

Grosse Pointe South




EMERGENCY ACTION PLAN FOR ATHLETICS

PREPARED BY:

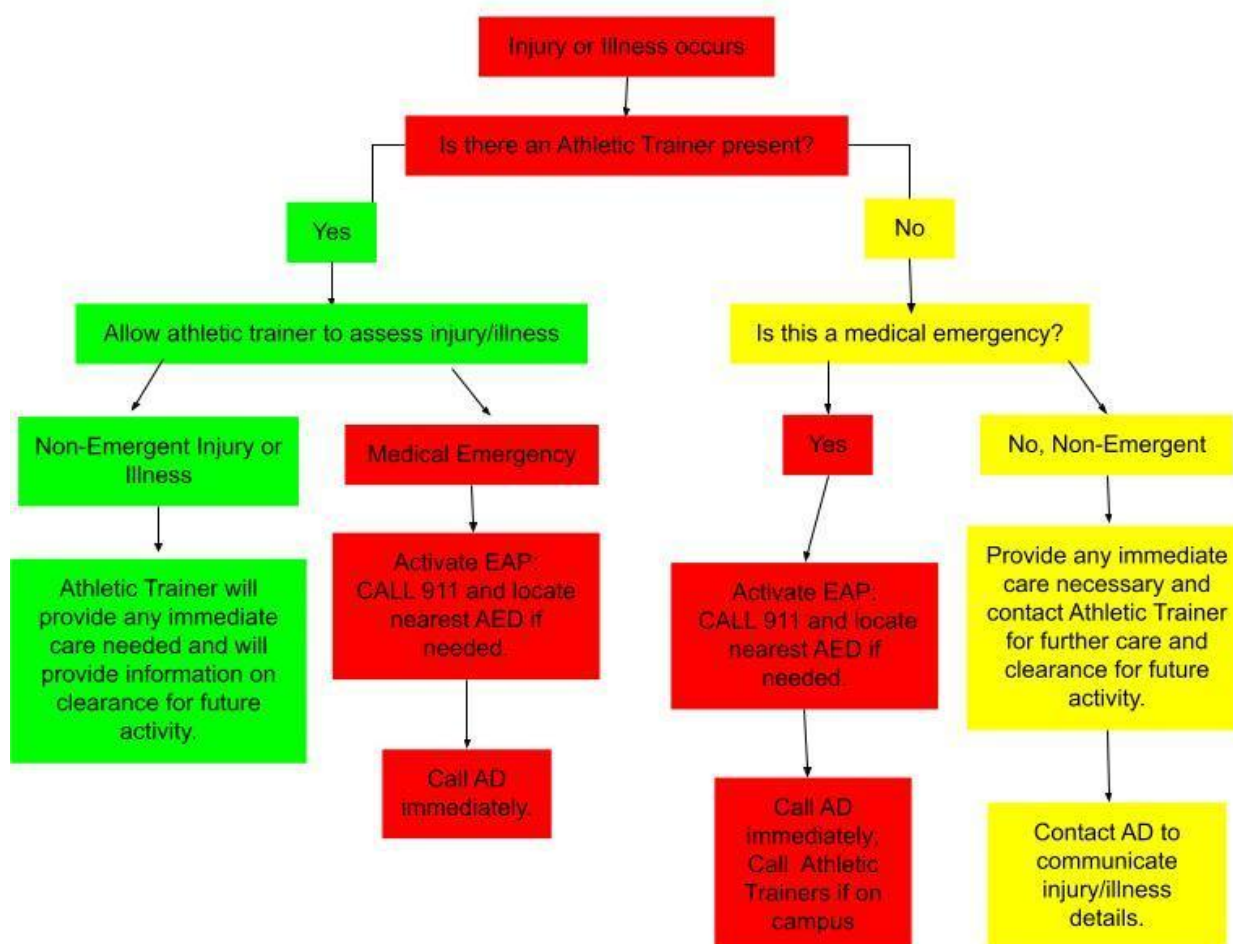
Cam Mills, MA, AT, ATC
Jordan Peltier, MS, LAT, ATC

**Brandon Wheeler, Athletic Director & Assistant
Principal**

Updated October 27, 2021
GROSSE POINTE SOUTH HIGH SCHOOL
EMERGENCY ACTION PLAN FOR ATHLETICS
Table of Contents

WHEN TO ACTIVATE EAP FLOW CHART	3
AED LOCATION MAP 	4
EMERGENCY CONTACT INFORMATION	5
VENUE SPECIFIC EMERGENCY ACTION PLANS & MAP	6
South Stadium	7
Main Gymnasium at Grosse Pointe South High School	8
Boll Center	9
South Baseball Diamond	10
South Softball Diamond	11
Elworthy Field/ Tennis Courts	12
Messner Field	13
Barnes Field	14
BASIC INJURY MANAGEMENT FOR COACHES	15
HEAT POLICY	20

WHEN TO ACTIVATE EAP:

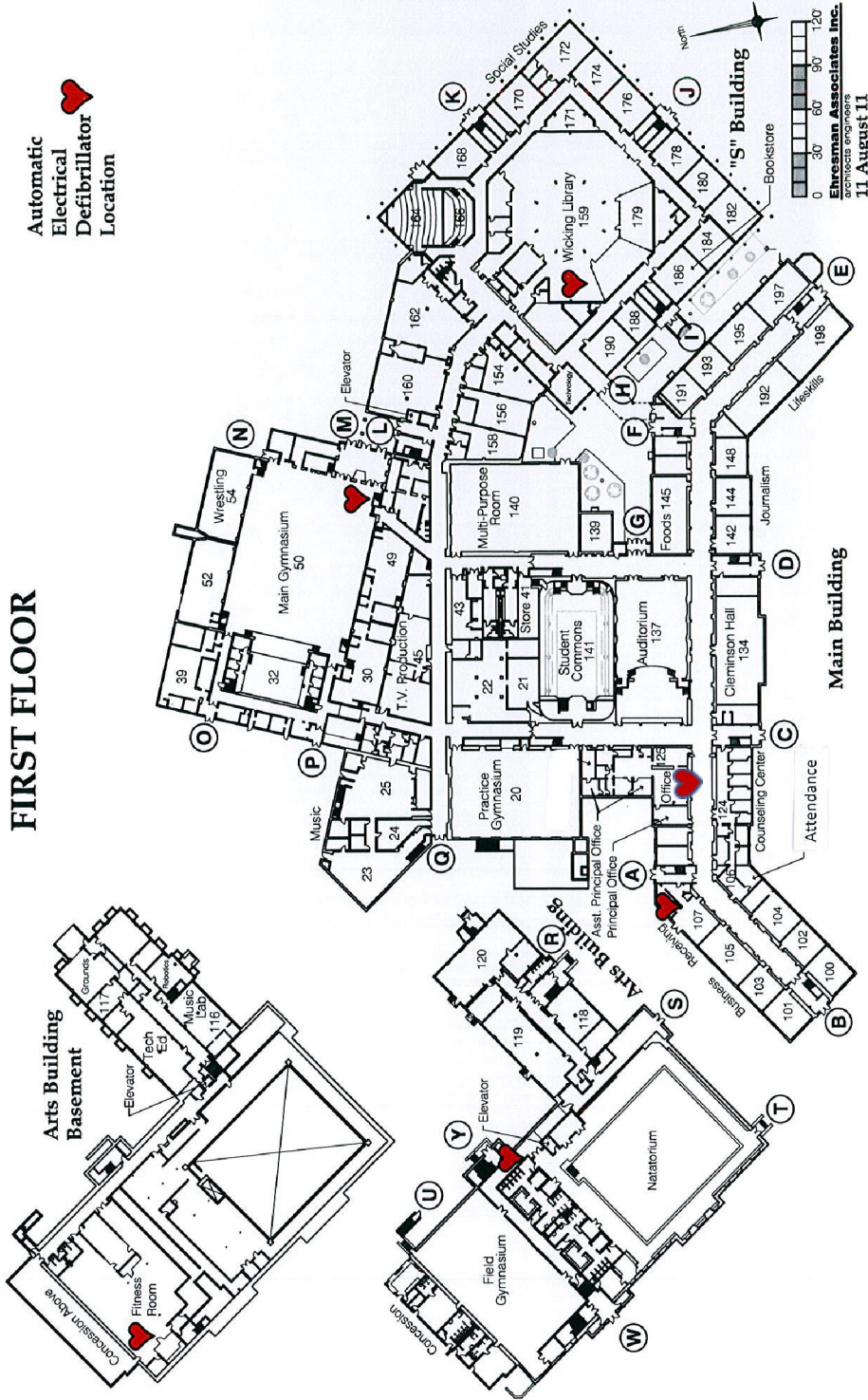


WHEN IN DOUBT- CALL 911

PAGE 7: South Baseball Diamond
PAGE 8: Main Gymnasium at Grosse Pointe South High School
PAGE 9: Boll Center
PAGE 10: South Stadium
PAGE 11: South Softball Diamond
PAGE 12: Elworthy Field/ Tennis Courts
PAGE 13: Messner Field
PAGE 14: Barnes Field

Grosse Pointe South High School

FIRST FLOOR



GROSSE POINTE SOUTH HIGH SCHOOL

Contact Information of Personnel

Grosse Pointe South High School Athletic Director & Assistant Principal

Brandon Wheeler

Office: (313)-423-3540

Cell: (313)-316-1518

Athletic Secretary: Kristen Stovall

Office: (313)-432-3542

Certified/Licensed Athletic Trainers

Cam Mills, MS, LAT, ATC

Cell: (231)-357-7177

Training Room Phone: (313)-432-3581

Jordan Peltier, MS, LAT, ATC

Cell: (586)-246-1980

Training Room Phone: (313)-432-3581

Grosse Pointe South High School Principal

Moussa Hamka

Office: (313)-432-3504

Grosse Pointe South High School Assistant Principal

Cindy Parravano – Grades 9 & 11

Office: (313)-432-3511

Grosse Pointe South High School Assistant Principal

Joe Spryszak – Grades 10 & 12

Office: (313)-432-3513

Emergency Fire/EMS/Law Enforcement911

Grosse Pointe Farms (non-emergency)(313) 885-2100

Hospital Contact Information

Ascension St. John Hospital and Medical Center (Main Campus).....(313) 343-4000

Beaumont Hospital(313) 473-1000

Utility Emergency Contact Information

Gas Emergency – DTE Energy911 or
1-800-974-5000

Electric Emergency – DTE Energy.....911 or
1-800-477-4747

Grosse Pointe Public Schools Superintendent's Office Contact Information

Superintendent's Office.....(313)
432-3003
Deputy Superintendent Business Office..... (313)
432-3085
Deputy Superintendent Human Resources.....(313)
432-3015
Director of Facilities.....(313)
432-3082
Support Services Coordinator.....(313)
432-3081

GROSSE POINTE SOUTH



ATHLETICS

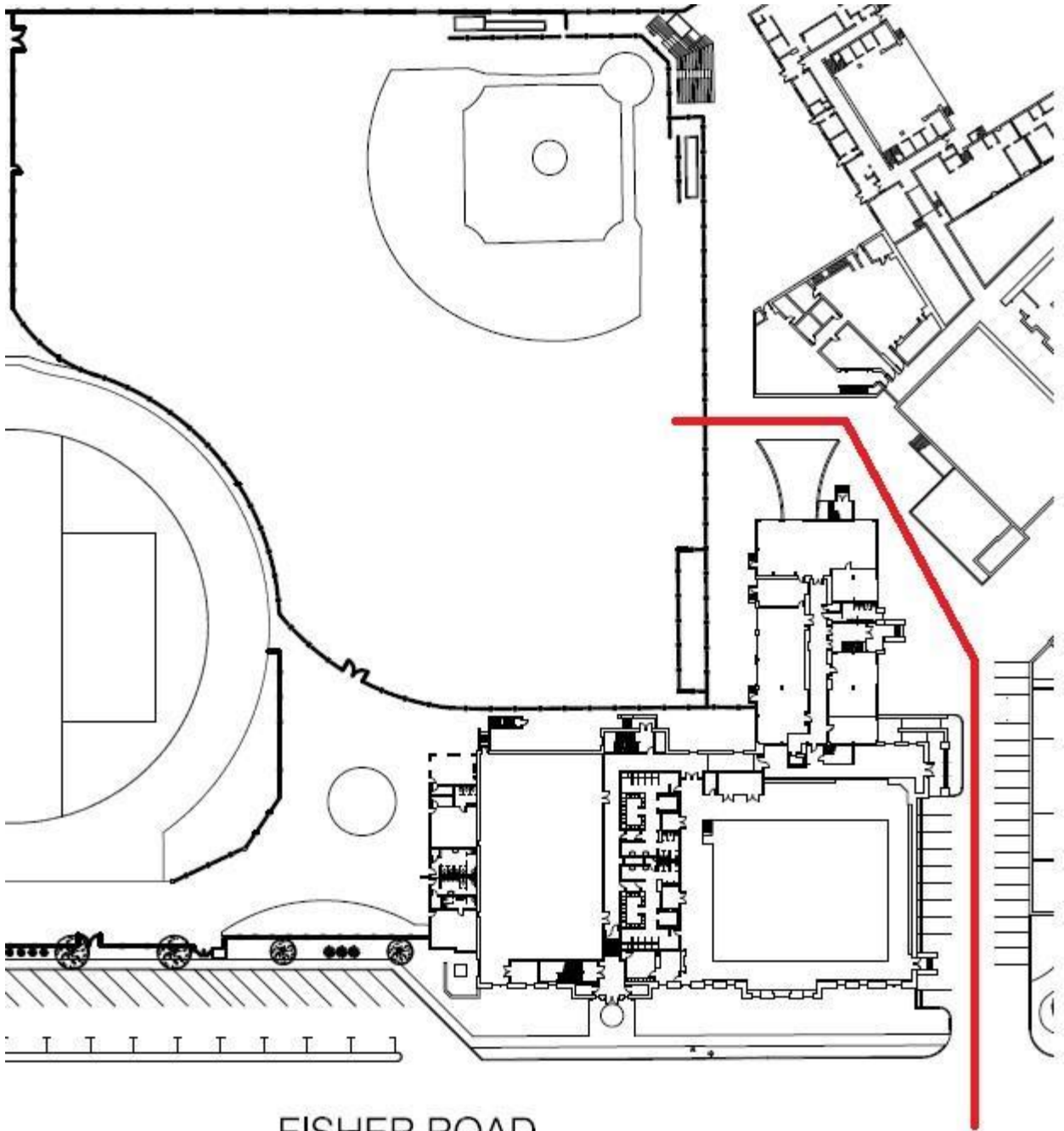
**VENUE SPECIFIC DIRECTIONS
IN CASE OF EMERGENCY**

Grosse Pointe South High School Emergency Plan:
South Baseball Diamond

11 Grosse Point Blvd. Grosse Pointe Farms, MI 48236

Venue Directions:

South Baseball Diamond: Take Fisher St. to employee parking lot. Drive through gate along left field. ATC on scene will provide specific directions depending on condition and site of injured athlete.



FISHER ROAD

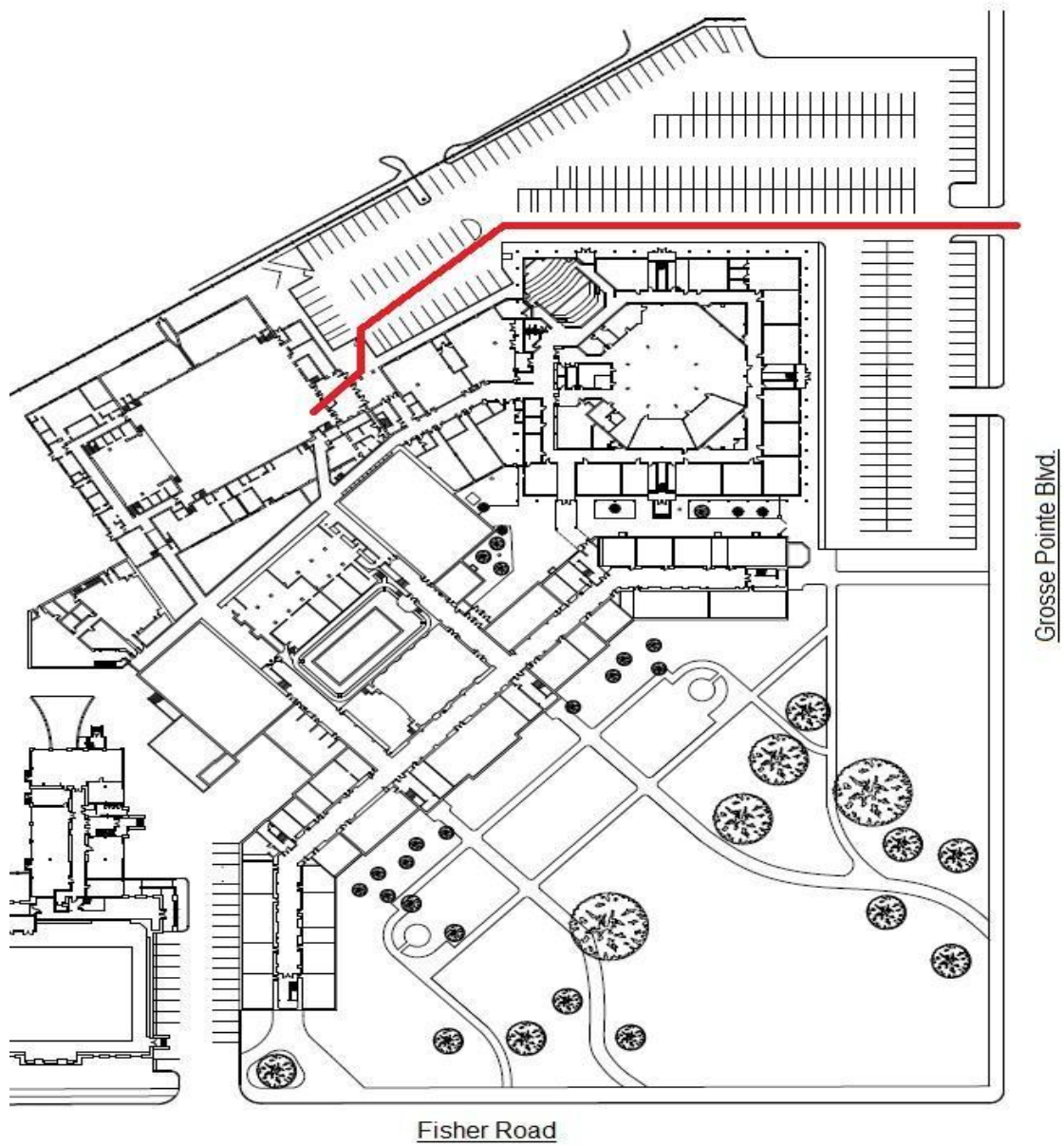
Grosse Pointe South Emergency Plan:

Main Gymnasium at Grosse Pointe South

11 Grosse Point Blvd. Grosse Pointe Farms, MI 48236

Venue Directions:

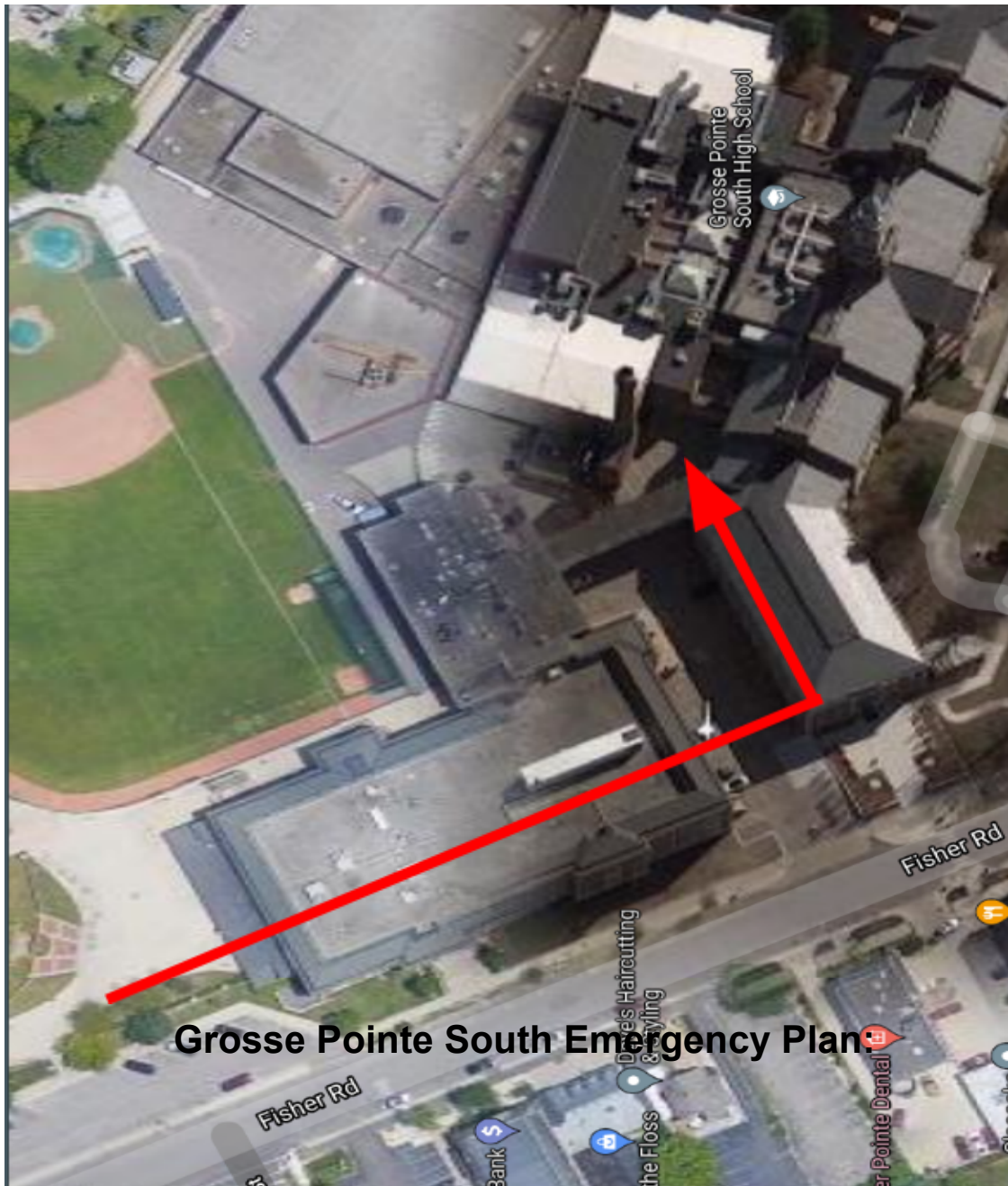
Main Gymnasium at South: Turn into the “S” parking lot from Grosse Pointe South Blvd. Ambulance is to park and enter through the main doors of the gym.



Grosse Pointe South Emergency Plan:
John and Marlene Boll Athletic Center
409 Fisher Rd. Grosse Pointe Farms, 48236

Venue Directions:

John and Marlene Boll Athletic Center: Ambulance will come up center driveway off of Fisher Rd. into side door. The pool will be down first hallway on the left. The gymnasium is down the hallway to the left on the right hand side.

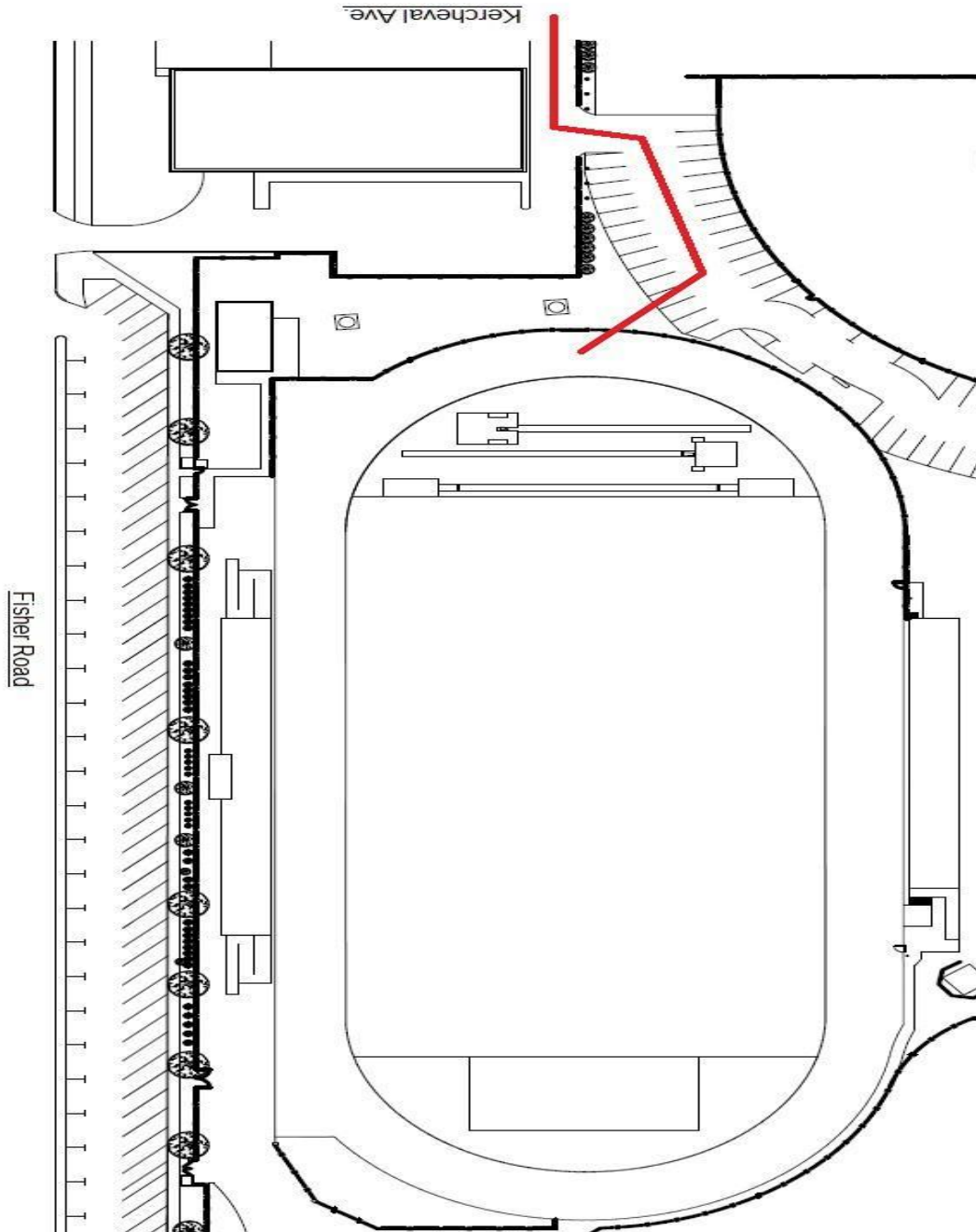


South Stadium

11 Grosse Pointe Blvd. Grosse Pointe Farms, MI 48236

Venue Directions:

South Stadium: Ambulance will enter library parking lot off of Kercheval. The ambulance will enter the West end of South Stadium field through the double gates located behind the Grosse Pointe South library.



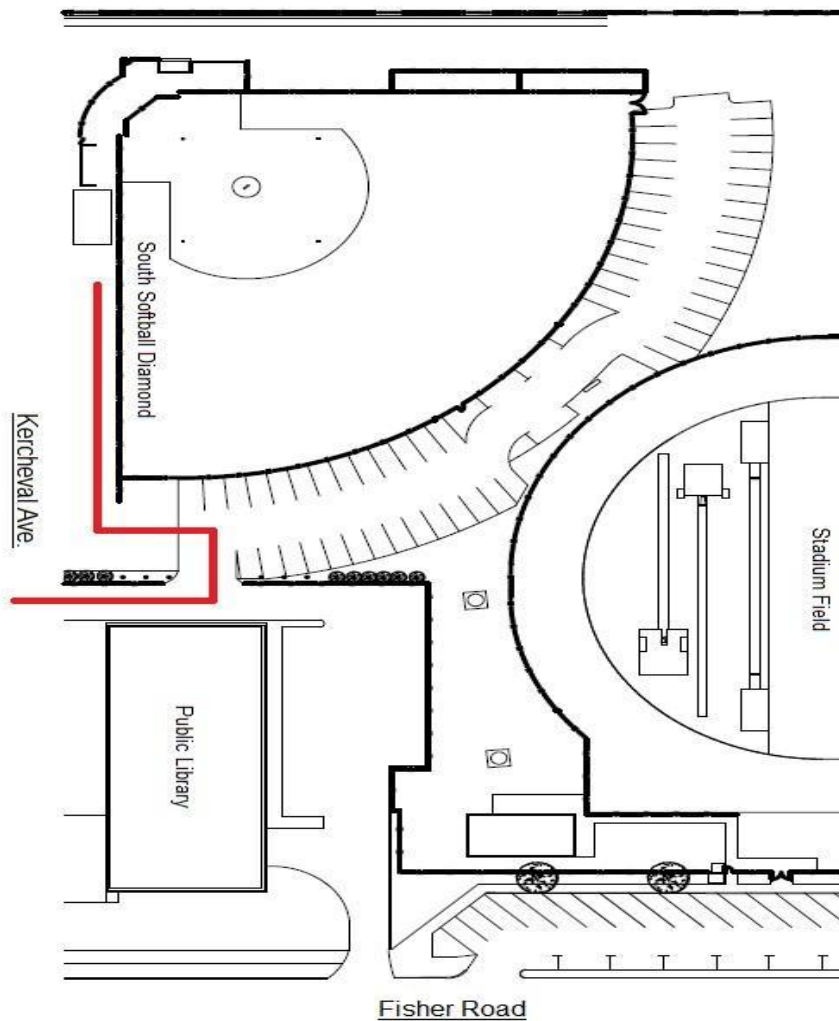
Grosse Pointe South High School Emergency Plan:

GPS Softball Diamond

10 Kercheval Grosse Pointe Farms, 48236

Venue Directions:

South Softball Diamond: The South Softball Diamond is located at the corner of Kercheval and McMillan. Ambulance is to enter library parking lot off of Kercheval and turn left.



Grosse Pointe South Emergency Plan: **Elworthy Field**

17150 Waterloo Grosse Pointe, 48230

Venue Directions:



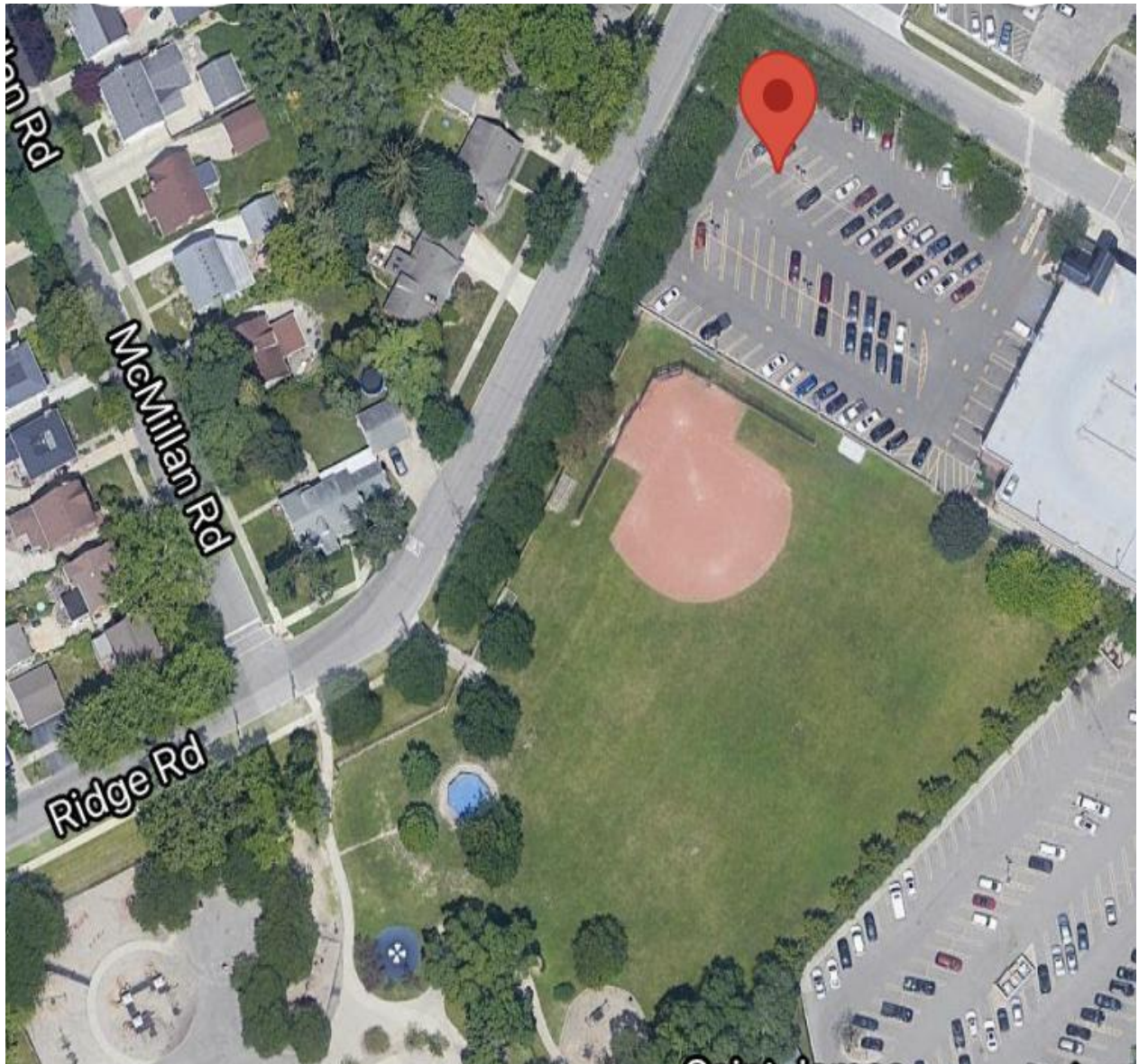
Elworthy Field: The baseball diamond is located at the corner of Neff Rd. and Charlevoix St. The tennis courts are located at the corner of Neff Rd. and Waterloo St.

Grosse Pointe South High School Emergency Plan:
Messner Field

176 McKinley Grosse Pointe, 48230

Venue Directions:

Messner Field: Take Kercheval to McMillian. Head West on McMillian. McMillian will dead end and the field is located on the right side.



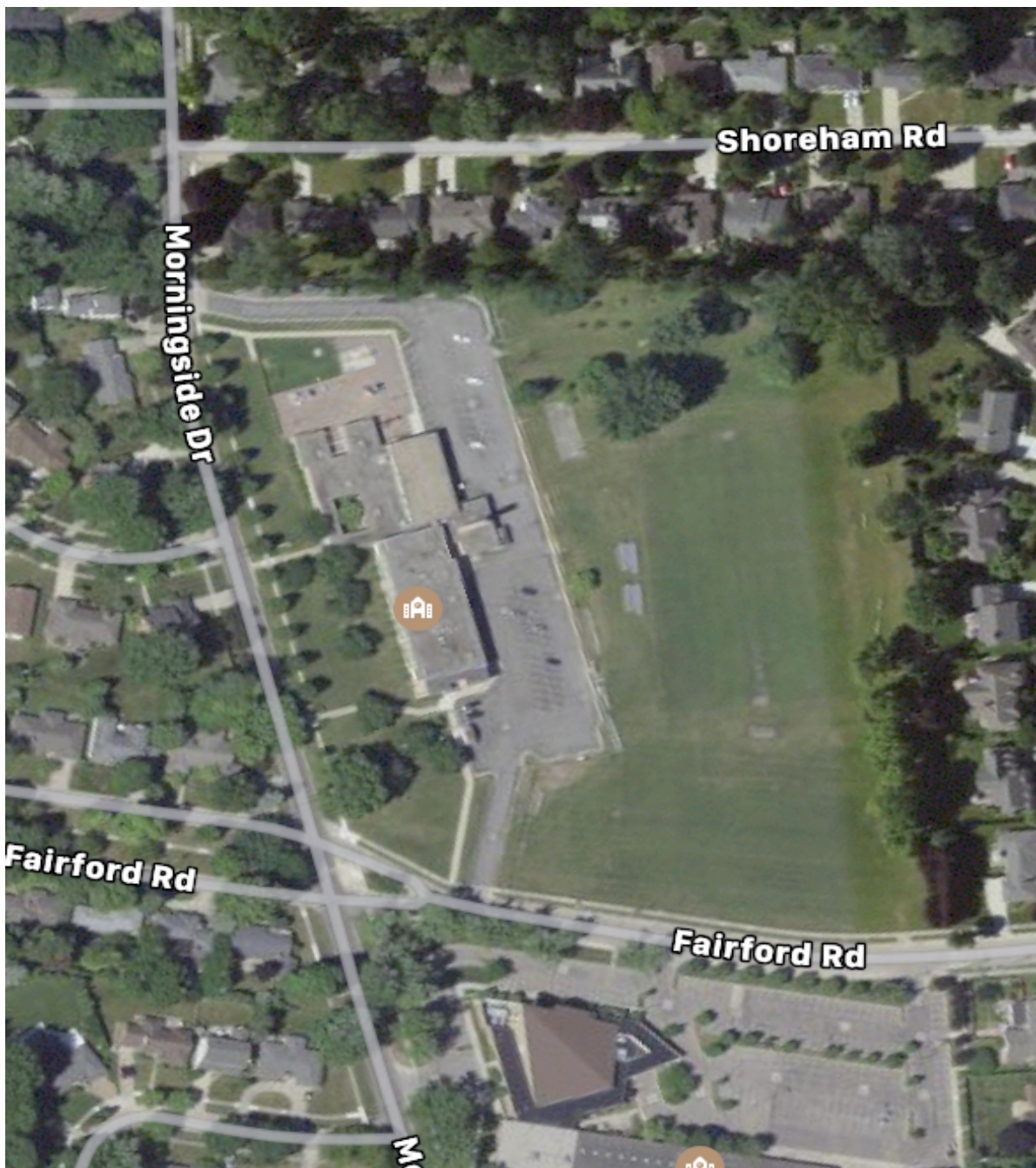
Grosse Pointe South High School Emergency Plan:

Barnes Field

20090 Morningside, Grosse Pointe Woods 48236

Venue Directions:

Barnes Field: Field is located behind school at the corner of Morningside Dr. and Fairford Rd. Turn into school parking lot.



GROSSE POINTE SOUTH



ATHLETICS

BASIC INJURY MANAGEMENT FOR COACHES

Introduction

Getting Hurt on the Field

If an athlete is injured on the field, no matter what type, **he/she should never be moved** if a head or neck injury is suspected. If the injured athlete has a head or spinal injury and is moved, the vertebrae can shift and sever the spinal cord. A severed spinal cord can mean permanent paralysis for that athlete. Thus, you should **never move an injured athlete!** In the case of football, wrestling, and home basketball games, an athletic trainer will always be present. At other sporting events, however, it will be necessary for the coach to evaluate the injury and use a "common sense" approach to whether or not it will be necessary to call for an ambulance.

When in doubt, dial 9-1-1.

Travel Bags for Coaches

The athletic trainers will supply a first aid kit/bag to all sport teams that do not have an athletic trainer scheduled to travel with them at the coach's request. Coaches should bring in their own bag. Supplies are limited. Coaches should not tape athletes who aren't getting taped daily by athletic trainers. You are always welcome to buy your own tape.

Injury Privacy and the Law

The Health Insurance Portability and Accountability Act (HIPAA) prohibits any dissemination of medical information to non-authorized parties. Administrators, coaches, and sports medicine personnel should never release any information about an athlete's injury or condition to any person without expressed consent of the athlete's parent.

Contacting the Athletic Trainer

Cam Mills, MS, LAT, ATC
Cell: 231-357-7177
TRAINING ROOM PHONE: 313-432-3581

Jordan Peltier, MS, LAT, ATC

Cell: 586-246-1980
TRAINING ROOM PHONE: 313-432-3581

Additional Sports Medicine Team Members

TEAM DOCTOR

Dr. Mark Bergin, MD
St. Clair Orthopaedics and Sports Medicine
23829 Little Mack Suite 100
St. Clair Shores, MI 48080
Telephone: 586.773.1300

SUDDEN CARDIAC ARREST

Recognizing SCA:

SCA is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain and other vital organs. SCA usually causes death if it's not treated within minutes. Symptoms of SCA include dizziness, feeling faint and losing consciousness. All VARSITY head coaches are CPR certified.

Treatment:

1. Check to ensure scene is safe.
2. Call 911 or instruct someone to call.
3. Send for someone to grab the AED.
4. Begin chest compressions.
5. Send someone to meet the ambulance at the access point
6. Prepare/apply AED
7. Transport victim and contact family.
8. Contact AD and athletic trainer.

BONE INJURIES

Recognizing Fractures:

An open fracture will typically be self-evident due to the exposed bone. The following clues suggest you are dealing with a closed fracture:

- The athlete felt a bone break or heard a "snap";
- The athlete feels a grating sensation when he/she moves a limb;
- One limb appears to be a different length, shape or size than the other, or is improperly angulated;
- Reddening of the skin around a fracture shortly after the injury is sustained;
- Inability to move a limb or part of a limb (e.g., the arm, but not the fingers), or the movement produces intense pain;
- Loss of a pulse at the end of the extremity;
- Loss of sensation at the end of the extremity;
- Numbness or tingling sensations;
- Involuntary muscle spasms;
- Other unusual pain, such as intense pain in the rib cage when a patient takes a deep breath or coughs.

Applying Ice To A Fracture Can Increase Throbbing Sensation...

CONCUSSIONS

Recognizing Concussion

Concussions do not always involve a loss of consciousness. ANY traumatic blow to the head or to another part of the body that causes a whiplash effect is considered a mechanism of injury for concussions. While headache is the most common symptom of concussion, each individual will experience a concussion differently. Therefore, all of the potential signs and symptoms of a concussion should be considered. A symptom checklist can assist the evaluator in making a more objective return to play decision.

If a player sustains any signs or symptoms of a concussion, he/she must be removed from play. Only an athletic trainer or a physician may clear the athlete to return to play.

Concussion Signs and Symptoms

Amnesia Loss of orientation Balance problems Memory problems “Bell rung” Nausea Dazed or Confused Nervousness Depression Numbness or tingling Double vision	Poor concentration Easily distracted Personality changes “Glassy Eyed” Excessive sleep Ringing in the ears Fatigue Sadness Feeling “in a fog” Seeing “stars”	Sensitivity to light Headache Sluggishness Inappropriate emotions change in personality Sensitivity to noise Irritability sleep disturbance Loss of consciousness Vacant stare Vomiting
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Drowsiness	Feeling “slowed down”	
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Baseline Cognitive Testing

At Grosse Pointe South High School, the athletic trainer performs baseline neurological testing on all collision sport athletes prior to the start of the season. When an athlete sustains a concussion, the involved athlete will repeat the testing and the scores will be compared to those of the baseline test. This provides for more objective return to play decision-making.



Coaches need to know that research indicates that high school aged athletes take from 7-15 days to fully recover from a Grade 1, or mild, concussion. Returning the athlete to play too soon following even a mild concussion can lead to death.

ENVIRONMENTAL

Exertional Heat Illnesses (EHI)

Background

The risk of EHI is ever present during exercise in the heat, but can also occur in “normal” environmental conditions. When core body temperature increases, the body produces sweat that must evaporate in order to cool the athlete. As heat and humidity rise sweat is unable to evaporate, resulting in a dangerous rise in body temperature.

Prevention

1. Individuals should be acclimatized to the heat gradually over 7-14 days.
2. Athletes who are currently sick with a viral infection, fever, or serious skin rash should not participate until the condition is resolved.
3. Individuals should maintain hydration and appropriately replace fluids lost during practices and games.
4. Players should have free access to readily available fluids at all times.
5. Individuals who may be particularly susceptible to EHI must be identified and closely monitored during stressful environmental conditions.
6. Emergency supplies and equipment (eg, tubs for cold-water immersion) should be on site, easily accessible, and in good working order to allow for immediate intervention and treatment if needed.
7. To anticipate potential problems, the *National Collegiate Athletic Association heat-acclimatization guidelines* are to be followed by all football teams.

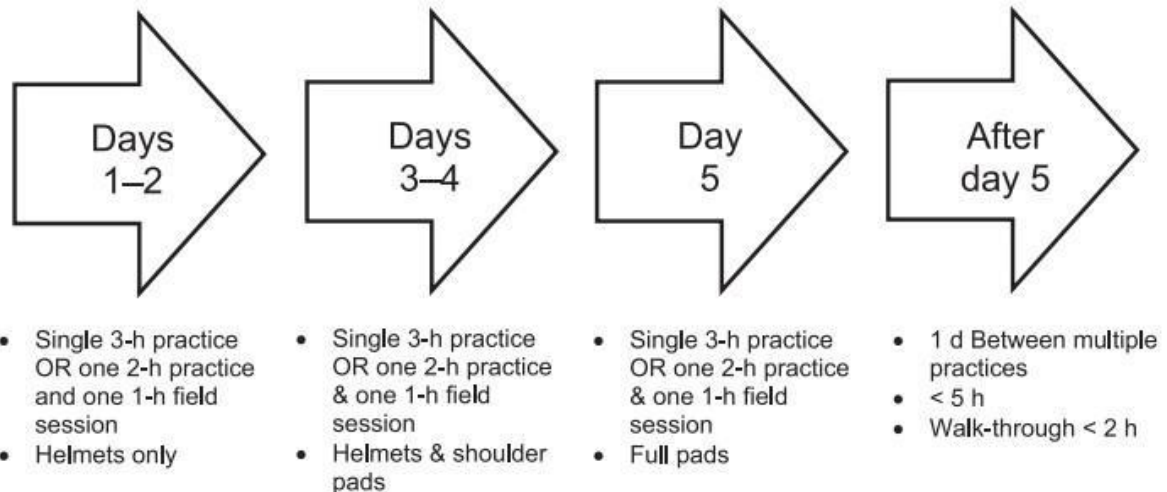


Figure 1. National Collegiate Athletic Association heat-acclimatization guidelines.

If a practice or contest needs to be altered to be compliant with MHSAA heat policy the athletic director or athletic trainer will contact your team. If you suspect heat may cause injury to a student athlete, you should contact the athletic office for guidance and **ALWAYS** put the student athlete's health first! Refer to the next page for best practices for limiting risk of heat illness.

HEAT POLICY: WBGT/ KESTREL

Grosse Pointe South High School falls under Region Category 2. The chart below is to be used while reading the orange Kestrel unit which is the gold standard for measuring Wet Bulb Globe Temperature (WBGT).

ALERT LEVEL	WBGT BY REGION (°F)			EVENT CONDITIONS	RECOMMENDED WORK TO REST RATIOS (ACTIONS & BREAKS)
	CAT 1	CAT 2	CAT 3		
BLACK	>86.2°	>89.8°	>92.0°	Extreme Conditions	No Outdoor Training, delay training until cooler, or Cancel Training.
RED	84.2-86.1°	87.8-89.7°	90.1-91.9°	High Risk for Heat Related Illness	Maximum of 1 hour of training with 4 by 4 minute breaks within the hour. No additional conditioning allowed.
ORANGE	81.1-84.1°	84.7-87.7°	87.1-90.0°	Moderate Risk for Heat Related Illness	Maximum of 2 hours of training with 4 by 4 minute breaks each hour, OR a 10 minute break every 30 minutes of training.
YELLOW	76.3-81.0°	79.9-84.6°	82.2-87.0°	Less than Ideal Conditions	3 Separate 4 minute breaks each hour, OR a 12 minute break every 40 minutes of training
GREEN	<76.1°	<79.8°	<82.1°	Good Conditions	Normal Activities. 3 Separate 3 minute breaks each hour of training, OR a 10 minute break every 40 minutes

HEAT POLICY: HEAT INDEX

When the Kestrel unit is unavailable and utilizing the Red Heat Index Wand, utilize the Heat Index from the MHSAA below.

