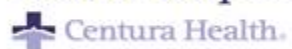




# **FALCON HIGH SCHOOL**

## **SPORTS MEDICINE POLICIES AND PROCEDURES**

Centura Sports Medicine



# TABLE OF CONTENT

PURPOSE.....	1
MISSION STATEMENT.....	1
ATHLETIC TRAINING DESCRIPTION .....	1
CONTACT INFORMATION.....	1
ACCESSING ATHLETIC TRAINING FACILITY.....	1
HOURS.....	2
FACILITY USAGE .....	2
VISITING TEAMS.....	2
EMERGENCY DEPARTMENT AND URGENT CARE.....	2
URGENT CARE V. EMERGENCY DEPARTMENT .....	2
NEARBY EMERGENCY ROOM .....	3
NEARBY URGENT CARE .....	3
BUMPS AND BRUISES CLINIC .....	4
PRE-PARTICIPATION REQUIREMENTS.....	4
BASELINE CONCUSSION TESTS .....	4
HEALTHY ROSTER .....	4
CREATING AN ACCOUNT.....	5
REPORTING INJURIES .....	5
MESSENGER FEATURE.....	7
MEDICAL CLEARANCE NOTES .....	8
CONCUSSION PROTOCOLS .....	8
WHAT IS A CONCUSSION?.....	8
CONCUSSION MANAGEMENT PROTOCOL .....	9
RETURN TO ACTIVITY PROGRESSION.....	9
FIRST AID KITS.....	10
EMERGENCY ACTION PLANS (EAPS).....	10
SOFTBALL FIELD EMERGENCY ACTION PLAN .....	11
FOOTBALL STADIUM AND TRACK EMERGENCY ACTION PLAN .....	13
BASEBALL FIELD EMERGENCY ACTION PLAN .....	15
TENNIS COURTS EMERGENCY ACTION PLAN .....	17
MAIN GYM EMERGENCY ACTION PLAN.....	19
RISK MANAGEMENT POLICIES AND PROCEDURES .....	21
ANAPHYLAXIS .....	23
BLOOD BORNE PATHOGEN (BBP) EXPOSURE.....	24

CERVICAL SPINE MANAGEMENT .....	26
COLD ILLNESS MANAGEMENT.....	27
HOT WEATHER SAFETY AND HEAT-RELATED ILLNESSES .....	29
LIGHTNING SAFETY AND STRIKE MANAGEMENT.....	30
COVID PROTOCOLS .....	31
ATHLETIC TRAINING FACILITY.....	31
EXPOSURE .....	31
DUTY TO REPORT .....	31
QUARANTINE .....	32
CARDIOPULMONARY CONSIDERATIONS DURING COVID-19 PANDEMIC .....	32

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## PURPOSE

The Falcon High School Sports Medicine Policies and Procedures have been established to create a safe environment for all Falcon student-athletes, coaches, and spectators. The following document includes athletic training facility standard operating procedures, contact information, and venue specific emergency action plans. Falcon athletes and personnel are recommended to review policies and procedures annually.

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## MISSION STATEMENT

The Falcon High School Sports Medicine Facility provides athletic training services including prevention, evaluation, treatment and rehabilitation of emergent, acute, or chronic injuries and medical conditions. Our mission is to provide the highest quality of care to Falcon High School student-athletes and personnel by prioritizing their health and safety through best practices and evidence-based practice.

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## ATHLETIC TRAINING DESCRIPTION

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

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## CONTACT INFORMATION

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Athletic Director/Assistant Principal

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Office: 719-495-5536

### **Christina Lorete, LAT, MSAT, ATC**

Athletic Trainer

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School Nurse

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Office: 719-495-5538

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## ACCESSING ATHLETIC TRAINING FACILITY

### LOCATION

The Falcon High School Athletic Training Facility is located in the Athletics wing of the building, across from the Auxiliary Gym.

## HOURS

During regular business hours, the Athletic Training Facility will be available to FHS student-athletes starting at 1:00pm Monday-Friday, August to May. Closing hours will vary according to in-season sport practices and events. Summer hours will vary according to practice and camp schedules. All hours are subject to change according to FHS practices, games, events and district closures/holidays. To contact the FHS Athletic Trainer outside of operational hours, utilize the Healthy Roster messenger feature.

## FACILITY USAGE

The FHS Athletic Training Facility is a health care facility where student-athletes can receive care for injuries and medical conditions. In order to maintain cleanliness of the facility and to protect personal health information, all FHS student-athletes and personnel are required to adhere by the following facility rules:

- No cleats are permitted into facility.
- Use of cell phones including picture taking is prohibited within facility.
- Student-athletes will wait in the hallway, if the facility has reached max occupancy.
- Wipe down equipment after use.
- Removal of any equipment from facility must be approved by Athletic Trainer prior to removal

## VISITING TEAMS

Athletic Training services will be provided to all visiting teams during FHS home events and competitions. Visiting teams are permitted to utilize the Athletic Training Facility under the supervision of the Athletic Trainer. Injuries sustained by visiting team Club participants requiring additional follow-up care by a healthcare provider will be reported to the visiting team's Athletic Trainer and/or Athletic Director.

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## EMERGENCY DEPARTMENT AND URGENT CARE

### URGENT CARE V. EMERGENCY DEPARTMENT

Urgent Care should be utilized for injuries or illnesses that do not appear to be serious or life-threatening but cannot wait until the morning. Urgent Care facilities are usually not open 24 hours, whereas Emergency Departments are open 24/7. Emergency Departments are for injuries and illnesses with life threatening needs. Refer to the chart below to determine whether a visit to Urgent Care or the Emergency Department is the most appropriate:

Condition	Urgent Care	Emergency Department
Allergies	X	
Animal bites		X
Asthma attack (minor)	X	
Asthma attack (severe)		X
Bleeding that won't stop		X
Broken bone (not bent)	X	
Broken bone (bent, curved, or looks deformed)		X
Bronchitis	X	
Burn (minor)	X	

Burn (severe)		<b>X</b>
Cold	<b>X</b>	
Cut (minor)	<b>X</b>	
Cut (severe)		<b>X</b>
Dehydration	<b>X</b>	
Diarrhea	<b>X</b>	
Dizziness	<b>X</b>	
Earache/Ear Infection	<b>X</b>	
Fainting		<b>X</b>
Fever	<b>X</b>	
Headache	<b>X</b>	
Head Injury/Concussion (minor and without loss of consciousness)	<b>X</b>	
Head injury/Concussion (with loss of consciousness or from extreme impact)		<b>X</b>
Insect bite	<b>X</b>	
Mental health concerns		<b>X</b>
Nausea	<b>X</b>	
Pink Eye	<b>X</b>	
Pneumonia		<b>X</b>
Poisoning		<b>X</b>
Rash	<b>X</b>	
Seizure		<b>X</b>
Sore throat	<b>X</b>	
Sprain or strain	<b>X</b>	
Stitches (minor without sedation)	<b>X</b>	
Stitches (deep wound or needing sedation)		<b>X</b>
Stomach pain (mild)	<b>X</b>	
Stomach pain (severe)		<b>X</b>
Swallowed object		<b>X</b>
Trouble breathing		<b>X</b>
Ultrasound, CT scan, or MRI		<b>X</b>
Urinary infection	<b>X</b>	

#### NEARBY EMERGENCY ROOM

1. **St. Francis Medical Center**  
6001 E Woodmen Rd.  
Colorado Springs, CO 80923
2. **UCHealth Memorial Hospital Central**  
1400 E Boulder St.  
Colorado Springs, CO 80909

#### NEARBY URGENT CARE

1. **UCHealth Urgent Care – Falcon**  
11605 Meridian Market View #184  
Falcon, CO 80831

2. Falcon Urgent Care  
7475 McLaughlin Rd.  
Peyton, CO 80831

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## BUMPS AND BRUISES CLINIC

Centura Orthopedics' Bumps and Bruises Clinic is a service provided to all Falcon High School student-athletes. This service includes expedited, typically within 24-48 hour visits, with our network of Orthopedic Physicians for evaluation and diagnostic imaging. All Bumps and Bruises appointments must be coordinated by the FHS Athletic Trainer. If the Athletic Trainer determines the athlete needs to be seen in the Bumps and Bruises Clinic to assess the extent of an injury, Centura Orthopedics will contact the athlete or athlete's parents/guardian if under 18 to schedule the appointment.

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## PRE-PARTICIPATION REQUIREMENTS

### PRE-PARTICIPATION EXAMINATION (PPE)/PHYSICALS

All new and returning student-athletes must undergo a Pre-Participation Examination (PPE)/Physical prior to any form of participation in their chosen sport(s). These activities may include but are not limited to – tryouts, strength and conditioning activities, and off-season practices. PPEs can be complete by the athlete's Primary Care Physician or at the beginning of the Fall season through appointments offered by the Centura Health Sports Medicine Team. All PPEs must be completed using the CHSAA Physical form which can be found on the Falcon High School Athletics website.

### BASELINE CONCUSSION TESTS

Baseline concussion testing for all student-athletes is considered best practices prior to the start of the athlete's season. Testing will be administered annually. Falcon High School Sports Medicine utilizes XLNTBrain, a computerized neurocognitive tests that consists of reaction time, immediate and delayed memory testing, and a graded symptom score.

XLNT Brain allows student-athletes to take test from the comfort of their home using a laptop or desktop computer. Student-athletes are responsible for taking baseline test in a distraction free zone. This includes testing in a quiet area with restricted use of cell phone and/or other distractions. Student-athletes may be required to retest if scores are invalid or fall below a specific range.

Directions to create an XLNTBrain account and complete testing can be found on the Falcon High School Athletics website. Coaches are also advised to create an account as XLNTBrain provides concussion education that meets Colorado State requirements, allows coaches to track the status of their players during return to play progressions and allows coaches to view baseline and post-concussion test results. Directions for coaches to create an XLNT Brain account can also be found on the Falcon High School Athletics website.

See Concussion Management for use of XLNT Brain app during return to play progression.

### HEALTHY ROSTER

All FHS student-athletes and coaches are strongly encouraged to download the Healthy Roster Mobile App to their smartphone or utilize the Healthy Roster website on their desktop computer. Healthy Roster is a free program to all FHS student-athletes and coaches. Healthy Roster is an electronic medical record (EMR) system that is a Health Insurance Portability and Accountability Act (HIPAA) Compliant medium for participants to

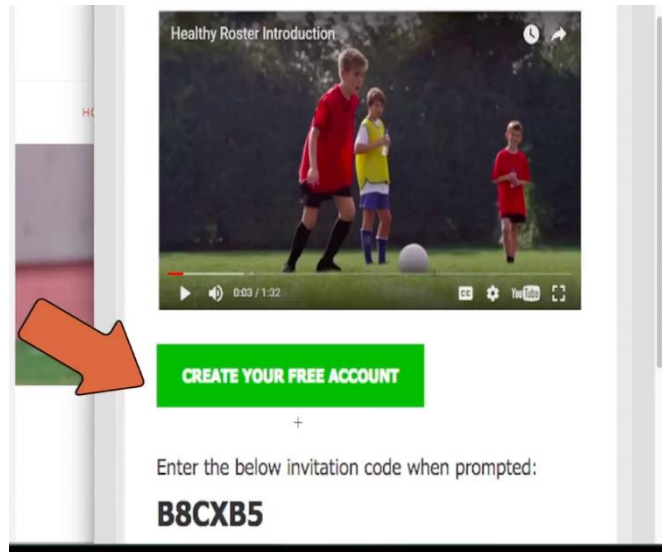
contact the Athletic Trainer outside operating hours, track injuries and view participation status, upload medical documentation, and receive updates throughout the season.

All student-athletes will receive access via an automated e-mail from Healthy Roster at the start of their season. Student-athletes and their parent/guardian are responsible for downloading the Healthy Roster app and inputting access code to complete registration of their account.

Coaches will receive access to Healthy Roster at the start of the season to their desired e-mail address. Coaches may also utilize Healthy Roster to view emergency contact information of each athlete. Contact the Athletic Trainer if you do not receive an access code.

#### CREATING AN ACCOUNT

1. An automated e-mail will be sent to the e-mail provided on your Planet HS account within 24 hours of completing online registration and wavier.  
*\*If you did not receive an e-mail, check you Spam mailbox. Contact the Athletic Trainer if e-mail is not received.*
2. Open e-mail from Healthy Roster and select 'Create Your Free Account'



3. Download  app if you are using smartphone
4. Enter invitation code
5. Create security questions and password

You will now be able to utilize all Healthy Roster features.

All injuries sustained during Falcon High School Athletics participation, must be reported to the Athletic Trainer. All injuries evaluated by the Athletic Trainer will be documented within Healthy Roster. Coaches, student-athletes, and parents will utilize Healthy Roster to check the status of players on their roster.

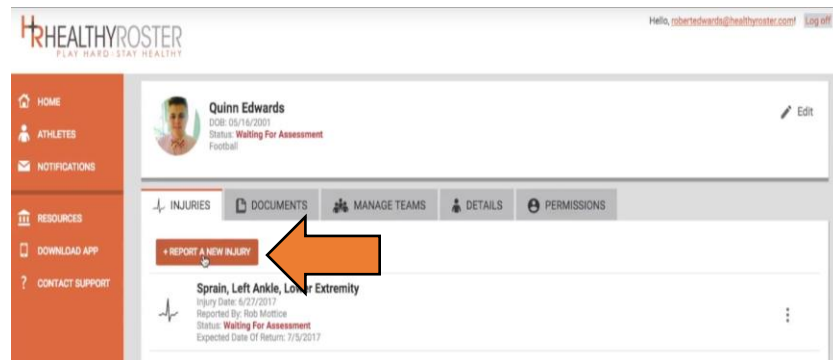
#### REPORTING INJURIES

Using the desktop version:



Student-athletes, coaches, and parents may also report injuries on Healthy Roster when the Athletic Trainer is not on-site.

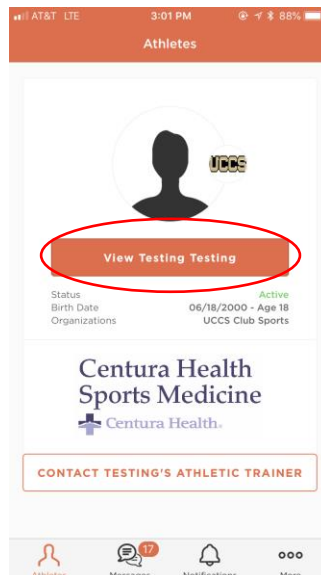
1. Select 'Injuries' tab.
2. Select 'Report New Injury'



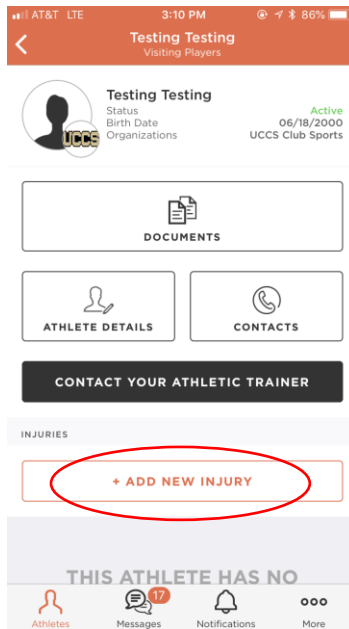
3. Select drop down choices including affected area, body part, injury or condition, side, and date of injury
4. Select 'Waiting for Assessment' under Player Status until injury has been evaluated by the Athletic Trainer
5. Attached any pictures or documentation using the 'Add Attachment' button
6. The Athletic Trainer will receive all information immediately and will contact athlete with an appointment time

Using the mobile app:

1. Select View 'Athlete's Name'



2. Select Add New Injury



3. Select drop down choices including affected area, body part, injury or condition, side, and date of injury
4. Select 'Waiting for Assessment' under Player Status until injury has been evaluated by the Athletic Trainer
5. Attach any pictures or documentation using the 'Add Attachment' button
6. Select Save
7. The Athletic Trainer will receive all information immediately and will contact athlete with an appointment time

#### MESSANGER FEATURE

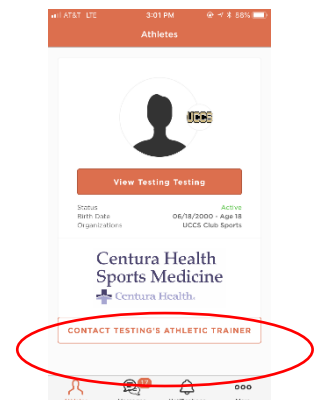
Utilizing the Healthy Roster app will allow student-athletes, parents, and coaches to direct message the Athletic Trainer. This feature can be used to schedule appointments, report cancellations/changes to appointments, and provide updates. *\*This feature can only be utilized in the mobile app*

#### To message the Club Sports Athletics Trainer:

1. Open Healthy Roster app on your smartphone
2. Select Contact 'Athlete's Name' Athletic Trainer
3. Input your message and select Send
4. If you would like to include a picture or attachment, select the three dots to the left of the text box

The following video provides more information about utilizing Healthy Roster and is recommended to be viewed by all Club participants, coaches, and involved parties:

[https://youtu.be/uHSyc84\\_cYo](https://youtu.be/uHSyc84_cYo)



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## MEDICAL CLEARANCE NOTES

Any injury and/or illnesses sustained by FHS student-athlete which requires any referral to a Physician will require a clearance note from the Physician's office. This applies to any illness/injury that are under the care of a Physician. All clearance notes must be submitted directly to Athletic Trainer or submitted via Healthy Roster. The following information should be included in the Physician's clearance note:

- Date of evaluation
- Body part evaluated and diagnosis
- State any restrictions, limitations, and/or date of return to participation.
- Signature and stamp of Physician

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## CONCUSSION PROTOCOLS

### WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury – or TBI – caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells (Center for Disease Control and Prevention).

The signs and symptoms of a TBI or concussion may include:

Signs	Symptoms
• Disorientation, confusion	• Headache
• Retrograde/anterograde amnesia	• Nausea
• Loss of consciousness	• Balance issues/dizziness
• Automatism	• Tinnitus (ringing in the ears)
• Unequal pupil size	• Diplopia (double vision)
• Combativeness	• Blurred vision
• Slowness to answer questions	• Trouble sleeping
• Loss of balance	• Trouble concentrating
• Atypical behavior/personality changes	• Memory issue
• Vacant stare	• Irritability, sadness
• Nystagmus	• Sensitivity to light or noise

Immediate referral may be necessary to ensure proper care of the athlete. The following symptoms are considered **red flags** and are indicative of more serious injuries to the brain. IF any of the following signs/symptoms are present, immediately refer the athlete to the Emergency Room.

- Continual vomiting
- Deterioration of neurological function
- Decreased level of consciousness
- Decreased or irregular respirations or pulse
- Unequal, dilated, or unreactive pupils
- Seizure activity
- Spine or skull fracture (cerebrospinal fluid from nose or eyes) or bleeding

- Mental status change (lethargy, confusion, agitation)

#### CONCUSSION MANAGEMENT PROTOCOL

Any athlete with a suspected concussion must be removed from play for a minimum of **24 hours**. The Athletic Trainer will evaluate the athlete utilizing XLNTBrain and/or SCAT-5 which consists of graded symptom scale, Glasgow Coma Scale (GCS), the Maddocks Score, Standard assessment of Concussion (SAC), immediate memory, concentration, delayed recall, coordination, and the Baseline Error Scoring System (BESS). When a concussion is sustained, these tests in conjunction with XLNT brain will be utilized to determine the athlete's ability to begin return-to play progression. Continued monitoring of an athlete is necessary in order to observe any deterioration of physical or mental status. Athletes with prolonged symptoms or unimprovement of symptoms will be recommended for referral to Concussion Specialist and/or Neurologist.

#### RETURN TO LEARN PROGRESSION

Students will be referred to the Falcon High School Nurse for evaluation and recommendations for returning to classroom activities. Students experiencing prolonged symptoms and/or difficulty completing academic responsibilities may be referred to the Brain Steps program. Brain Steps will provide student with one-on-one counseling with a district counselor trained in return-to-learn after traumatic brain injury. FHS administrators, teachers, nurses, and the athletic trainer will work in collaboration to assist student in transitioning back to academics.

#### RETURN TO ACTIVITY PROGRESSION

Return to play following a concussion should follow a graded return to play protocol. This protocol should consist of 6 stages and take 5-7 days to complete (if there is no recurrence of symptoms). The graded return to play protocol should begin once the athlete has a cessation of symptoms for at least 24 hours. An athlete must be largely free of concussion related symptoms before initiating the graduated return to play protocol. The goal of the return to play protocol is to progressively increase the duration and intensity of exercise to ensure that there is no return of symptoms with physical exertion. The table below is an example of a 6-stage return to play protocol.

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation
Day 1: No activity	Complete physical and cognitive rest
Day 2: Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity <70%; No resistance training
Day 3: Sport-specific exercise	(Ex.) Skating skills in hockey, running drills in soccer, dribbling drills in basketball; No head impact activity
Day 4: Non-contact training drills	Progression to more complex training drills (Ex.) Passing drills in football or ice hockey
Day 5: Full-contact practice	Following medical clearance from qualified healthcare provider, athlete may participate in normal training activities
Day 6: Return to Play	Normal game play

If at any point during the return to play protocol the athlete experiences a return of any symptoms, that stage should be terminated and the athlete should regress to the previous asymptomatic stage the following day and then work forward.

If an athlete experiences an increase in symptoms with the increased cognitive stress associated with school, the athlete may be considered for academic accommodations, which may include:

- Reduced workload
- Extended test-taking times
- Shortened school day

The athlete will be referred to the Falcon High School nurse to initiate return to learn progressions.

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#### FIRST AID KITS

Coaches are responsible for checking-out a First Aid Kit at the beginning of their season. First Aid kits should be present at all practices, competitions, and events. Coaches should contact the Athletic Trainer if their First Aid kit needs additional items to be restocked. Venue specific Emergency Action Plans and a list of emergency contact information of each athlete will also be included within the First Aid Kit.

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#### EMERGENCY ACTION PLANS (EAPS)

Emergency preparedness is essential to deliver an effective and timely response during accidents and natural disasters. All coaches and FHS administration must understand the Emergency Action Plan for each venue in which they are utilizing and be capable of activating EAP even if medical personnel is not present:

# SOFTBALL FIELD EMERGENCY ACTION PLAN

**Emergency Personnel:** In most emergency situations, the Athletic Trainer is on-site for all competitive events, however if not accessible within a timely manner any Coach or Falcon High School personnel with first responder training that has been trained in First Aid and CPR/AED by a nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

**Emergency Communication:** Cellular Phone

## **Role of First Responders:**

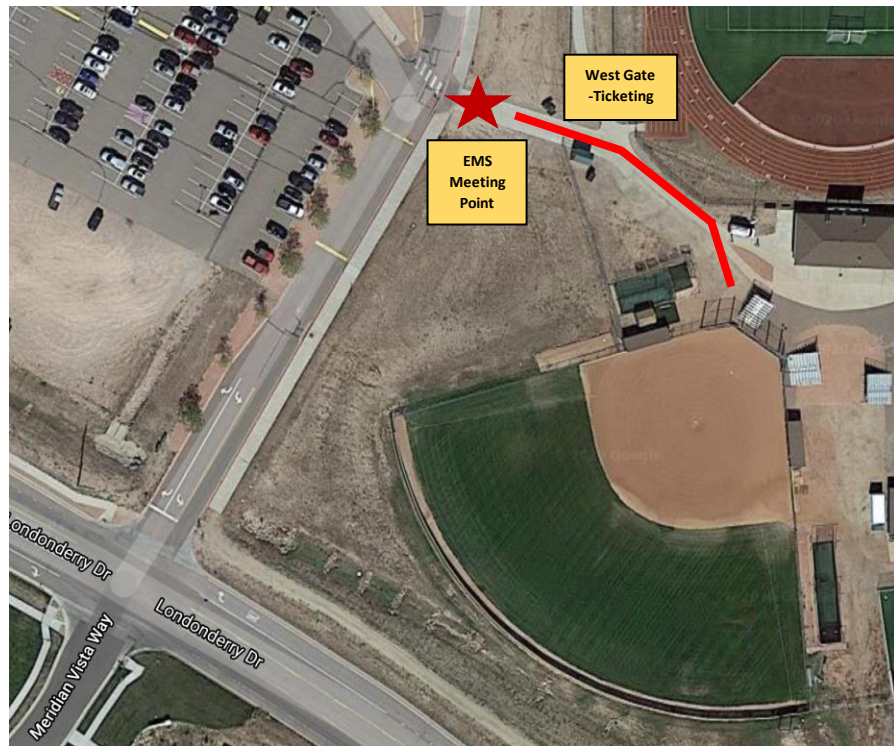
1. **First Responder** (Most medically qualified person)
  - Evaluate injury:
    - Determine the nature and severity of the injury
    - Provide appropriate medical aid
    - Calm and reassure the athlete (Never leave injured athlete/person alone)
    - Assign the roles 2-5 to bystanders, coaches, parents, and student-athletes
2. **Emergency Medical Assistance Contact** (Coach, parent, bystander)
  - Using cellular device, call appropriate medical assistance:
    - For non-emergencies contact Athletic Trainer: 719-722-5614
    - For emergencies (LOC, major injuries, safety at risk, etc.) contact EMS: 911

### **Call 911 from cellular phone. Caller will state:**

"Hello, my name is **NAME** I am calling from the Falcon High School Softball Field. We have a person who has suffered from a possible **TYPE OF INJURY (head, neck, leg, etc.)**. The person is **STATE LEVEL OF CONSCIOUSNESS (unconscious/conscious)**. **FIRST AID TREATMENT (CPR/bleeding control, etc.)** is currently being rendered. We need an ambulance to the **SOFTBALL FIELD AT FALCON HIGH SCHOOL, 10255 LAMBERT RD., PEYTON CO.** The Emergency Vehicle should enter the field via the **WEST GATE BY TICKETING THEN THROUGH DUGOUT GATE**. Someone will meet the EMS at the **SIDEWALK OF THE ATHLETIC EVENTS ENTRANCE.**" *\*Be the last to hang up the phone\**

3. **Equipment retrieval** (Coach, bystander, athlete)
  - Equipment: Located on home bench if Athletic Trainer is present.
    - AED – orange box located on Home bench; If AT not on-site, additional AED located on 2<sup>nd</sup> shelf in storage garage
    - Splints – yellow bag on Home bench if AT is on-site
4. **Scene Controller** (Coach, parent, FHS faculty)
  - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury
5. **Emergency Vehicle Escort** (Nearby responsible person)
  - Go to designated location to flag down EMS (sidewalk of Athletics Events entrance)
  - Direct EMS to injury site
6. **First Responder:**
  - Explain nature and severity of injury to EMS personnel upon arrival
  - Release athlete to EMS, if necessary, for transport

**Venue Directions:** The Falcon High School Softball Field is the first field on your right when entering through the Athletics Event Entrance. Walk east on the sidewalk towards the Concession stand. Entrance to the field can be accessed via the gates beside the Home and Visiting dugouts.



### **Storm Safety Location and Severe Weather Protocol**

In the event of lightning or a severe storm, our lightning alert system, Earthworks, will sound an audible continuous siren. When the siren sounds, this means a warning has been issued and lightning has been detected within 10-miles of the facility. All student-athletes, coaches, officials, and spectators should be directed off the field and bleachers and into a safe shelter or their personal vehicle. Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient.

Thirty minutes must pass, with no occurrence of lightning within the 10-mile radius, before activity can resume. If another strike is heard within the 10-mile radius, the thirty minutes wait time will start over. Earthworks will sound an additional audible siren when the 30-minutes have passed, and it is safe to resume activity.

FHS coaches and staff may also utilize additional resources such as the Earthworks website and WeatherBug.

Earthworks: <https://oas.earthnetworks.com/widget/ResOASWidget.html?widgetId=75e1a8c8-9e8e-4745-a985-3f84c0d6fd0f>

# FOOTBALL STADIUM AND TRACK EMERGENCY ACTION PLAN

**Emergency Personnel:** In most emergency situations, the Athletic Trainer is on-site for all competitive events, however if not accessible within a timely manner any Coach or Falcon High School personnel with first responder training that has been trained in First Aid and CPR/AED by a nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

**Emergency Communication:** Cellular Phone

## **Role of First Responders:**

7. **First Responder** (Most medically qualified person)
  - Evaluate injury:
    - Determine the nature and severity of the injury
    - Provide appropriate medical aid
    - Calm and reassure the athlete (Never leave injured athlete/person alone)
    - Assign the roles 2-5 to bystanders, coaches, parents, and student-athletes
8. **Emergency Medical Assistance Contact** (Coach, parent, bystander)
  - Using cellular device, call appropriate medical assistance:
    - For non-emergencies contact Athletic Trainer: 719-722-5614
    - For emergencies (LOC, major injuries, safety at risk, etc.) contact EMS: 911

### **Call 911 from cellular phone. Caller will state:**

"Hello, my name is **NAME** I am calling from the Falcon High School Football Stadium and Track. We have a person who has suffered from a possible **TYPE OF INJURY (head, neck, leg, etc)**. The person is **STATE LEVEL OF CONSCIOUSNESS (unconscious/conscious)**. **FIRST AID TREATMENT (CPR/bleeding control, etc.)** is currently being rendered. We need an ambulance to the **FOOTBALL STADIUM/TRACK AT FALCON HIGH SCHOOL, 10255 LAMBERT RD., PEYTON CO.** The Emergency Vehicle should enter the field via the **WEST GATE OF THE FOOTBALL STADIUM/TRACK (Indicate entrance point 1 – by Ticketing – or entrance point 2 – by garage)**. Someone will meet the EMS at the **SIDEWALK OF THE ATHLETIC EVENTS ENTRANCE.**" *\*Be the last to hang up the phone\**

9. **Equipment retrieval** (Coach, bystander, athlete)
  - Equipment: Located on home bench if Athletic Trainer is present.
    - AED – orange box located on Home bench; If AT not on-site, additional AED located on 2<sup>nd</sup> shelf in storage garage
    - Splints – yellow bag on Home bench if AT is on-site
10. **Scene Controller** (Coach, parent, FHS faculty)
  - Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury
11. **Emergency Vehicle Escort** (Nearby responsible person)
  - Go to designated location to flag down EMS (sidewalk of Athletics Events entrance)
  - Direct EMS to injury site
12. **First Responder:**
  - Explain nature and severity of injury to EMS personnel upon arrival
  - Release athlete to EMS, if necessary, for transport

**Venue Directions:** The Falcon High School Football Stadium and Track are the on your right, after the Softball field, when entering through the Athletics Event Entrance. Entrances can be found via the gates north of home bleachers and south of the home bleachers.





### **Storm Safety Location and Severe Weather Protocol**

In the event of lightning or a severe storm, our lightning alert system, Earthworks, will sound an audible continuous siren. When the siren sounds, this means a warning has been issued and lightning has been detected within 10-miles of the facility. All student-athletes, coaches, officials, and spectators should be directed off the field and bleachers and into a safe shelter or their personal vehicle. Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient.

Thirty minutes must pass, with no occurrence of lightning within the 10-mile radius, before activity can resume. If another strike is heard within the 10-mile radius, the thirty minutes wait time will start over. Earthworks will sound an additional audible siren when the 30-minutes have passed, and it is safe to resume activity.

FHS coaches and staff may also utilize additional resources such as the Earthworks website and WeatherBug.

Earthworks: <https://oas.earthnetworks.com/widget/ResOASWidget.html?widgetId=75e1a8c8-9e8e-4745-a985-3f84c0d6fd0f>

# BASEBALL FIELD EMERGENCY ACTION PLAN

**Emergency Personnel:** In most emergency situations, the Athletic Trainer is on-site for all competitive events, however if not accessible within a timely manner any Coach or Falcon High School personnel trained in First Aid and CPR/AED by a nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

**Emergency Communication:** Cellular Phone

## **Role of First Responders:**

### **13. First Responder** (Most medically qualified person)

- Evaluate injury:
  - Determine the nature and severity of the injury
  - Provide appropriate medical aid
  - Calm and reassure the athlete (Never leave injured athlete/person alone)
  - Assign the roles 2-5 to bystanders, coaches, parents, and student-athletes

### **14. Emergency Medical Assistance Contact** (Coach, parent, bystander)

- Using cellular device, call appropriate medical assistance:
  - For non-emergencies contact Athletic Trainer: 719-722-5614
  - For emergencies (LOC, major injuries, safety at risk, etc.) contact EMS: 911

### **Call 911 from cellular phone. Caller will state:**

"Hello, my name is **NAME** I am calling from the Falcon High School Baseball Field. We have a person who has suffered from a possible **TYPE OF INJURY (head, neck, leg, etc.)**. The person is **STATE LEVEL OF CONSCIOUSNESS (unconscious/conscious)**. **FIRST AID TREATMENT (CPR/bleeding control, etc.)** is currently being rendered. We need an ambulance to the **BASEBALL FIELD AT FALCON HIGH SCHOOL, 10255 LAMBERT RD., PEYTON CO.** The Emergency Vehicle should enter the field via the **WEST GATE BY TICKETING THEN THROUGH DUGOUT GATE**. Someone will meet the EMS at the **SIDEWALK OF THE ATHLETIC EVENTS ENTRANCE.**" *\*Be the last to hang up the phone\**

### **15. Equipment retrieval** (Coach, bystander, athlete)

- Equipment: Located on home bench if Athletic Trainer is present.
  - AED – orange box located on Home bench; If AT not on-site, additional AED located on 2<sup>nd</sup> shelf in storage garage
  - Splints – yellow bag on Home bench if AT is on-site

### **16. Scene Controller** (Coach, parent, FHS faculty)

- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

### **17. Emergency Vehicle Escort** (Nearby responsible person)

- Go to designated location to flag down EMS (sidewalk of Athletics Events entrance)
- Direct EMS to injury site

### **18. First Responder:**

- Explain nature and severity of injury to EMS personnel upon arrival
- Release athlete to EMS, if necessary, for transport

**Venue Directions:** The Falcon High School Baseball Field is the on your right, east of the Softball field, when entering through the Athletics Event Entrance. Entrance to the field can be accessed via the gates beside the Home and Visiting dugouts.



### **Storm Safety Location and Severe Weather Protocol**

In the event of lightning or a severe storm, our lightning alert system, Earthworks, will sound an audible continuous siren. When the siren sounds, this means a warning has been issued and lightning has been detected within 10-miles of the facility. All student-athletes, coaches, officials, and spectators should be directed off the field and bleachers and into a safe shelter or their personal vehicle. Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient.

Thirty minutes must pass, with no occurrence of lightning within the 10-mile radius, before activity can resume. If another strike is heard within the 10-mile radius, the thirty minutes wait time will start over. Earthworks will sound an additional audible siren when the 30-minutes have passed, and it is safe to resume activity.

FHS coaches and staff may also utilize additional resources such as the Earthworks website and WeatherBug.

Earthworks: <https://oas.earthnetworks.com/widget/ResOASWidget.html?widgetId=75e1a8c8-9e8e-4745-a985-3f84c0d6fd0f>

# TENNIS COURTS EMERGENCY ACTION PLAN

**Emergency Personnel:** In most emergency situations, the Athletic Trainer is on-site for all competitive events, however if not accessible within a timely manner any Coach or Falcon High School personnel with first responder training that has been trained in First Aid and CPR/AED by a nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

**Emergency Communication:** Cellular Phone

**Role of First Responders:**

19. **First Responder** (Most medically qualified person)

- Evaluate injury:
  - Determine the nature and severity of the injury
  - Provide appropriate medical aid
  - Calm and reassure the athlete (Never leave injured athlete/person alone)
  - Assign the roles 2-5 to bystanders, coaches, parents, and student-athletes

20. **Emergency Medical Assistance Contact** (Coach, parent, bystander)

- Using cellular device, call appropriate medical assistance:
  - For non-emergencies contact Athletic Trainer: 719-722-5614
  - For emergencies (LOC, major injuries, safety at risk, etc.) contact EMS: 911

**Call 911 from cellular phone. Caller will state:**

"Hello, my name is **NAME** I am calling from the Falcon High School Tennis Courts. We have a person who has suffered from a possible **TYPE OF INJURY (head, neck, leg, etc)**. The person is **STATE LEVEL OF CONSCIOUSNESS (unconscious/conscious)**. **FIRST AID TREATMENT (CPR/bleeding control, etc.)** is currently being rendered. We need an ambulance to the **TENNIS COURTS AT FALCON HIGH SCHOOL, 10255 LAMBERT RD., PEYTON CO.** The Emergency Vehicle should enter the courts via the **NORTH END OF THE ATHLETICS EVENTS PARKING LOT**. Someone will meet the EMS at the **SIDEWALK NEAR THE TENNIS COURTS.**" *\*Be the last to hang up the phone\**

21. **Equipment retrieval** (Coach, bystander, athlete)

- Equipment: Located on home bench if Athletic Trainer is present.
  - AED – orange box located on Home bench; If AT not on-site, additional AED located on 2<sup>nd</sup> shelf in storage garage
  - Splints – yellow bag on Home bench if AT is on-site

22. **Scene Controller** (Coach, parent, FHS faculty)

- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

23. **Emergency Vehicle Escort** (Nearby responsible person)

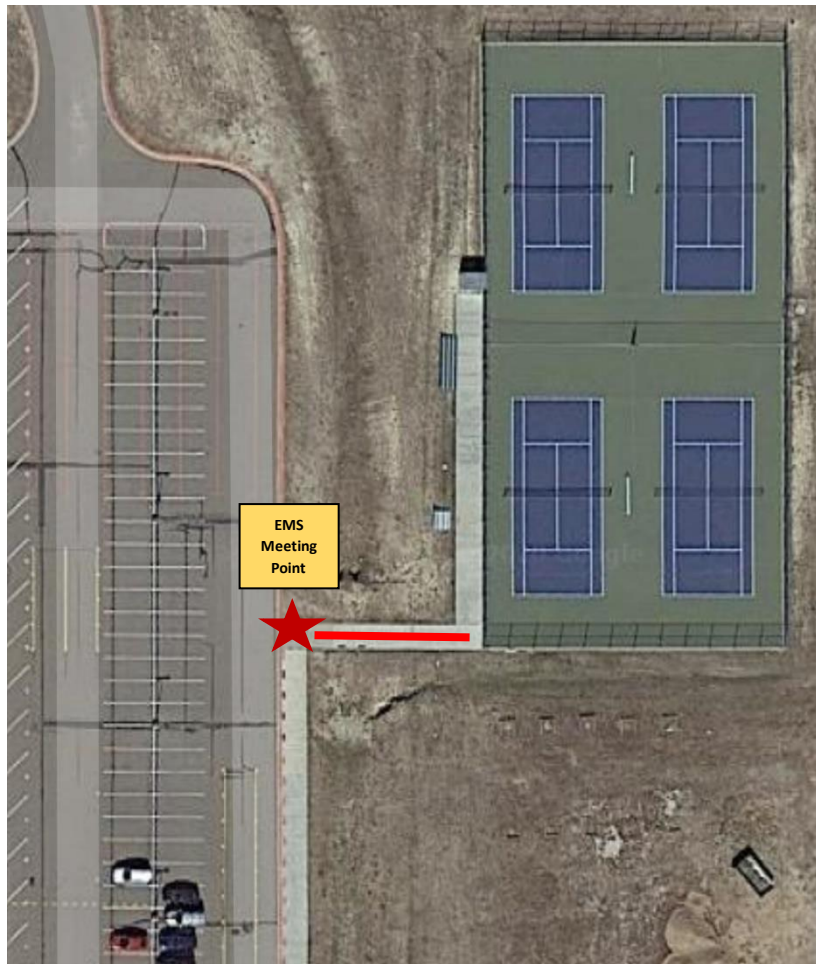
- Go to designated location to flag down EMS (sidewalk of Athletics Events entrance)
- Direct EMS to injury site

24. **First Responder:**

- Explain nature and severity of injury to EMS personnel upon arrival
- Release athlete to EMS, if necessary, for transport

**Venue Directions:** The Falcon High School Tennis Courts located at the north end of the Athletic Event Parking, north of the Football Stadium. Entrance to the courts can be accessed via the gate on the southwest corner of the courts.





### **Storm Safety Location and Severe Weather Protocol**

In the event of lightning or a severe storm, our lightning alert system, Earthworks, will sound an audible continuous siren. When the siren sounds, this means a warning has been issued and lightning has been detected within 10-miles of the facility. All student-athletes, coaches, officials, and spectators should be directed off the field and bleachers and into a safe shelter or their personal vehicle. Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient.

Thirty minutes must pass, with no occurrence of lightning within the 10-mile radius, before activity can resume. If another strike is heard within the 10-mile radius, the thirty minutes wait time will start over. Earthworks will sound an additional audible siren when the 30-minutes have passed, and it is safe to resume activity.

FHS coaches and staff may also utilize additional resources such as the Earthworks website and WeatherBug.

Earthworks: <https://oas.earthnetworks.com/widget/ResOASWidget.html?widgetId=75e1a8c8-9e8e-4745-a985-3f84c0d6fd0f>

# MAIN GYM EMERGENCY ACTION PLAN

**Emergency Personnel:** In most emergency situations, the Athletic Trainer is on-site for all competitive events, however if not accessible within a timely manner any Coach or Falcon High School personnel that has been trained in First Aid and CPR/AED by a nationally recognized certifying agency (i.e. American Red Cross, American Heart Association, etc.) may and should provide assistance.

**Emergency Communication:** Cellular Phone

## **Role of First Responders:**

### 25. **First Responder** (Most medically qualified person)

- Evaluate injury:
  - Determine the nature and severity of the injury
  - Provide appropriate medical aid
  - Calm and reassure the athlete (Never leave injured athlete/person alone)
  - Assign the roles 2-5 to bystanders, coaches, parents, and student-athletes

### 26. **Emergency Medical Assistance Contact** (Coach, parent, bystander)

- Using cellular device, call appropriate medical assistance:
  - For non-emergencies contact Athletic Trainer: 719-722-5614
  - For emergencies (LOC, major injuries, safety at risk, etc.) contact EMS: 911

### **Call 911 from cellular phone. Caller will state:**

"Hello, my name is NAME I am calling from the Falcon High School Tennis Courts. We have a person who has suffered from a possible TYPE OF INJURY (head, neck, leg, etc.). The person is STATE LEVEL OF CONSCIOUSNESS (unconscious/conscious). FIRST AID TREATMENT (CPR/bleeding control, etc.) is currently being rendered. We need an ambulance to the MAIN GYM AT FALCON HIGH SCHOOL, 10255 LAMBERT RD., PEYTON CO. The Emergency Vehicle should enter the courts via the WEST ENTRANCE OF THE BUILDING. Someone will meet the EMS at the WEST SIDEWALK OF THE ATHLETICS EVENTS PARKING LOT." *\*Be the last to hang up the phone\**

### 27. **Equipment retrieval** (Coach, bystander, athlete)

- Equipment: Located on home bench if Athletic Trainer is present.
  - AED – orange box located on Home bench; If AT not on-site, the closes wall-mounted AED can be found in the Athletics Wing outside of the AT Facility
  - Splints – yellow bag on Home bench if AT is on-site

### 28. **Scene Controller** (Coach, parent, FHS faculty)

- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury

### 29. **Emergency Vehicle Escort** (Nearby responsible person)

- Go to designated location to flag down EMS (West sidewalk of facility)
- Direct EMS to injury site

### 30. **First Responder:**

- Explain nature and severity of injury to EMS personnel upon arrival
- Release athlete to EMS, if necessary, for transport

**Venue Directions:** The Falcon High School Main Gym entrance is located on west side of building near Student Parking Lot.



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## RISK MANAGEMENT POLICIES AND PROCEDURES

The following protocols have been developed and adopted from the Centura Athletic Training Policies and Procedures and the Colorado High School Activities Association (CHSAA) in order to promote a safe environment for all Falcon athletes, coaches, personnel, and spectators. Each protocol provides educational information, identification, and appropriate steps to take for various situations:



## AIR QUALITY & EXERCISE

### PURPOSE

To describe procedures for exercise during high air quality index (AQI).

### STATEMENT

Key pollutants may trigger or worsen asthma or affect lungs during exercise including ozone, particle pollution, carbon monoxide and smoke. Athletes are at higher risk of inhaling air pollutants during exercise. Smoke from forest and grass fires is a special concern in Colorado, often causing severe air pollution.

Air Quality Index (AQI) is an index for reporting daily air quality. It tells you how clean or polluted your air is, and what associated health effects might be a concern for you. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 300 represents hazardous air quality. An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level EPA has set to protect public health. AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy, at first for certain sensitive groups of people, then for everyone as AQI values get higher.

### MANAGEMENT

- Distance runners should avoid running next to busy roadways.
- Ozone exposure can be lessened by early morning work outs.
- Athletes with asthma must be carefully monitored when AQI is above 100.
- Athletes with asthma should always have a rescue inhaler readily available.
- Practices, contests, and outdoor activities should be modified or moved indoors when AQI is above 100 and consideration given to rescheduling or moving them when AQI is greater than 200.

### PREVENTION AND RESOURCES

To check Air Quality in your area, go to <https://www.colorado.gov/airquality/advisory.aspx>

Air Quality Apps:

- Air Quality
- Air Quality Index BreezoMeter
- Air Quality: Real time AQI
- Plume Air Report – Live and forecast smog reports
- Air Quality Index Near Me
- Airveda – Monitor Air Quality Air
- Quality AirNow

### REFERENCES

NFHS Sports Medicine Position Statements and Guidelines – <http://www.nfhs.org/sports-resourcecontent/nfhs-sports-medicine-position-statements-and-guidelines/>

## ANAPHYLAXIS

### PURPOSE

To describe procedures for identifying and treating anaphylaxis.

### STATEMENT

Anaphylaxis should be suspected when any of these three criteria are fulfilled:

- Quick onset of illness which involves changes to the skin, mucosal tissue (such as the eyes/mouth etc) or both with at least one of the following:
  - Breathing difficulty or breathing complications
  - Reduced blood pressure
- 2. Two or more of the following occurs rapidly after an exposure to a suspected allergen:
  - Any of the items listed in point 1
  - Persistent gastrointestinal symptoms
  - Reduced blood pressure after exposure to a known allergen for that person

Other signs and symptoms include:

- Sudden and rapid onset of signs and symptoms
- Breathing complications: wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, trouble swallowing, itchy mouth/throat, nasal stuffiness/congestion
- Circulation compromise: pale/blue color, low pulse, dizziness, lightheadedness/passing out, low blood pressure, shock, loss of consciousness, chest pain, fast beating heart
- Skin reaction (present in 80-90% of all cases): hives, pain/cramps, vomiting, diarrhea
- Other: anxiety, feeling of impending doom, itchy/red/watery eyes, headache

On the field, anaphylaxis is recognized as a disruption in breathing directly caused by a trigger or allergen. Field recognition hinges on knowing that the athlete has an allergy before the reaction ever happens. In some cases, anaphylaxis may mimic an asthma attack, which highlights the importance of having important patient information available at all times.

### MANAGEMENT

1. Check for ABC's (airway, breathing, circulation)
2. Activate Emergency Medical Services (EMS)
3. Remove triggers
4. Administer epinephrine pen (If provided by athlete)
5. Place patient in comfortable position
6. Monitor vitals until advanced medical personnel arrives

## BLOOD BORNE PATHOGEN (BBP) EXPOSURE

### PURPOSE

In accordance with the OSHA Bloodborne pathogens (BBP) Standard, 29 CFR 1910.1030, the following exposure control plan has been developed to minimize exposure to pathogens found in blood and other bodily fluids.

### PROCEDURE

#### *Determination of Exposure*

The potential of being exposed to blood borne pathogens exists in the Athletic Training facility, practice venues, and/or competition venues. Individuals at risk include Certified Athletic Trainer, student Athletic Trainers, and/or any individuals rendering First Aid care for any open wound, sore, or body fluid that is present.

#### *Methods of Compliance*

- Universal Precautions

All individuals with the potential for exposure should use universal precautions when coming in contact with blood or body fluids. Universal Precautions is the belief that all blood or other potentially infectious body fluids are considered infectious regardless of the perceived status of the source individual.
- Work Practice Controls

Handwashing

  - All individuals shall wash hands and any other exposed skin with soap and warm running water for a minimum of 30 seconds after removing gloves. If soap and warm running water are not readily available, an alcohol-based hand sanitizer that contains at least 60% alcohol. When an antiseptic hand sanitizer is used, hands shall be washed with soap and warm running water as soon as feasible. Hands should also be washed between all patient contacts.

Biohazard bin

  - The biohazard bin is large red bin located in the storage garage connected to the Athletic Training Facility on Alpine Field
  - The following is considered 'regulated waste' and should be disposed in biohazard bin:
    - Blood or other potentially infectious material (OPIM)
    - Blood soaked gauze
    - Dried blood-soaked gauze where dried blood could flake off
    - Bloody gloves
    - Contaminated sharps
    - Pathological and microbiological waste containing blood or OPIM
- Personal Protective Equipment (PPE)

Personal protective equipment includes gloves, CPR masks, gowns, face shields, and eye protection. This equipment will be purchased and maintained by the Club Sports Athletic Training staff. PPE's shall be used when available and deemed necessary when coming in contact with blood or other body fluids.

All individuals using PPE must observe the following precautions:

  - Wash hands immediately or as soon as feasible after removal of gloves or other PPE
  - Remove PPE after it becomes contaminated
  - Wear appropriate gloves when it can be reasonably anticipated that there may be hand contact with blood and when handling or touching contaminated items or surfaces
  - Replace gloves if torn, punctured, contaminated, or if their ability to function as barrier is compromised.
  - Never wash or decontaminate
- General Housekeeping
  - Treatment tables and equipment should be cleaned daily with appropriate disinfectant
  - Uncontaminated laundry shall be laundered every evening after the athletic training facility closes

- Contaminated laundry shall be soaked in a 1:10 bleach to water solution for five minutes and then laundered as usual

## MANAGEMENT

### *Exposure Incidents*

Provide immediate care to the exposure site. If exposure to blood or other bodily fluid occurs, the affected area must be washed immediately with soap and warm water. If affected area is the eye, mouth, or nose, flush area with water for 15 minutes.

## CERVICAL SPINE MANAGEMENT

### PURPOSE

To describe policy for management of cervical spine injuries

### PROCEDURE

Symptoms and or observations when cervical spine injury is suspected:

- Witnessing mechanism of injury – Axial load contact (eg.) Top of head is used to tackle
- Witnessing athlete who remains down or motionless after play
- Unconsciousness or altered level of consciousness
- Abnormal bilateral neurologic findings/complaints
- Loss of motion in extremities
- Significant cervical midline spine pain with or without palpation
- Obvious cervical spine deformity

Determining if incident is a cervical spine injury:

- Assess breathing/circulatory status (Normal 10-30 breaths per minute)
- Assess pulse (quality, rate, and rhythm)
- Assess neurologic status/level of consciousness
- If conscious, ask patient what symptoms they are experiencing
- Feel for cervical spine deformity

Presence of any or all 4 clinical indicators warrants activation of EMS:

- Unconsciousness (or altered consciousness)
- Bilateral neurologic complaints/findings
- Significant cervical spine pain (with or without palpation)
- Obvious spinal column deformity

### MANAGEMENT

1. Activate EMS as soon as cervical spine injury is suspected
2. Access & monitor vital signs
3. Apply manual cervical spine stabilization

## COLD ILLNESS MANAGEMENT

### PURPOSE

To describe policy for identification and management cold illness/injuries

### PROCEDURE

Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including Weather Bug and The National Weather Service (719-942-8833) should be utilized to check weather reports.

The following guidelines can be used to determine wind-chill temperature:

≤ 30°F	Be aware of the potential for cold injury and notify appropriate personnel of the potential
≤ 25°F	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming
≤ 15°F	Consider modifying activity to limit exposure or to allow more frequent chances to rewarm
≤ 0°F	Terminate and/or reschedule activity

Recognition and treatment of early warning signs including shivering, abnormal sensation of distal extremities, lethargy, and disorientation are important in preventing cold illness/injuries. The following are common cold illnesses/injuries and their associated signs and symptoms:

Hypothermia	
Mild	Typically conscious, core temperature 98.6°F to 95°F, fine motor skill impairment, lethargy, apathy, mild amnesia
Moderate/Severe	Possibly unconscious, core temperature 94°F to 90°F (≤ 90°F for severe), cessation of shivering, very cold skin, impaired mental function, slurred speech, gross motor skill impairment
Frostbite	
Mild/Superficial	Edema, redness or mottled gray skin appearance, stiffness, transient tingling/burning, dry waxy skin, affected area feels cold and firm to the touch, limited movement of affected area
Deep	Edema, mottled or gray skin appearance, tissue that feels hard/does not rebound, vesicles, numbness or anesthesia, skin may be waxy and immobile, skin color is white, gray, black, or purple; burning, aching, throbbing, or shooting pain, poor circulation, progressive tissue necrosis, neurapraxia, hemorrhagic blistering (within 36-72 hrs)
Chilblain	Red or cyanotic lesions, swelling, increased temperature, tenderness, itching, numbness, burning, or tingling; skin necrosis
Trench foot	Burning, tingling or itching, loss of sensation, cyanotic or blotch skin, swelling, pain or sensitivity, blisters, skin fissures or maceration

### MANAGEMENT

Consultation and/or referral with a Physician should occur following the management of cold illnesses/injuries. Below are recommendations in the management and treatment of common cold illnesses/injuries:

Hypothermia	
Mild	Remove wet/damp clothing, insulate with warm, dry clothing/blanks, cover the head, move to warm shelter, apply heat to trunk, axilla, chest, and groin; avoid massage to tissues, provide warm fluids and food
Moderate/Severe	Activate EMS and CPR if necessary
Frostbite	
Mild/Superficial	Avoid weightbearing and massage to tissues; rewarm slowly at room temperature or by placing tissue against another person's warm skin; avoid water temperatures $\geq 90^{\circ}\text{F}$ to $104^{\circ}\text{F}$
Deep	Immerse tissue in warm temperature $98^{\circ}\text{F}$ to $104^{\circ}\text{F}$ water bath for 15 to 30 minutes
Chilblain	Remove wet or constrictive clothing, gently wash and dry area, elevate, cover with warm, loose, dry clothing/blankets; Do not disturb blisters, apply massage to tissue, or lotions; Avoid weightbearing
Trench foot	Clean and dry feet, apply warm pack or soak in warm water $102^{\circ}\text{F}$ to $110^{\circ}\text{F}$ for 5 minutes; Apply clean, dry socks

## HOT WEATHER SAFETY AND HEAT-RELATED ILLNESSES

### PURPOSE

To establish guidelines for physical activity in hot weather conditions and the identification and management of heat-related illnesses.

### PROCEDURE

Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including Weather Bug and The National Weather Service (719-942-8833) should be utilized to check weather reports.

Heat-related injuries can be prevented with proper heat acclimatization, adequate hydration, and early recognition of signs and symptoms. Physical activity, including intensity and duration, should progressively increase over a 10 to 14-day period to acclimate the athlete to hot weather environments. To maintain proper hydration, athlete should match their fluid intake with their sweat and urine loss. Drinking sodium-containing fluids can help keep urine color clear to light yellow. Below are common heat-related and their associated signs and symptoms:

Heat Cramps	Short-term muscle cramps and are visibly contracted, occurs during/after intense workouts; thirst, fatigue, sweating, dehydration
Heat Syncope	Fainting, light headedness, dizziness, tunnel vision, fatigue, decreased pulse rate, dehydration
Heat Exhaustion	Persistent muscle cramps, dizziness, headache, cool and clammy skin, hyperventilation, weakness, fainting, decreased blood pressure, core temperature between 96.8 to 105°F, dehydration
Heat Stroke	Altered consciousness, irrational behavior, disorientation, nausea, confused or looks “out of it”, hot and wet or dry skin, rapid pulse, low blood pressure, breathing quickly, high core body temperature >105°F

### MANAGEMENT

Consultation and/or referral with a Physician should occur following the management of heat-related illnesses/injuries. Below are recommendations in the management and treatment of common heat-related illnesses/injuries:

Heat Cramps	Remove athlete from activity, rest athlete in shade/air-conditioned room, stretch or massage cramping muscle, rehydrate athlete with water and electrolytes, provide food containing high salt content, ice massage heat cramps that persist
Heat Syncope	Remove athlete from activity, rest athlete in shade/air-conditioned room, elevate legs, rehydrate athlete with water and electrolytes, monitor vitals
Heat Exhaustion	Remove athlete from activity, rest athlete in shade/air-conditioned room, remove excess clothing/equipment, elevate legs, cool athlete with fans, ice towels, and/or ice bags, rehydrate athlete with water and electrolytes, activate EMS if symptoms worsen
Heat Stroke	Rest athlete in shade/air-conditioned room, remove all clothing/equipment, cool athlete as quickly as possible within 30 minutes using whole body ice water immersion (35–58°F), if unable to immerse athlete utilize fans, ice towels, and ice bags, activate EMS, monitor vitals



## LIGHTNING SAFETY AND STRIKE MANAGEMENT

### PURPOSE

To establish guidelines during practices and competition when weather conditions may produce lightning and identifying and treating lightning victims.

### PROCEDURE

Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. Resources including EarthWorks and Weather Bug and should be utilized to check weather reports.

The following guidelines should be utilized to determine when to discontinue activity:

Distance of Lightning	Alert	Action
10 miles	Warning	Discontinue all activity, all athletes and spectators should promptly seek *safe shelter

\*Safe shelters include any sturdy and enclosed building that has metal plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient. If a safe building is not accessible, vehicles including buses, cars, and vans are also safe for evacuation

Thirty minutes must pass once lightning is outside of the 10-mile radius before activity can resume. If another strike is heard within the 8-mile radius, the thirty minutes wait time will start over. Updates to the coaches, event personnel, and officials should be provided periodically up through the decision to resume activity.

The Emergency Action Plan (EAP) should be referred to for specific facility lightning guidelines including weather detecting systems and safe shelters.

### MANAGEMENT

Lightning may cause injury or death can occur through several different mechanisms including direct strike, contact injury, side flash, ground surface arc, upward leader, and concussive injury. Lightning has several direct effects on the cardiovascular, neurologic, and sensory organs; a person may also sustain indirect injuries as well as burns and fractures. Lightning victims do not carry an electrical charge; therefore it is safe to administer first aid. However, active thunderstorms pose an ongoing threat to rescuers, spectators, and participants and rescuers and emergency personnel should ensure their own personal safety before venturing into the venue to provide aid.

In the event of a lightning injury, responders should:

- Activate the emergency management system
- Evaluate and treat patients in the following order:
  - Move patient(s) to a safer location if needed
  - Evaluate and treat for apnea and cardiac arrest.
  - Assess level of consciousness
  - If an automated external defibrillator (AED) is available, it should be applied on anyone who appears to be unconscious

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## COVID PROTOCOLS

### ATHLETIC TRAINING FACILITY

Accessibility to the Athletic Training Facility will be limited due to COVID-19 precautions. The following protocols are subject to change in accordance to state, district, and CHSAA guidelines.

- All athletes, coaches, and staff should complete COVID-19 symptom screen and temperature check daily prior to practice/competition.
- Due to size of the facility, there should be no more than THREE athletes in the Athletic Training Facility. Athlete should maintain social distancing while in facility.
- Priority usage of Athletic Training Facility will be given to in-season sports.
- All athletes must always wear mask while in facility
  - Exceptions:
    - Athlete sustained injury to the face
    - Athlete is having difficulty breathing
- No ice baths will be provided at this time
- Access to the ice machine is limited to only the Athletic Trainer at this time. The Athletic Trainer will provide ice bags upon request.
- All surfaces and equipment that have been touched will be sanitized between uses to decrease the spread of the virus

### EXPOSURE

The following COVID-19 exposure guidelines are from Colorado High School Activities. All potential exposures or positive tests will be reported to the Falcon High School nurse in order to initiate additional protocols for return to learn.

In the event of a positive test –

- Anyone who has been in close contact with someone who has COVID-19 must quarantine.
- Individuals/teams must be quarantined for a **minimum of 14 days**.

What is determined as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- They sneezed, coughed, or somehow got respiratory droplets on you
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils

### DUTY TO REPORT

- If a team member — including players, coaches, managers, essential workers, etc. — tests positive for COVID-19, it is the school's responsibility to report this case to their local health department and any teams/individuals affected

- If a contest official tests positive for COVID-19, it is the official's responsibility to report this case to health officials and any teams/individuals affected

## QUARANTINE

- Individuals who have COVID-19 must isolate for a **minimum of 10 days**
- Additionally, individuals must isolate if they have symptoms of COVID-19 (cough, fever >100.4, chills, loss of smell or shortness of breath, fatigue or muscle aches, nausea or vomiting, diarrhea, headache, sore throat)
- If an individual is getting ill and think they might have COVID-19. Symptoms, especially early on, may be mild and feel like a common cold. Symptoms could include a combination of cough, body aches, fatigue, and chest tightness. Some people may no develop fever or fever may no appear until several days into illness.

## CARDIOPULMONARY CONSIDERATIONS DURING COVID-19 PANDEMIC

The following flow chart displays the American Medical Society for Sport Medicine's recommendations for the considerations for the care of High School student-athletes presenting with positive COVID-19 test.

