



**FLORIDA NATIONAL UNIVERSITY
ATHLETIC TRAINING EMERGENCY ACTION PLAN
“ATHLETIC DEPARTMENT”**

Emergency Personnel:

NATA Certified and Florida Licensed Athletic Trainer(s) are on site for practice and competition; The Athletic Training Room is located in the **Goodlet Park** (Hialeah). Team Physicians are on site or on call. **EMS** is available by calling **911**. The athletic training staff is certified by the American Red Cross in Emergency Response.

Florida National University Athletic Training Staff must be aware of any emergency that has occurred within the Athletic Department and its members.

Athletic Training Full-Time Staff:

Head Athletic Trainer: **Hamid Ajirnia, MS, ATC, LAT** Mobile: **(415) 694-1299**

Emergency Communication:

Via Cellular phone(s) and Office Phone

Athletic Training Room Number: 415-694-1299

The Mobile phones will be on site with the certified athletic trainer during practices and events.

Local EMS is 911. (In cases of life-threatening situation)

Emergency Equipment:

Supplies (AED, Spine Board, Cervical Collar, Crutches, Splint Bag, Kits, and OSHA Materials) located on field with the home team and Certified Athletic Trainer. Additional emergency equipment is accessible from the Athletic Training Room in Fernandez Family Center.

ROLE OF FIRST RESPONDERS

1. Immediate care of Non-Life Threatening Emergencies of the injured or ill student athlete [i.e., obvious fracture, musculoskeletal strain/sprain, Head/Neck injury, etc.]

- Notify the Certified Athletic Training Staff immediately via cell phone or office line.
- Check ABC's, Severe Bleeding, and Levels of Consciousness.
- Begin Rescue Breathing / CPR if needed or necessary first-aid care

- Pick a designated person to call **911**. Only one person should call 911 to avoid multiple calls clogging the switchboard. (If ATC is on-site for emergency- they will designate the caller) EMS can be activated at any necessary time, after calling 911.
- If a spine board is needed, or an ambulance is necessary, text Head AT. If splinting is not possible, stabilize and comfort athlete until EMS arrives. NOTE: If cervical injury is suspected and individual is breathing and/or conscious, and ambulance response time is short, instruct victim to remain motionless until more qualified personnel (EMS) arrive.

2. Immediate care of the injured or ill student athlete [Life Threatening Emergencies]

- Send a coach to call **911**.
- Notify the Certified Athletic Training immediately via office or cell phone.
- Check ABC's, Severe Bleeding, and Levels of Consciousness.
- Begin Rescue Breathing / CPR if needed or necessary first-aid care

3. Information needed when calling 911:

- Name of individual making call
- Number of Injured Athletes
- Condition of Injured Athletes
- First Aid Treatment being given
- Specific location of emergency. Give athletic field (See venue directions, include street names and how to access sites)
- Other information as requested

4. Direction of EMS to Scene

- Open appropriate gates
- Designate individual to "flag down" EMS and direct to scene.
- Scene Control: Limit scene to first aid providers and move bystanders away from area.

5. Emergency Equipment Retrieval, Documentation and Debriefing, Post-follow up arrangements as necessary.

- The Athletic Training Staff must be notified of all emergencies within the athletic department.
- Student Health Services must be notified for any **NON-ATHLETIC injuries, illnesses** or **medical emergencies** occurring on campus.
- In the event of a medical emergency involving a spectator or non-athlete during competition, the Athletic Trainer can serve as a first responder. He/She will activate EMS and provide emergency response care for NON-Athletic emergencies only until more advanced medical support arrives. Proper documentation will be through an accident report form and through EMS.

AFTER HOURS

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

- **Call EMS (911)** for all life threatening situations immediately.
- If you live on campus housing, contact your dorm's RA
- Must Notify Student Health Services.
- Notify Athletic Training Staff of Emergency:
Head Athletic Trainer: **Hamid Ajirnia at (415) 694-1299**
- Contact your head coach/staff and a family member (if necessary).

VENUE DIRECTIONS

1. Soccer, Field

Enter through the main entrance on **4200 West. 8th Ave, Hialeah**. Personnel (Certified Athletic Trainers, Athletic Trainer Aids, Coaches, Security, and/ Athletic Director) will be situated at various locations for directing EMS to scene.

2. Baseball Field

Enter through the main entrance on, **Hialeah**. Personnel (Certified Athletic Trainers, Athletic Trainer Aids, Coaches, Security, and/ Athletic Director) will be situated at various locations for directing EMS to scene.

3. Basketball/Volleyball Arena

Enter through the entrance **2240 West. 60th Ave, Hialeah**. Personnel (Certified Athletic Trainers, Athletic Training Aids, Coaches, Security, and/ Athletic Director) will be situated at various locations for directing EMS to scene.

RELATED EMERGENCY SITUATIONS

Fire

In case of fire, follow these instructions:

- Evacuate building immediately by following nearest exit sign.
- Exit in a calm and orderly fashion through nearest fire exit.
- Call **911**
- If smoke is present, crawl low to escape.
- If you cannot escape, stay in room, stuff door cracks and vents with wet towels or clothes.

- Call **911** and let dispatcher know your location

Poisoning

- Check scene to make sure it is safe
- Remove victim from source of Poison
- Check for life threatening situation
- If victim is conscious, ask questions to get more information.
- Look for poison container and take it with you to telephone
- Call Poison Control Center or **911**
- Give care according to directions of PCC or **911**.
- Find out what type of poison did the victim ingest
- How much poison did victim ingest?
- When did the poisoning take place?

INCLEMENT WEATHER PROCEDURES

GENERAL POLICY

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Hurricane, Tornado, etc), it will be under the direct discretion of the on-site Certified Athletic Trainer to determine if the practice/game fields should be evacuated. The alarm will re-sound when it is safe to go back outside. Exceptions will be made for golf whereby the head coach will have to suspend activity in the absence of an Athletic Training staff member.

LIGHTNING

Lightning is a dangerous phenomenon. The Athletic Training Staff has developed a lightning policy to minimize the risk of injury from lightning strike to athletes, coaches, support staff and fans. To monitor lightning the Athletic Training Staff will utilize the **Thor Guard Lightning Prediction System**. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, the Certified Athletic Trainer will get a weather update via the National Weather Service in Jacksonville, Florida by telephone or internet. The phone number is **904-741-4411** then dial 0 for an operator.

Internet sites are as follows:

<http://www.weather.com/>

<http://www.intellicast.com/>- southeast radar loop and regional radar loop (w/countries and highways)

<http://www.accuweather.com/>

<http://www.lightningsafety.com/>

EXPLANATION of the THOR GUARD SYSTEM

2. A **15 second** horn blast indicates that our athletic fields are under RED ALERT, which means there is a **97% chance** there will be a lightning strike within **2 miles**. (The fields will be evacuated immediately following the first **15 second** horn blast. All coaches, staff, student athletes, and fans must seek appropriate shelter)
3. The system gives participants of outdoor activities an **8-20** minute advanced warning, allowing them to seek shelter.
4. The horn blast is accompanied by an amber strobe, which will continue until the storm has safely passed-by.
5. When conditions are no longer conducive to a lightning strike, **three 5-second horn blasts** will be heard, indicating that it is safe to resume outdoor activities. (Only when the three, five second blasts and the strobe turn off... outdoor activity will resume)
6. The nearest safe shelter for soccer teams is the **Goodlet Park** Facility/Athletic Training Clinic/Room.
7. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts
8. **Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles.** AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD. ***Athletes/coaches etc. should not stand in groups or near a single tree. There should be **15 ft** between athletes (NLSI, 2000).

Note: Sports with metal equipment, like baseball, drop bats and remove shoes, tennis drop rackets.

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

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

EVENT PROCEDURES

- **Prior to Competition:**

A member of the Athletic Training staff will greet the officials, explain that we have means to monitor lightning, and offer to notify the officials during the game if there is imminent danger from the lightning.
- **Announcement of Suspension of Activity:**

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

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

During competition once the official signals to suspend activity, a member of the Sports Information staff will announce via the PA system something like: “May I have your attention. We have been notified of approaching inclement weather. Activity will cease until we have determined it is safe and the risk of lightning is diminished. We advise you to seek appropriate shelter at the following areas: [locker rooms, etc]. Though protection from lightning is not guaranteed, you may seek shelter in an automobile. Thank you for your cooperation.”
- **Resumption of Activity:**

Activity may resume once a member of the Athletic Training staff gives permission. This will be determined by three (5 second) blasts from the Thor Guard System.
- **Away events:**

Apply the home/facility EAP or modify the Florida National University guidelines that apply accordingly. (Tennis that specific course’s Emergency Action Plan for lightning and inclement weather)

Lightning Detection Procedures for Non-Supervised Activities:

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

Thor Guard System will be followed as outlined above. Staff and students using the fields are expected to understand and follow the Thor Guard System accordingly.

HEAT INDEX / HIGH HUMIDITY

During summer and early fall and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and/illness. Preventative measures include, but not limited to, frequent water breaks, ice towels, reschedule of practice /competition times, etc.

Heat Index

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

*For General Student Emergencies- Please follow the **Florida National University Policy for Individual Emergencies** as outlined in the Student Policy Handbook.*

Emergency Contact Numbers:

Head Athletic Trainer:
Cell#

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(415) 694-1299

Athletic Director:
Cell#
Office#

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(561) 901-8699
(305) 821-3333 Ext 1071

Assistant Athletic Director:
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