

Central Arkansas Christian School Emergency Action Plan

Emergency situations may arise at any time during athletic events. The development and implementation of an emergency plan will help ensure that the best care will be provided in the quickest manner possible. As athletic injuries may occur at any time and during any activity, the sports medicine team must be prepared. This preparation involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately. This plan should serve as a guideline for such emergencies during athletic activities at Central Arkansas Christian School.

Emergency/Medical Personnel Contact List

EMS

Dial 9-911 from a campus telephone
Dial 911 from a cell phone

Emergency Care

Baptist Health Little Rock	501-202-2000
St. Vincent Infirmary	501-552-3824
Arkansas Children's Hospital	501-364-1100
UAMS	501-686-7000
Baptist Health Springhill	501-202-3000

Team Physician- Martin Orthopedics

Dr. Joel Smith, MD	501-406-7640
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Central Arkansas Christian HS Administration

Athletic Director- Hayden Cruce	501-517-2907
Principal- Andy Stewart	501-398-5523
Facilities Director- Richard Burton	501-529-8765
President- Dr. Carter Lambert	501-758-3160

Athletic Training Services

Maddie Awtrey, ATC, LAT, CPT	314-482-2098
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Emergency Response Call Order

For immediate emergency response, always dial 911. If the certified athletic trainer (AT) is not on site and you have doubts, **CALL 911 BEFORE CALLING THE ATHLETIC TRAINER!**

Athletic Trainer on site:

1. Athletic Trainer
2. 911 (if deemed appropriate)
3. Parent
4. Athletic Director (if deemed appropriate)

Athletic Trainer NOT on site:

1. 911 (obvious emergency or if in doubt)
2. Athletic Trainer
3. Parent
4. Athletic Director (if deemed appropriate)

****IMPORTANT** DO NOT HANG UP WITH 911 UNTIL DIRECTED TO DO SO BY THE DISPATCHER; REMAIN ON THE LINE AND ANSWER QUESTIONS.**

Training and Certification

In compliance with Act 1214 of 2011 in the State of Arkansas, each coach will be certified or recertified in one of the following every two years as long as he or she is employed as a coach by Central Arkansas Christian:

- American Heart Association Basic Life Saver Heartsaver AED
- AHA BLS for Healthcare Professionals
- Red Cross CPR/AED Course

Also, coaches will be required to maintain education as mandated by the Arkansas Activities Association in the following topics:

- Heat Illness
- Communicable Diseases
- Sudden Cardiac Arrest
- Concussions

AEDs

- AED locations for each building are listed on the CAC map.
- Additionally, the athletic trainer will have a mobile AED in his or her possession at events being covered, both home and away.
- Coaches must be aware of the nearest AED to each activity location.

Emergency Action Plan Procedures for All Sports

Emergency Personnel

- Certified Athletic Trainer
- EMS/Physician (if on site)
- Coaches
- Administrators

Emergency Communication

The athletic trainer will carry a cellular phone. Landline telephones are accessible from most venues with virtually all employees in possession of cell phones. Because the athletic trainer will not be traveling to away games with all teams nor be present at all practices, it is also **expected** that the head coach (or designee) of each team carry a cell phone in case of emergency.

Emergency Equipment

Supplies and equipment brought to venues for activities include taping and bracing supplies, general trauma and wound care kits, and, frequently, AEDs. Stocked first aid kits will be provided to each team and may be checked out through the athletic trainer. It is the responsibility of each coach to carry these kits to practices and games. Additional supplies and emergency equipment will be stored in the Athletic Training Rooms (field house and/or gym) and may be acquired by request to the athletic trainer.

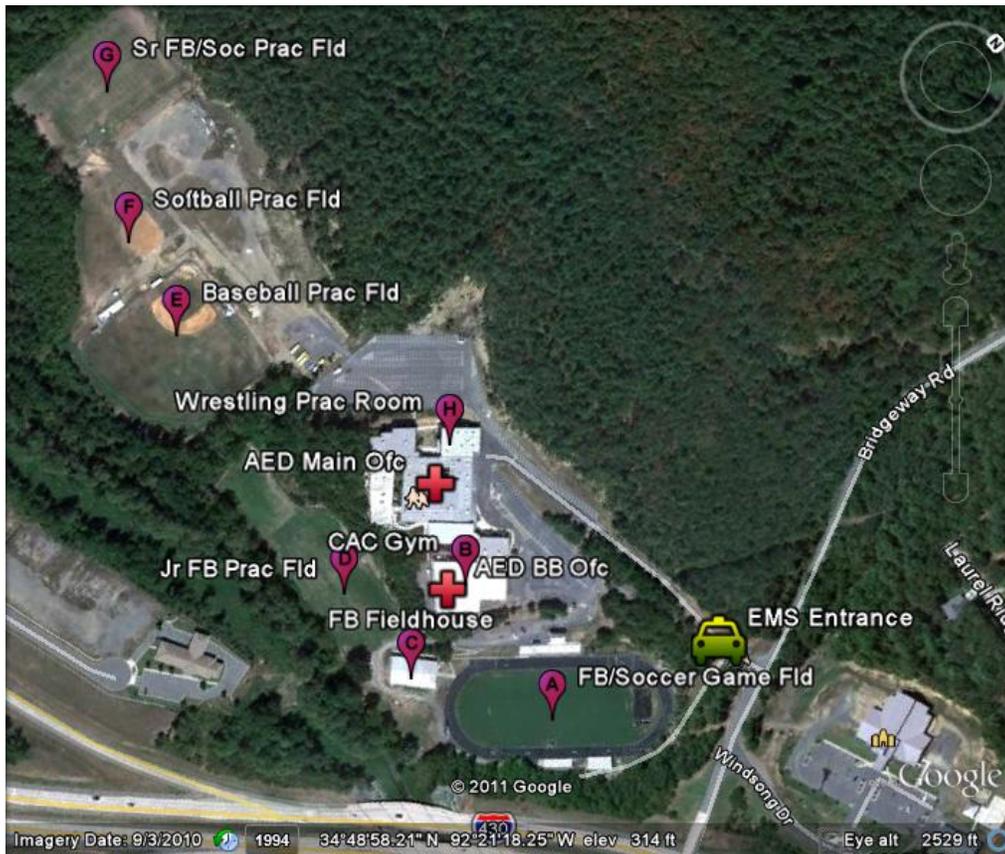
Roll of the Certified Athletic Trainer

- Immediate assessment of injury level and initiation of appropriate treatment
- Activate Emergency Response or direct a member of Emergency Personnel to do so
- Assist physician and EMS with medical care
- Maintain communication with administrators and athletes' parents or guardians
- If the team physician is not on site, contact team physician or relevant on-call physician for further instructions

Roll of Coaches and Administrators

- Retrieve any necessary emergency equipment and activate EMS if athletic trainer is not on site
- Assist Certified Athletic Trainer as necessary
- Ensure access gates are unlocked and are not blocked by vehicles or equipment
- Direct emergency personnel to the scene
- Assist with crowd control. Limit scene to emergency personnel, remove bystanders, including other athletes, away from the scene.
- Contact athlete's parents or guardians and direct them to the field/floor as necessary.

Site Maps



Directions:

Beginning at Interstate 430, take Exit 12, head East on Crystal Hill Road, left on Bridgeway Road, left onto Central Arkansas Christian campus. The following venues are all located on the campus.

- A. **Football/Soccer Game Field**- sharp left turn into parking lot, follow building to driveway behind press box, through the gate, down to the field house. Circle behind field house through gates and on to field.
- B. **Gymnasium**- sharp left turn into parking lot, follow building to lower half of parking lot. Gym is on the right. Enter through double glass doors on the left
- C. **Football Field House**- sharp left turn into parking lot, follow building to driveway behind press box, through the gate, down to the field house
- D. **Jr High Football Practice Field**- sharp left turn into parking lot, follow building to driveway behind press box, through the gate, down to the field house. Practice field will be on your right.
- E. **Baseball Practice Field**- turn right into lower parking lot, then go left to large fenced entrance in the lower left corner of lot. First field on the left.
- F. **Softball Practice Field**- turn right into lower parking lot, then go left to large fenced entrance in the lower left corner of lot. Second field on the left.
- G. **Sr. High Football/Soccer Practice Field**- turn right into lower parking lot, then go left to large fenced entrance in the lower left corner of lot. Baseball and softball fields are on the left. Turn on gravel road between the fields, make a left onto softball field and drive to football/soccer field.
- H. **Wrestling Practice Room**- turn right into lower parking lot, take an immediate left. The building is the first one on the left, lower level. Enter through first walking gate. Door to wrestling room is to the left.



I. Burns Park Baseball Field

Directions:

From Interstate 40, take exit 150 and travel north on W. Military Drive into Burns Park. Turn left onto Joe Poch Road. Baseball fields will be on your immediate left.



J. **Softball Game Field** (Sylvan Hills Softball Fields)

Directions:

From Highway 107 to Sherwood, turn on to Bear Paw Road. Follow to the end of the road where you are forced to take a right into parking lot. Go to the very end of the parking lot. Softball complex is on the left.