red Cross in Emergency Response.

The Roosevelt University Athletic Training Staff must be aware of any emergency that has occurred within the athletic department and its members.

Athletic Training Staff: Head Athletic Trainer: Mike Hanna, MS.Ed, ATC, cell phone: (515) 890-2995

Emergency Communication: Via 2-way radio (**radio frequency is set on channel 1**) and cellular phone. (Cell phone numbers are located on the back of each radio). Phones and radios will be on site with the athletic training staff during practices and events. **When using campus phones you must dial 9 to get an outside line, then number.** Local EMS is 911. **Dial x2020 for Campus Safety using a campus phone.** Campus safety has direct dispatcher with local EMS.

Emergency Equipment: Supplies (AED, Crutches, Splint Bag, Kits, and OSHA Materials) located on field and gymnasium with the home team and athletic training staff.

AFTER HOURS EMERGENCY

In the event of an emergency after office hours, the following plan should be initiated:

1. Call 911 and go to the nearest hospital.
 - *Mercy Medical Center*, 2525 South Michigan Ave., Chicago, IL 60616, (312) 567-2000
 - *Rush University Medical Center*, 1700 West Van Buren Street, Chicago, IL 60612, (312) 942-5000
2. If you live on campus, contact your dorm's RA and security at (312) 341-2020
3. Notify Head Athletic Trainer: Mike Hanna, MS.Ed, ATC at (515) 890-2995 of Emergency
4. Contact your head coach/staff and a family member (if necessary).

RELATED EMERGENCY SITUATIONS

Fire

In case of fire, follow these instructions:

1. Evacuate building immediately by following nearest exit sign
2. Exit in a calm and orderly fashion through nearest fire exit
3. Call 911
4. If smoke is present, crawl low to escape
5. If you cannot escape, stay in room, stuff door cracks and vents with wet towels or clothes
6. Call 911 and let dispatcher know your location

Poisoning

1. Check scene to make sure it is safe
2. Remove victim from source of Poison
3. Check for life threatening situation
4. If victim is conscious, ask questions to get more information.
5. Look for poison container and take it with you to telephone
6. Call *Poison Control Center*: (800) 942-5969 at or 911
7. Give care according to directions of PCC or 911.
8. Find out what type of poison did the victim ingest
9. How much poison did victim ingest?
10. When did the poisoning take place?

CATASTROPHIC INJURY – CRISIS MANAGEMENT PLAN

- Contact Athletic Training Personnel:
 - *Head Athletic Trainer: Mike Hanna, MS.Ed, ATC (515) 890-2995*
- Contact Roosevelt University Athletics
 - *Michael Cassidy, Athletic Director (312) 341-3528 or (312) 350-5158*
- Contact/update sport staff if not yet familiar with situation
- Contact family by appropriate individual (use assistance as needed)
- Meeting with athletes to discuss situation
- Complete documentation of events and include everyone involved with signatures
- Collect and secure all equipment and materials involved
- Construct a detailed time line of events related to the incident
- Involve appropriate counseling personnel
- Critical incident stress debriefing/ counseling as necessary for individuals involved in incident

INCLEMENT WEATHER PROCEDURES

GENERAL POLICY

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Tornado), it will be under the direct discretion of the on-site athletic training staff to determine if the practice/game fields should be evacuated. Exceptions will be made for cross country and tennis, whereby the head coach will have to suspend activity in the absence of an athletic training staff member.

LIGHTNING

Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strike to Roosevelt University athletes, coaches, support staff and fans. To monitor lightning, the athletic training staff will utilize both the Flash-Bang method and a StrikeAlert Lightning Detector. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, a certified athletic trainer will get a weather update via the National Weather Service in Chicago, Illinois by internet. Internet sites are as follows:
 - <http://www.weather.com/>
 - <http://www.intellicast.com/>
 - <http://www.accuweather.com/>
 - <http://www.strikestarus.com/>

2. Lighting detector will be situated on the outside fields during the possibility of inclement weather. If lightning is detected and the severe weather signal is illuminated, with two subsequent readings within 30 seconds, or on the detector at 0-6 mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the fields and/or courts and seek shelter. The nearest shelter for tennis is Roosevelt University.
3. If the lightning detector is not present, use the countdown or "Flash Bang" method. To use the Flash Bang method, count the seconds from the time lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5 and equals how far away (in miles) the lightning is occurring. For example, 20 second count = 4 miles). As a minimum, the NCAA and the National Severe Storms laboratory (NSSL), strongly recommend that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at 40 seconds or 8 miles.
4. If lightning is in the immediate area, the certified athletic trainer will notify the head coach as to the status of the inclement weather and of need to take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8 mile range or 30 minutes from last sight of lightning.
5. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles. **AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD.** ***Athletes/coaches etc. should not stand in groups or near a single tree. There should be 15 ft between athletes (NLSI, 2000).

Note: Sports with metal equipment. Golfers drop your clubs and remove shoes, baseball/softball drop bats and remove shoes, tennis drop rackets.

If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters the victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it's been suggested to run for shelter, rather than stay in middle of field.

6. If a person feels that his/her hair standing on end, they should immediately crouch as described in item # 5. If someone is struck by lightning, activate the Emergency Action Plan. A person struck by lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary survey. If possible move victim to a safe location.
7. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure, and if all other precautions are followed.

Event Procedures

Prior to Competition: A member of the Athletic Training Staff will greet the officials, explain that we have means to monitor lightning, and offer to notify the officials during the game if there is imminent danger from the lightning.

Announcement of Suspension of Activity: Once it is determined that there is danger of a lightning strike, the Athletic Training Staff member will notify the head coach and official and subsequently summon athletes (via horn or whistle) from the playing field or court.

Evacuation of the Playing Field: Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to an enclosed grounded structure.

Evacuation of the Stands: During competition once the official signals to suspend activity, a member of the Sports Information staff will announce via the PA system: "May I have your attention. We have been notified of approaching inclement weather. Activity will cease until we have determined it is safe and the risk of lightning is diminished. We advise you to seek appropriate shelter at the nearest enclosed structure. Though protection from lightning is not guaranteed, you may seek shelter in an automobile. Thank you for your cooperation."

Resumption of Activity: Activity may resume once a member of the Athletic Training staff gives permission. Thirty (30) minutes AFTER the last lightning strike or activity using the Flash-Bang-Method and Two consecutive readings of the StrikeAlert Lightning Detector at the 24-40 miles away range and no activity in the 0-6 mile range.

Away Events: Apply the home/facility EAP or modify the RU guidelines that apply accordingly.

Lightning Detection Procedures for Non-Supervised Activities:

(Ex. Athletes using facilities in the off season or outside of regular practice hours.)

No method of lightning detection can detect every strike nor is prevention from lightning a guarantee. However, we encourage you to follow the Flash-Bang-Method to monitor the approximation of lightning.

HEAT INDEX / HIGH HUMIDITY

During summer and early fall and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and/illness. (See Heat Index). Daily measurements are taken before each practice during periods of extreme heat and humidity.

1. If temperatures range from 80 degrees to 90 degrees, fatigue is possible with prolonged exposure
2. Between 90 and 105 degrees, sunstroke, heat cramps, and heat exhaustion are possible
3. When heat index climbs to 105 to 130 degrees sunstroke, heat cramps, and heat exhaustion are likely and heat stroke is possible with prolonged exposure
4. At 130 degrees or higher sunstroke or heatstroke are highly likely with continued exposure to sun
5. If heat index reaches 105 and 130 extreme caution must be taken and practice(s) may be postponed to a cooler part of day (6-10 am, or 4-7 PM)

VENUE DIRECTIONS

1. Diversey Tennis Center (Tennis).

From south I-90/94, head north and take the exit onto I-55 N/Stevenson Expy toward Lake Shore Dr. Take the US-41 N/Lake Shore Dr N exit and merge onto US-41 N/S Lake Shore Dr. Head north and then take the Fullerton Pkwy exit and turn left at W Fullerton Pkwy. Turn right at N Cannon Dr and then turn right at N Lake Shore Dr. Turn right at W Diversey Pkwy and destination will be on the left.

From North I-90/94, head south and take exit 46A for California Ave 2800 W and merge onto N California Ave. Turn left at W Diversey Ave and continue onto W Diversity Pkwy. Turn right at N Cannon Dr and then turn left at N Lake Shore Dr. Turn right at W Diversey Pkwy and destination will be on the left.

From Roosevelt University, head east on E Congress Pkwy and turn left at S Columbus Dr. Turn right at E Jackson Dr. and then left at US-41 N/S Lake Shore Dr. Head north and then take the Fullerton Pkwy exit and turn left at W Fullerton Pkwy. Turn right at N Cannon Dr and then turn right at N Lake Shore Dr. Turn right at W Diversey Pkwy and destination will be on the left.

2. Grant Park (Tennis).

From south I-90/94, take the exit onto I-55N toward Lake Shore Dr. Take US-41N/Lake Shore Dr N. Turn left at E Monroe St.

From north I-90/94, take exit 51G toward E Jackson Blvd. Turn Left at W Jackson Blvd and then turn left at S Columbus Dr. From west I-290, head east on Congress Parkway, then turn left at Columbus Dr.

From Roosevelt University, head east on Congress Parkway, then turn left and head north on Columbus Dr. Any Emergencies at this venue should be directed to *Mercy Medical Center*, 2525 South Michigan Ave., Chicago, IL 60616, and (312) 567-2000.

3. Alexian Field (Baseball).

From south I-90/94, take exit for I-290 and head west. Take exit 5 for Thorndale Ave, and then turn left at Elgin O'Hare Expy. Take the exit toward Irving Park Rd/Springsguth Rd. Merge onto Elgin O'Hare Expy and then turn left at Springsguth Rd.

From north I-90/94, head northwest on I-90 W. Take exit 78 for I-190 W/I-294 S toward O'Hare/Indiana. Merge onto I-190W then take exit 2B for US-12 S/US-45 S/Mannheim Rd. Merge onto US-12E/US-45 S/Mannheim. Turn right at IL-19 W/W Irving Park Rd. Turn left at Springsguth Rd.

From Roosevelt University, head west on Congress Pkwy and merge onto I-290W. Take exit 5 for Thorndale Ave, and then turn left at Elgin O'Hare Expy. Take the exit toward Irving Park Rd/Springsguth Rd. Merge onto Elgin O'Hare Expy and then turn left at Springsguth Rd.

4. Illinois Institute of Technology (Basketball).

From south I -90/94, take exit at 35th st. Take a right at 35th st. and then take a left at State Street.

From north I-90/94, take exit at 31st st and head south on Wentworth Ave. until 33rd st. Take a left at 33rd st and then take a left at State Street.

From Roosevelt University, head west on Congress Parkway, then turn left and head south on State St. Any Emergencies at this venue should be directed to *Mercy Medical Center*, 2525 South Michigan Ave., Chicago, IL 60616, (312) 567-2000.