

**Reading School District
Sports Medicine Handbook
2023-24**

Table of Contents

1. Mission Statement
2. Important Contacts
 - a. Sports Medicine Staff
 - b. Administration
 - c. Associated Healthcare Professionals
3. Athletic Training Coverage Hours
4. Injury Procedures
5. Sports Medicine Procedures for Coaching Staff
6. Emergency Action Plans
 - a. Venue Specific EAPs
 - i. Reading School District: Reading High School Venues
 - ii. Reading School District: Central Middle School Venues
 - iii. Reading School District: Northeast Middle School Venues
 - iv. Reading School District: Northwest Middle School Venues
 - v. Reading School District: Southern Middle School Venues
 - vi. Reading School District: Southwest Middle School Venues
 - vii. Reading School District: Glenside Elementary School Soccer Venue
 - b. Exertional Heat Illness EAP
 - c. Mental Health EAP
 - d. Thunder & Lightning EAP

Mission Statement

The Sports Medicine Staff is committed to providing the finest healthcare for the interscholastic athletes of Reading School District. Sports Medicine Staff is trained in multiple domains of healthcare including prevention, clinical evaluation and diagnosis, immediate and emergency care, treatment, rehabilitation, and reconditioning and organization and administration, and professional responsibility. These six domains focus on well-rounded healthcare, which allows the Sports Medicine Staff to provide healthcare to the total athlete.

This handbook is a working, living document that is to be reviewed every year and edited, if necessary.

Important Contacts

1. Sports Medicine Staff

- a. Kevin Grauer, LAT, ATC, CSCS
 - i. St. Luke's University Health Network – Sports Medicine
 - ii. Athletic Trainer
 - iii. Athletic Training Room: 610-371-5729
 - iv. Email: kevin.grauer@sluhn.org
- b. Natalie Miller, MS, LAT, ATC
 - i. St. Luke's University Health Network – Sports Medicine
 - ii. Athletic Trainer
 - iii. Personal Cell Phone: 484-548-4350
 - iv. Athletic Training Room: 610-371-5729
 - v. Email: natalie.miller2@sluhn.org
- c. Mitchel Yeakley, LAT, ATC
 - i. St. Luke's University Health Network – Sports Medicine
 - ii. Athletic Trainer
 - iii. Athletic Training Room: 610-371-5729
 - iv. Email: mitchel.yeakley@sluhn.org
- d. Daniel A. Cohen, MD
 - i. St. Luke's University Health Network – Sports Medicine
 - ii. Team Physician
 - iii. Office Number: 272-639-5130

2. Administration

- a. Dan Scott
 - i. Interim Director of Athletics
 - ii. Office Phone: 484-258-7435
- b. Jaime Goda
 - i. Athletic Secretary
 - ii. Office Phone: 484-258-7436

3. Associated Healthcare Professionals

- a. Kristina Kuczawa
 - i. Reading High School Nurse
 - ii. Email: kuczawak@readingsd.org
- b. Shauna Davis
 - i. Reading High School Nurse
 - ii. Email: daviss@readingsd.org
- c. Tracy Ravert
 - i. Reading High School Nurse
 - ii. Email: ravertt@readingsd.org

Athletic Training Facility Hours

1. Fall Preseason Camps

- a. 6:30 am - 8:30 pm
- b. Times may be subject to change due to excessive heat

- c. All pre or post practice evaluation, rehabilitation, taping, and treatment will occur in the Geigle Athletic Training Room.
- d. The Field House Athletic Training Room will be open for acute injury evaluation and treatments during practice times.

2. Fall Regular Season

- a. Monday – Friday after school: 2:00 pm – 8:15 pm
- b. Regular event coverage including all home competitions
- c. All pre or post practice evaluation, rehabilitation, taping, and treatment will occur in the Geigle Athletic Training Room.
- d. The Field House Athletic Training Room will be open for acute injury evaluation and treatments during practice times.
- e. The athletic training facilities may close early if all athletic trainers are at home competitions or if all teams are at away competitions.
- f. Saturdays: Hours provided as needed
 - i. Coaches are expected to communicate with athletic training staff if a practice or competition is added on a Saturday
- g. No Sunday Hours

3. Winter Regular Season

- a. Monday – Friday after school: 2:00 pm – 8:30 pm
- b. Regular event coverage including all home competitions
- c. All evaluation, rehabilitation, taping, and treatment will occur in the Geigle Athletic Training Room.
- d. The athletic training facilities may close early if all athletic trainers are at home competitions or if all teams are at away competitions.
- e. Saturdays: Hours provided as needed
 - i. Coaches are expected to communicate with athletic training staff if a practice or competition is added on a Saturday
- f. No Sunday Hours

4. Spring Regular Season

- a. Monday – Friday after school: 2:00 pm – 8:15 pm
- b. Regular event coverage including all home competitions
- c. All pre or post practice evaluation, rehabilitation, taping, and treatment will occur in the Geigle Athletic Training Room.
- d. The Field House Athletic Training Room will be open for acute injury evaluation and treatments during practice times.
- e. The athletic training facilities may close early if all athletic trainers are at home competitions or if all teams are at away competitions.
- f. Saturdays: Hours provided as needed
 - i. Coaches are expected to communicate with athletic training staff if a practice or competition is added on a Saturday
- g. No Sunday Hours

5. Holiday Breaks

- a. Coaches must communicate with the athletic training staff regarding holiday break practice schedules.

6. Inclement Weather Policy

- a. If Reading School District is closed due to inclement weather, there will be no athletic training coverage that day, unless the district posts that facilities are open for practices on the RSD website.

General Injury Procedures

The athletic training staff reserves the right to withhold any athlete from participation due to illness, injury, or any other reason that may cause harm to the athlete or athletes in question.

- 1. If an athletic trainer is on site:**
 - a. A coach is responsible for helping the athlete to the appropriate athletic training facility
 - b. A coach is responsible for calling the athletic trainer with the location of the event
- 2. If no athletic trainer is on site:**
 - a. A coach is responsible for contacting the parents/guardians. The parents/guardians can make the decision to:
 - i. Bring the athlete to the athletic training room
 - ii. Make arrangements for the athlete to be seen by the athletic trainers if after hours
 - iii. Take the athlete to see their physician
- 3. If an athlete needs to see a physician:**
 - a. The athlete is responsible for bringing in a note to the athletic training staff
 - b. Notes must be from a Licensed Healthcare Practitioner (LHP), as listed on the PIAA preseason physical
 - i. Notes from Chiropractors or Physical Therapists are not acceptable.
 - c. Once an athlete is under the care of an LHP, the athletic training staff cannot clear the athlete for participation prior to receiving a clearance note from the LHP.
- 4. If an athlete is withheld from activity by a member of the athletic training staff, they must be cleared by a member of the athletic training staff prior to returning to participation.**
- 5. If an athlete is suspected of having a concussion:**
 - a. Coaches are obligated to immediately refer any athlete who is showing signs and symptoms of a concussion to the athletic training staff.
 - b. Once an athlete is evaluated by a member of the athletic training staff and is still suspected of having a concussion, they will be referred to an LHP who will be responsible for clearing the athlete to begin the return to play when appropriate.
 - c. Once cleared by an LHP, the athlete will need to report to the athletic trainer and being the 6-step return to play protocol prior to participation in any RSD related contest.
 - d. All athletes who sustain a concussion must also be placed in the RSD protocol with the Concussion Management Team. The athletic trainers will be responsible for reporting concussions to Mrs. Fisher.

Sports Medicine Procedures for Coaches

1. **All general injury procedures apply for coaches.**
2. **All RSD student-athletes must complete ImPACT concussion baseline testing prior to the first competition of the season.**
 - a. **For football, ImPACT baseline tests must be complete prior to the first contact practice.**
3. **All suspected head injuries must be referred to the athletic training staff immediately.**
4. **If an athlete sustains an emergency injury:**
 - a. If an athletic trainer is on site:
 - i. Send an assistant coach to call or get the athletic trainer while the head coach calls 911. Follow the EAP and contact the parents while the athletic trainer attends to the athlete.
 - b. If **no** athletic trainer is on site:
 - i. Call 911 and institute the EAP, contact the parents then inform the athletic trainer.
5. **If an athlete is injured and displays obvious distress (swelling, limping, etc.):**
 - a. Send the athlete to the athletic training facility for immediate evaluation
 - b. Call the athletic training staff to come to the practice venue if possible
6. **If an athlete sustains an injury but is able to continue activity without noticeable disability:**
 - a. The athlete may continue practice
 - b. It is your responsibility to inform the athletic training staff of the injury and refer the athlete to the appropriate athletic training facility after practice.
7. **If you are aware that an athlete is injured, assume the athlete is not cleared to participate unless you have spoken to a member of the athletic training staff.**
8. **If an athlete hands you a doctor's note:**
 - a. Refer the athlete to the athletic training staff for delivery of note.
 - b. Hold onto the note and give to the athletic training staff as soon as possible.
9. **If an athlete is injured at an away participation:**
 - a. If an athletic trainer is present, have the athlete evaluated by the athletic training staff at the home school.
 - b. If no athletic trainer is present, ask the home coach to contact their athletic trainer to see if somebody is available for an evaluation.
 - c. If the athlete needs further medical attention, please let the Reading Sports Medicine Team know as soon as possible.
 - d. All coaches are responsible for their team medical kit at home and away games.
10. **If an athlete requires medication:**
 - a. The athletic training staff is not permitted to dispense any medications unless under the direction of a signing physician.
 - b. No coaches are permitted to dispense any medications under any circumstances.
 - c. No athletes are permitted to carry medications.
11. **If an athlete needs to be treated prior to a practice or competition:**
 - a. The athletic training room runs on a first come, first served basis.
 - b. In-season athletes take priority over out-of-season athletes.

- c. If a student-athlete needs to be dismissed from class early, they must report to the ATR with a note from their teacher by whom they were dismissed.

12. Equipment Needs & Safety

- a. A coach within the coaching staff must have a working cell phone on them at all times in case of injury or emergency.
- b. All teams will be supplied with medical kits, which should be with the team during all practices and competitions, home or away.
- c. Each coaching staff should have access to emergency information via Planet High School which should be with the team during all practices and competitions, home or away.
- d. Coaches are responsible for ensuring the use of protective equipment for all players. All pads, helmets, goggles, and mouth guards required during games must be used during all practices.
 - i. No player is permitted to participate without properly functioning safety equipment.
 - ii. Coaches should periodically inspect the playing area and player equipment for safety hazards.
 - iii. Any broken equipment should be repaired or discarded immediately.

Reading School District Emergency Action Plan

Reading High School Athletic Venues

Reading School District has a written emergency action plan that should be followed in case of a medical emergency. All coaches, administration, and game management staff should be familiar with this document and their responsibility in an emergency. Any questions should be directed to the athletic training staff.

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Reading High School

Indoor Sublocations: Geigle Complex Gymnasium, Geigle Complex ATR, Geigle Complex Red Gymnasium, Geigle Complex Auxiliary Gymnasium, and Geigle Complex Natatorium

Outdoor Sublocations: Reservoir Stadium (PIT), 14th & Greenwich, Track & Field Stadium, Tennis Courts, Baseball Fields, and Softball Fields

Address: 801 N 13th Street Reading, PA 19604

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

In Athletic Training Room:

- Ice machine
- Items for proper care and prevention of blood-borne pathogens
- Crutches, splints, and other equipment deemed necessary by the qualified personnel
- AED Locations
 - With the athletic trainer responsible for events coverage
 - Outside the Geigle Athletic Training Room
 - Outside the Geigle Complex Main Gymnasium
 - In the track field house
 - In the Reservoir Stadium (PIT) Field House
 - In the coaches' office at George Field

In venue with participating team:

- Medical kit dispensed at the beginning of the season

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Athletic Training Room
- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
- An athlete is in anaphylactic shock
- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.
3. School telephones are located in the athletic training room and the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.
4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Geigle Complex Main Gymnasium: Enter through the Geigle Driveway and park in front of the doors leading into the gym. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 2. Geigle Complex Athletic Training Room: Enter through the driveway between Oley and Douglass Street and follow around the back of the school, parking at the breezeway by the door that enters the building. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 3. Geigle Complex Red Gymnasium: Enter through the Geigle Driveway and proceed to the loading dock at the cafeteria. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 4. Geigle Complex Auxiliary Gymnasium: Enter through the Geigle Driveway and park in front of the doors leading into the gym. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 5. Geigle Complex Natatorium: Enter through the front entrance driveway of Reading High School and make a left when you have reached the school itself. Follow the road until you can make a right to curve around the school, following the walkway. Park on the curved sidewalk. The athletic trainer or head coach will

stay with the athlete while the assigned runners greet EMS staff and guide to the scene.

6. Reservoir Stadium (PIT): Enter via the driveway off Hampden Boulevard and proceed up the driveway veering left at the triangle. Enter Reservoir Stadium at the main gate and proceed down the hill to the field. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 7. 14th & Greenwich: Enter the gate at 14th Street. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 8. Track & Field Stadium: Enter through the gates at Oley Street. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 9. Tennis Courts: Enter via the driveway off Hampden Boulevard and proceed up the driveway veering left at the triangle. Pass Reservoir Stadium on the left and proceed down the path to the tennis courts on the left. The athletic trainer or head coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
 10. Softball Field & Field Hockey Field: Enter at the corner of 14th & Greenwich. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
 6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan
Central Middle School Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Central Middle School

Indoor Sublocations: Main Gymnasium, Citadel Athletic Training Room

Outdoor Sublocations: Outdoor Fields

Address: 215 N 12th St, Reading, PA 19604

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season
- AED: located outside the citadel gym lobby

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and

student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
- An athlete is in anaphylactic shock
- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.

3. School telephones are located in the athletic training room and the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.
4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Citadel: Enter through Walnut Street Entrance. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan

Northeast Middle School Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Northeast Middle School

Indoor Sublocations: Main Gymnasium

Outdoor Sublocations: Outdoor Fields

Address: 1216 N 13th St, Reading, PA 19604

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

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- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.

3. School telephones are located in the athletic training room and the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.
4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Northeast Middle School: Enter the small lot off Marion Street; enter the doors that lead into the gym from the small lot. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan
Northwest Middle School Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Northwest Middle School

Indoor Sublocations: Main Gymnasium

Outdoor Sublocations: Outdoor Fields

Address: 1000 N Front St, Reading, PA 19601

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

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- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.

3. School telephones are located in the athletic training room and the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.
4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Northwest Middle School: Park on Front Street and enter through the front, right side entrance. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan

Southern Middle School Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Southern Middle School

Indoor Sublocations: Main Gymnasium

Outdoor Sublocations: Outdoor Fields

Address: 931 Chestnut St, Reading, PA 19602

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
- An athlete is in anaphylactic shock
- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.
3. School telephones are located in the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.

4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Southern Middle School: Enter the parking lot off 10th street and follow until the back of that lot where there is a gymnasium entrance to enter. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan
Southwest Middle School Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Southwest Middle School

Indoor Sublocations: Main Gymnasium

Outdoor Sublocations: Outdoor Fields

Address: 300 Chestnut St, Reading, PA 19602

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
- An athlete is in anaphylactic shock
- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.
3. School telephones are located in the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.

4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. Southwest Middle School: Park on 3rd street and enter through the corresponding entrance. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan
Glenside Elementary School Soccer Field Venue

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: Glenside Elementary School

Outdoor Sublocations: Soccer Field Around Rear of the Building

Address: 500 Lackawanna St, Reading, PA 19601

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone or landlines located in:

- Main Office

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
- An athlete is in anaphylactic shock
- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
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3. School telephones are located in main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.
4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete.

The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.

1. Glenside Elementary School: Enter the parking lot off Lackawanna Street and follow the way to the soccer field. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan
1700 City Line Avenue Athletic Venues

Venue Information:

Sports: Indoor and Outdoor Athletic Activities

Location: 1700 City Avenue

Outdoor Sublocations: Outdoor Fields

Address: 1700 City Line Avenue Reading, PA 19604

Emergency Personnel:

Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022

Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350

Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

Interim Director of Athletics: Dan Scott – 484-258-7435

On Call: 911

Emergency Equipment:

On Site:

- First Aid Medical Kit dispensed at the beginning of the season

On Call:

- Advanced equipment carried with the athletic trainer responding to the emergency

Communication with Emergency Personnel:

Access to 911 via cell phone

Contact a member of the athletic training staff immediately:

- Athletic Trainer: Kevin Grauer, LAT, ATC, CSCS – 484-256-2022
- Athletic Trainer: Natalie Miller, MS, LAT, ATC – 484-548-4350
- Athletic Trainer: Mitchel Yeakley, LAT, ATC – 610-780-8069

What is an Emergency?

An *emergency* is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administration, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

When Do I Activate 911?

911 should be called in the following scenarios:

- An athlete is not breathing
- An athlete has lost consciousness
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- An athlete has been administered epinephrine
- An athlete is suspected of having a neck or back injury
- An athlete has an open fracture (the bone has punctured through the skin)
- An athlete is suffering from heat illness and/or heat stroke
- An athlete is bleeding severely and uncontrollably

Emergency Chain of Command

Team Physician – Daniel A. Cohen, MD

Athletic Training Staff

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Interim Director of Athletics – Dan Scott

Head Coach

Assistant Coach(es)

The highest person in the chain of command who is present at the scene will be the designated person in charge, or leader. This person is responsible for deciding whether to call 911, instructing others on how to help, and will be the person to remain with the athlete until EMS or someone higher on the chain of command arrives.

Once it is determined that 911 should be called, the following procedures will be followed:

1. The person highest in the chain of command present at the scene will be deemed the leader and will be responsible for remaining with the athlete to monitor condition and administer qualified care, if necessary. If possible, someone else in the chain of command should stay and assist the leader. CONTINUE CARE UNTIL EMS ARRIVES AND INSTRUCTS THE CESSATION OF CARE.
2. The leader will designate someone to call 911 on a school telephone or cellular phone. This individual is to stay with the injured athlete and the leader in case questions from dispatch arrive or there is a change in the athlete's condition. EMS dispatch should be told the location of the emergency, the condition of the athlete, and instructions on how to access the athlete upon arrival. Inform EMS that someone will be waiting at the nearest intersection to aid in directing the ambulance. DO NOT HANG UP UNTIL EMS DISPATCH HANGS UP FIRST.
3. School telephones are located in the athletic training room and the main office. The leader will designate someone to call the front office or administrator to alert them of the emergency.

4. The leader will send runners to all intersections between where the athlete is located and Reading School District venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Ambulance entrances are listed below.
 1. 1700 City Line Avenue: Enter the parking lot off City Line Avenue to the athletic fields. The Athletic Trainer or Head Coach will stay with the athlete while the assigned runners greet EMS staff and guide to the scene.
5. The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches at every practice and athletic contest. This information should be easily accessible at all times.** If a parent is not present, a coach must accompany the student to the hospital with an emergency form.
6. If transport is deemed necessary by EMS, the athlete will be taken to Tower Health-Reading Hospital 420 S 5th Ave, West Reading, PA 19611 or Penn State Health St. Joseph Medical Center 2500 Bernville Rd, Reading, PA 19605 unless told otherwise.

Reading School District Emergency Action Plan **Exertional Heat Illness**

Purpose:

Exertional heat illness (EHI) includes exercise-associated muscle cramps, heat syncope, heat exhaustion, and exertional heat stroke (EHS). Current best practice guidelines suggest that the risk of exertional heat injuries can be minimized with heat acclimatization and diligent attention to monitoring individuals participating in activities that place them at a higher risk for these types of injuries. In the event an athlete sustains a heat illness, immediate and proper treatment is needed.

National governing bodies, such as the National Federations of High School Associations, National Collegiate Athletic Association (NCAA) and numerous state athletic/activity associations, have published guidelines for the prevention, monitoring and treatment of exertional heat illnesses. In addition, national authorities such as the National Athletic Trainers' Association and the Korey Stringer Institute have published research to support best practices in this area. The development of Reading School District's heat acclimatization guidelines will be based on the current best practice documents.

Policy Statement:

This policy describes best practice procedures for prevention, monitoring, and when necessary, treatment of exertional heat illness for student athletes, faculty, and staff of Reading School District.

This policy will be a living, working document that will be continually reviewed and updated yearly as the organization, research, and community attitude changes.

Prevention

1. Pre-Participation History and Physical Examination

- a. A thorough medical history will be gathered including history of heat illness, sickle cell trait, and sickle cell disease. All student-athletes are required to have an updated PPE completed after June 1, 2021 in order to participate in athletics.
- b. Individuals with risk factors will be identified and counseled (see image A at the end of this document).
- c. When applicable, the Athletic Trainer or persons responsible will be notified of individuals with pre-existing conditions that place the individual at risk of exertional heat illness.
 - i. Parents and student-athletes should be informing Athletic Trainer and/or coaches of changes in medication or medical conditions that may predispose an individual to an EHI.

2. Environmental Monitoring and Activity Modification/Cancellation

- a. When an athletic trainer is present, environmental monitoring will occur utilizing the Kestrel 5400 Wet Bulb Globe Temperature Heat Stress Tracker.

- i. In the event that the Athletic Trainer is not present, the coach, Director of Athletics, school administrator, etc. will base environmental monitoring from the NWS Heat Index.
 - b. Environmental monitoring will occur any time it is over 75°F outside.
 - c. Environmental monitoring and activity modifications may be necessary for certain types of indoor facilities such as the Gymnasium or Wrestling Facilities.
 - d. Monitoring of conditions will occur every 30 minutes.
 - e. The athletic training staff will monitor the conditions when on campus and will make any modification or cancelation of activity based on images B, C, and D, found at the end of this document.
 - f. If WBGT is not available and/or no member of the athletic training staff is on campus; all modifications/cancelation decisions will be made based on the NWS Heat Index by the Athletic Trainer, Director of Athletics, School Administration, Coach, etc.
 - g. WBGT will be measured on Reservoir Stadium (PIT) Field, 14th & Greenwich, Softball Field, Baseball Field, and Gymnasium – during appropriate practice times. All off campus practices and games will follow the NWS Heat Index Guidelines or that facilities Policies and Procedures regarding Exertional Heat Illness.
3. **Monitoring:**
- a. Monitoring of student-athletes' safety will be continuous during any physical activity by either Athletic Training Staff and/or Coaches.
 - b. Coaches have been educated on the signs and symptoms of exertional heat illness.
 - i. These signs and symptoms include, but are not limited to, those found in image E, located at the end of this document.

Treatment in the Event of Exertional Heat Stroke: MEDICAL EMERGENCY

- 1. Recognition
 - a. Any athlete with signs of central nervous system (CNS) dysfunction (collapse, disorientation, etc) during exercise in the heat should be suspected to be suffering from EHS.
 - b. Patients with suspected EHS should immediately be removed from practice/game and cooled via Cold Water Immersion Tub or Polar Life Pod.
 - c. Rectal temperature is the Gold Standard for diagnosing and monitoring an individual with suspected Heat Stroke. It is important to reiterate that during and following intense exercise in the heat, temporal, aural, oral, skin, axillary and tympanic temperature are **not** valid and should **never** be utilized in evaluating a potential exertional heat stroke. Rectal Thermometers are not available in Reading School District, therefore any suspected Exertional Heat Illness will be treated as a medical emergency. EMS will be activated, and immediate cooling will begin.
- 2. Cooling
 - a. The patient must be moved to a cooling zone, started on appropriate treatment, and continuously monitored.
 - b. A Cold-Water Immersion Tub will be located at the water source on the PIT close to the water source.

- c. The athletic trainer on duty will have access to the Polar Life Pod.
 - d. Cold Water Immersion (CWI) Tub
 - i. Set Up:
 1. The CWI tub will be located on the concrete shaded area of Reservoir Stadium (PIT) by the water source.
 2. Excess clothing shall be removed to aid cooling. If removal of clothing and/or equipment would cause delays of 5+ minutes, do not remove and initiate cooling.
 3. Place the patient in a cold-water (35-59°F) tub up to the neck.
 4. Wrap a towel across the chest and beneath both arms to prevent the athlete from sliding into the tub.
 5. Ice shall cover the surface of the water at all times.
 6. Water shall be continuously and vigorously stirred to maximize cooling.
 7. An ice-cold towel will be placed over the head/neck and rewet and replaced every 2 minutes.
 - e. Polar Life Pod
 - i. Set Up: The athletic trainer on duty will always have access to the Polar Life Pod on the back of the gator.
 - ii. Place the patient in the Polar Life Pod and cover with ice and water.
 1. Water temperature should be between 35-59°F.
 2. Ice shall cover the surface of the water at all times.
3. Cool First, Transport Second
- a. When a patient is diagnosed with EHS, the principle of cool first, transport second will be used.
 - b. EMS should not transport the patient until:
 - i. If EMS has a rectal thermometer, a rectal temperature of 102°F is reached due to the inability to continue vigorous cooling in the ambulance.
 - ii. Individual displays normal CNS function.
 - iii. Qualified Healthcare Professional (ie Athletic Trainer) on the premises feels the individual is sufficiently cooled for a minimum of 15 minutes.
4. Vital Sign Monitoring
- a. The Qualified Healthcare Professional (QHP) will monitor vital signs including heart rate, respirations, blood pressure, and CNS function.
 - b. Vital signs will be taken after sufficient time in the cooling station, as determined by the QHP, before being transported by EMS. If vital signs diminish or CNS disturbance is suspected, the individual will be inserted into the cooling station for immediate cooling.
 - c. Unless another, more emergent medical condition arises in that individual, the individual will not be transported until vital signs are stable and CNS is stable.
5. EMS
- a. EMS must be called immediately if a patient is suspected of EHS.
 - i. However, any patient with EHS must be cooled FIRST and then transported via EMS.

- ii. This cool first, transport second emergency action program will be communicated and shared with EMS annually PRIOR to the first official sport practice in accordance with the EAP policy and procedures.

Return to Activity

1. Patients who have suffered an exertional heat illness must complete a rest period and obtain clearance from a physician before beginning a progression of physical activity under the supervision of a qualified medical professional. The following is the suggested protocol:
 - a. Activity should first begin in a cool environment.
 - b. Once a patient has shown success with exercise in a cool environment, the patient should then complete the heat acclimatization protocol as delegated by the PIAA for progression back into exercise in a warm environment.
2. Individuals who have expressed signs and symptoms of an exertional heat illness will be monitored via weight loss recording before and after practice(s).
3. If the individual is symptom free and meets the weight gain requirements, they may commence with practice. Athletes will be monitored for no less than 3 days.

Image A- Risk Factors for Heat Illness

Risk Factors for Heat Illness	
<i>Intrinsic</i>	<i>Strategies to Minimize Risk</i>
High intensity exercise	Gradually phase in exercise and conditioning
Fever or illness	Monitor and remove at risk athletes as necessary
Dehydration	Educate coaches/athletes on proper hydration Provide adequate access to water
Overweight/obesity	Gradually phase in exercise and conditioning
Lack of heat acclimatization	Follow heat acclimatization program
Medications (antihistamines, diuretics, ADHD drugs)	Monitor and remove at risk athletes as necessary
Skin disorder (sunburn or malaria rubra)	Monitor athletes closely
Predisposing medical conditions	Monitor and remove at risk athletes as necessary
<i>Extrinsic</i>	<i>Strategies to Minimize Risk</i>
High ambient temperature, solar radiation or humidity	Avoid exercise in hotter parts of the day
Heavy gear or equipment	Gradually introduce equipment
Poor practice design	Educate coaches regarding strategies to minimize risk

Image B- WBGT & Activity Restrictions

Cat 3	Activity Guidelines
<82.0	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.

90.1 - 91.9	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Image C- Temperature, Relative Humidity, Air Quality, and Accompanying Restrictions Chart

Temperature	Relative Humidity	Air Quality	Restrictions
< 89°F	<70%	CODE GREEN	Coaches Discretion No Restrictions
80-89°F	≥70%	CODE YELLOW	Monitor Carefully Shortened Practices Water Breaks Every 30 Minutes Football Minimal Pads
90-99°F	≤70%	CODE YELLOW	Monitor Carefully Shortened Practices Water Breaks Every 30 Minutes Football Minimal Pads NO MID-DAY PRACTICE (Before 12, after 5)
90-99°F	≥70%	CODE ORANGE	Monitor Carefully Shortened Practices MANDATORY Water & Shade Breaks Every 15 Minutes T-shirts, Shorts ONLY NO MID-DAY PRACTICE (Before 12, after 5)
≥100°F	>0%	CODE RED	CANCEL, POSTPONE, SUSPEND ALL ACTIVITY

Image D- NWS Heat Index

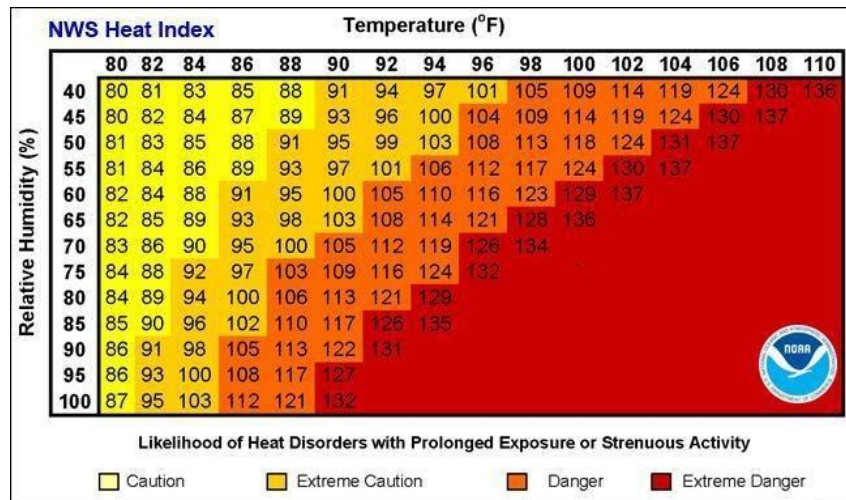


Image E- Signs & Symptoms of Heat Illness

Rectal Temperature of 104°F or higher at the time of the incident	Rapid pulse, low blood pressure, quick breathing
Headache	Dehydration, dry mouth, excessive thirst
Confusion, looking “out of it”	Decreasing performance; weakness
Disorientation or dizziness	Profuse sweating
Altered consciousness, coma	Collapse, staggering, or sluggish feeling
Nausea or vomiting	Muscle cramps, loss of muscle function/balance, inability to walk
Diarrhea	Irrational behavior, irritability, emotional instability

Reading High School Emergency Action Plan: **Mental Health Emergencies**

What is mental health?

The formal or informal evaluation and/or treatment of student-athletes with possible mental health concerns, including but not limited to mental health disorders or illnesses.

What constitutes a mental health emergency?

Any “yes” answer to the following questions should be considered a mental health emergency and should enact this EAP:

1. Am I concerned the student-athlete may harm themselves?
2. Am I concerned the student-athlete may harm others?
3. Am I concerned the student-athlete is being harmed by someone else?
4. Did the student-athlete make verbal, physical or written threats?
5. Is the student-athlete displaying unusual ideation or thought disturbance that may or may not be due to substance use?
6. Does the student-athlete have access to a weapon or have a plan to use that weapon in a harmful manner?
7. Is there potential for danger or harm in the future?

RSD Mental Health Assistance Team

Athletic Training Staff:

Kevin Grauer, LAT, ATC, CSCS

Natalie Miller, MS, LAT, ATC

Mitchel Yeakley, LAT, ATC

Principal:

Waldo Alvarado

Assistant Principals:

Nicole Pagan – Teaching & Learning

Jessica DiBlasi – Grade 9, Last Names A-L

Leah Hession – Grade 9, Last Names M-Z

VACANT – Grades 10-12, Last Name A-GOO

Julie Weitzel – Grades 10-12, Last Name GOP-P

Candace Kehres – Grades 10-12, Last Name Q-Z

Coordinator of Social Workers:

Leanne Eckenrode: eckenrodel@readingsd.org

Role of the Mental Health First Responder

1. Keep yourself safe: **do not attempt to intervene if there is an imminent threat.**
2. Keep others safe: try to maintain a safe distance from the student-athlete in distress and others.
3. Remain calm. Maintain a calm tone of voice and body language.
4. Listen to the student-athlete and allow him/her to express their thoughts.
 1. It is okay to have some silence between you and the student-athlete.
5. Avoid being judgmental of the student-athlete, provide positive support.

6. If a student-athlete is showing signs and symptoms of a mental illness, as the ones listed above, please contact Leanne Eckenrode at the above email address with the full name and grade of the student-athlete, as well as a small description of the scenario.
 1. Ms. Eckenrode will forward the information to the appropriate social worker, who will continue with the appropriate line of care and referral.

If There is an Immediate Safety Concern...

1. Call 911 and remain with the student-athlete.
2. Do not leave the student-athlete, but do not put yourself in harm's way if they try to leave.
3. If the student-athlete leaves the area or refuses assistance, take note of the direction in which they leave.
4. Alert the members of the mental health assistance team using the chain of command.
5. A member of the mental health assistance team will contact the parent(s) or guardian(s) of the student-athlete.
6. Document the experience.
7. Reach out to a member of the mental health assistance team if you are feeling effects of the event.

If There is No Immediate Safety Concern...

1. If the student-athlete is on campus, they should be walked to a member of the mental health assistance team.
2. The student-athlete will be taken to their social worker for an emergency appointment by a member of the mental health assistance team, if available.
3. If the assigned social worker is not available, the student-athlete should be referred to the appropriate resource listed below.
4. If the student-athlete is not on campus but is willing to receive help, they should be contacted via phone and/or email to be directed to the assigned social worker or appropriate mental health professional.
5. If there is concern of child abuse, Child Welfare Services must be contacted as soon as possible.
 1. ChildLine: 1-800-932-0313
6. If a student-athlete is showing signs and symptoms of a mental illness, as the ones listed above, please contact Leanne Eckenrode at the above email address with the full name and grade of the student-athlete, as well as a small description of the scenario.
 1. Ms. Eckenrode will forward the information to the appropriate social worker, who will continue with the appropriate line of care and referral.
7. A member of the mental health assistance team will contact the parent(s) or guardian(s) of the student-athlete.

Follow-Up

The athletic trainer is responsible for following up with the counselor/ mental health professional and discussing if/when the athlete is allowed to return to class/sport and discussing/creating a safety plan moving forward.

Resources

1. General Mental Health
 - a. For immediate assistance, call 610-236-0530
 - b. Text ruOK to 484-816-7865
2. Sexual & Domestic Violence Help (SAFEberks)
 - a. Call 844-789-SAFE (7233)
 - b. Text SAFE BERKS to 20121
3. Substance Abuse – Council on Chemical Abuse (COCA) & CARON Foundation
 - a. CoCA: Call 610-376-8669
 - b. Caron Pennsylvania: Call 1-855-252-5820

Non-Violent Mental Health Guidelines

If a student-athlete displays signs/symptoms of a mental health disorder or illness:

1. Offer a quiet and secure place to speak.
2. Explain confidentiality and Maryland Reporting Requirements.
3. Show genuine concern and care.
4. Avoid judging the student-athlete, provide positive support.
5. Provide support and a positive tone. Do not offer advice or try to solve the problem.
6. Help the student-athlete understand that he/she is not alone.
7. Listen to your student-athlete and allow them to fully express their feelings. It is okay to have a moment of silence.
8. Ask questions that encourage conversation.
9. Offer positive reinforcement.
 - o “It took courage for you to tell me all of this, thank you for trusting me. Let’s get you in contact with someone who can help you get the help you deserve.”
10. Document the situation and communicate your concerns with the school counselor.
11. If a student-athlete is showing signs and symptoms of a mental illness, as the ones listed above, please contact Leanne Eckenrode at the above email address with the full name and grade of the student-athlete, as well as a small description of the scenario.
 - o Ms. Eckenrode will forward the information to the appropriate social worker, who will continue with the appropriate line of care and referral.

Disordered Eating Guidelines

Signs and Symptoms of Disordered Eating Include:

1. Gastrointestinal issues (constipation, bloating, postprandial distress, abdominal pain, bowel irregularities)
2. Dehydration
3. Muscle Cramps
4. Edema
5. Hypothermia
6. Anemia
7. Hair Loss
8. Dry skin, brittle hair and nails

9. Calluses or abrasions on the back of the hand (from inducing vomiting)
10. Dental Decay
11. Throat Pain
12. Swollen Parotid Glands
13. Significant weight loss
14. Frequent and extreme weight fluctuations
15. Low weight despite eating large volumes of food
16. Fatigue and muscle weakness

If a student-athlete shows signs/symptoms of disordered eating:

1. Initial intervention should be facilitated by the authority figure with the best rapport with the student-athlete.
2. Approach the topic with sensitivity and respect while adhering to confidentiality protocols.
3. Indicate specific concerns with care.
4. Expect denial, anger, and/or resistance.
5. Have mental health resources ready for the student-athlete.
6. Refer to a physician if suspicions of disordered eating are confirmed.
7. Alert the appropriate members of the mental health assistance team who will make contact with the parent(s) or guardian(s) of the student-athlete.
 - a. If a student-athlete is showing signs and symptoms of a mental illness, as the ones listed above, please contact Leanne Eckenrode at the above email address with the full name and grade of the student-athlete, as well as a small description of the scenario.
 - i. Ms. Eckenrode will forward the information to the appropriate social worker, who will continue with the appropriate line of care and referral.

Follow-Up

It is the responsibility of the athletic trainer to follow up with the physician or mental health professional regarding the student-athlete's return to participation and any necessary restrictions.

READING SCHOOL DISTRICT EMERGENCY ACTION PLAN: THUNDER & LIGHTNING/ INCLEMENT WEATHER

If inclement weather is forecasted or expected in the area, the athletic training staff or the appropriate administrator will make an informed decision regarding the cessation of athletic activity with the cooperation of officials and coaching staff. If thunder is heard, lightning is sighted, or a weather application (ie WeatherBug) alerts of lightning within 10 miles of Reading School District facilities, all outdoor events will be postponed or cancelled.

Reading School District Safe Sites:

The on-site athletic trainer shall have the authority to remove participants and spectators from athletic venues or activities when lightning may be a threat to student athlete or spectator safety. If thunder is heard or lightning is in the advisory area, the on-site athletic trainer will notify and prepare the head coach as to the status of the inclement weather and the need to take shelter. Athletes and coaches shall report to the following safe shelter locations. Spectators are expected to return to their cars and will not be admitted re-entry into the venue until deemed safe by the athletic trainer and administrator.

Safe shelter for all outdoor activities will be as follows:

- RHS Main Gymnasium
- RHS Auxiliary Gymnasiums
- RHS Weight Room
- RHS Cafeteria
- RHS Hallways
- Any associated venues' gymnasiums, cafeterias, hallways, etc.

If a safe shelter is not within a reasonable distance, then other safe areas include enclosed buildings and fully enclosed metal vehicles with windows up (no convertibles or golf carts).

Unsafe shelter areas should be avoided: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, and light poles. Those seeking shelter should also refrain from being the highest object in an open field.

Suspension and Resumption of Athletic Activities

At a minimum, the National Federation of High School Sport and the National Athletic Trainers' Association strongly recommend that all individuals vacate the athletic site when thunder or lightning are within a 10-mile range. It is typically deemed safe to resume activity 30 minutes after the final lightning strike or thunder boom, however, the decision to resume is ultimately that of the athletic trainer and/or appropriate administrator.