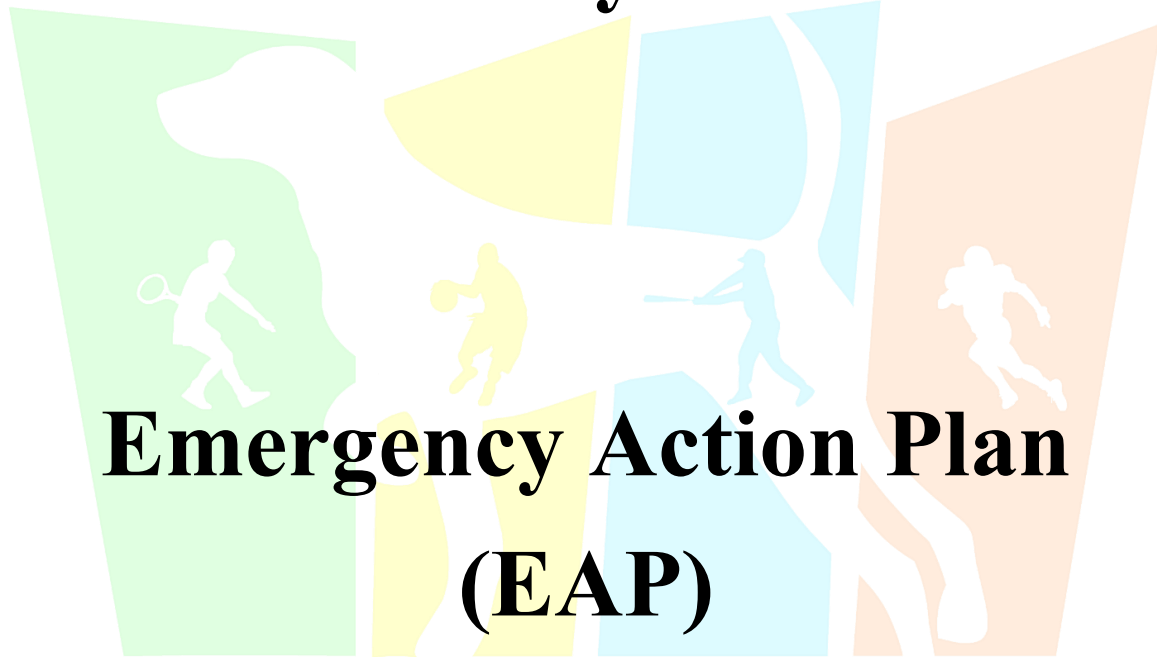


Burke County Recreation



Emergency Action Plan (EAP)

Burke County Recreation

Table of Contents

- Emergency Action Plan Personnel.....	3
- Roles of First Responders.....	3
- Emergency Communication.....	4
- Emergency Equipment.....	4
- Emergency Medical Event.....	5
- Medical Emergency Transportation.....	5
- Non-Medical Emergencies.....	5
- Environmental Issues and Protocols.....	6
o Air Quality.....	6
o Heat Index.....	7
o Lightning.....	8
- Jonathan Broxton Park EAP.....	9
- Citizen Park EAP.....	10
- Burke County High School Football Field School EAP.....	11
- Emergency Contacts.....	12

Burke County
Recreation

Emergency situations may arise anytime during athletic events. Expedient Action must be taken in order to provide the best possible care to the sport participant in an emergency and/or life-threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As emergencies may occur at any time during an activity, the BCRD Staff and Youth Coaches must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate medical emergency equipment and supplies, utilization of appropriate medical emergency personnel, and continuing education in the area of emergency medicine and planning. Hopefully, through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques, and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the BCRD Staff and Youth Coaches should enable each emergency situation to be managed appropriately.

Emergency Action Personnel

During typical athletic practice or competition, the first responder to an emergency is typically a BCRD Staff and Youth Coaches. Staff and Coaches on site are trained in CPR/AED and First Aid.

Roles of the First Responders

The development of an emergency action plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including emergency medical technicians, certified athletic trainers, coaches, managers and possibly bystanders. Roles of these individuals within the emergency team may vary depending on the various factors such as the number of members of the team or the athletic venue itself. There are five basic roles within the emergency medical team.

1. The first and most important role is establishing safety of the scene and immediate care of the athlete. Acute care (immediate care) should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with more appropriate training.
2. EMS activation may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.
3. Emergency Equipment retrieval may be done by anyone on the emergency team who is familiar with the types and locations of specific equipment needed. A staff member or coach are good choices for this role.

4. Directing EMS to the scene is the fourth role. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on the ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A staff member or coach may be appropriate for this role.
5. Notify individuals designated on Emergency Contact Roster. Rosters are located on burkerec.com, the BCRD website, and in each team binder.

Emergency Communication

Communication is key to quick emergency response. BCRD Staff or Coaches and emergency medical personnel must work together to provide the best emergency response capability and should have contact information such as a telephone tree established as part of pre-planning for emergency situations. Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on site during a particular sporting event, then direct communication with the emergency medical system at the time of the injury or illness is necessary.

Access to a working telephone or other telecommunication device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a cellular phone. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition, and personnel must be trained in advance to use it properly. Emergency equipment available should be appropriate for the level of training for the emergency medical providers.

Every team is supplied with a medical bag containing first aid supplies. Also, BCRD will provide an AED for use at the venues. AED is located at the concession stands, at assigned location at Burke County High School Football Field Concession Stand or located with assigned Staff person or EMT at games and practices. First Aid kits are located with each head coach and in each concession stand.

Emergency Medical Event

In the event an athlete or spectator becomes unresponsive:

- Immediately designate someone to contact 911.
- Designate someone to direct an ambulance to an emergency location.
- Check for ABC's on patient, check airway, breathing and pulse (circulation).
- Begin CPR (if certified) if unresponsive, not breathing and no pulse detected
- Begin CPR (if certified) if unresponsive, gasping and no pulse detected
- Assign someone to retrieve AED
- Turn on and apply pads of AED and follow AED prompts
- Continue CPR if no shock advised, continue CPR if shock applied and once AED prompts to resume.
- Guardian to be notified as soon as EMS arrives and takes over care.
- If no guardian at field, BCRD Staff member or coach will go to hospital with athlete.
- Notified Recreation Director.

In the event an athlete suffers any other serious medical emergency:

- Immediately designate someone to contact 911
- Designate someone to direct an ambulance to an emergency location.
- Place patient in recovery position, on back, legs slightly elevated. Any other position where breathing can be controlled, and no other injury may occur is also advised.
- Provide any first aid reasonably necessary.
- Guardian to be notified as soon as EMS arrives and takes over care.
- If no guardian at field, BCRD Staff member or coach will go to hospital with athlete.
- Notified Recreation Director.

Medical Emergency Transportation

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate medical care. Emergency care providers shall refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Any emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, or circulation (ABC) or there is neurovascular compromise should be considered a "load and go" situation and emphasis placed on rapid evaluation, treatment, and transportation. In order to provide the best possible care for BCRD, all athletes should be transported to the closest available hospital.

Non-Medical Emergencies

For the following non-medical emergencies, fires, bomb threats, severe weather and violent or criminal behavior, refer to the emergency action plan checklist for the particular venue and follow the instructions.

Environmental Issues and Protocols

Air Quality

Air quality is important due to forest fires or other events that may create unsafe environmental exposure for athletes during outdoor sporting events. By understanding when the air is harmful, athletes, parents, and coaches can avoid certain outdoor physical activities and take preventative measures to protect themselves. Check the air quality at www.airnow.gov, and local weather channels and websites.

Air Quality Index Reference:

0-50	Good	Enjoy your usual outdoor activities.
51-100	Moderate	Extremely sensitive children and adults should refrain from strenuous outdoor activities.
101-150	Unhealthy for Sensitive Groups	Sensitive children and adults should limit prolonged outdoor activity.
151-200	Unhealthy	Sensitive groups should avoid outdoor exposure and others should limit prolonged outdoor activity.
201-300	Very Unhealthy	Sensitive groups should stay indoors and others should avoid outdoor activity.
301-500	Hazardous	Everyone should avoid all outdoor exertion.

BCRD **will cancel all outdoor activities when the Air Quality Index exceeds 125.** If adequate alternative indoor facilities are available, we may utilize those.

Burke County
Recreation

Heat Index

- When heat index reaches 105 all practices and games are cancelled for the day

(a) BCRD will follow the BCRD Heat policy for conducting practices and voluntary conditioning workouts (including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the GHSA and American College of Sports Medicine regarding:

- (1) The scheduling of practices at various heat/humidity levels
- (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels
- (3) The heat/humidity levels that will result in practice being terminated

(b) A scientifically approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES (weather.uga.edu)

Under 82.0 Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 - 86.9 Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

87.0 - 89.9 Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.1 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

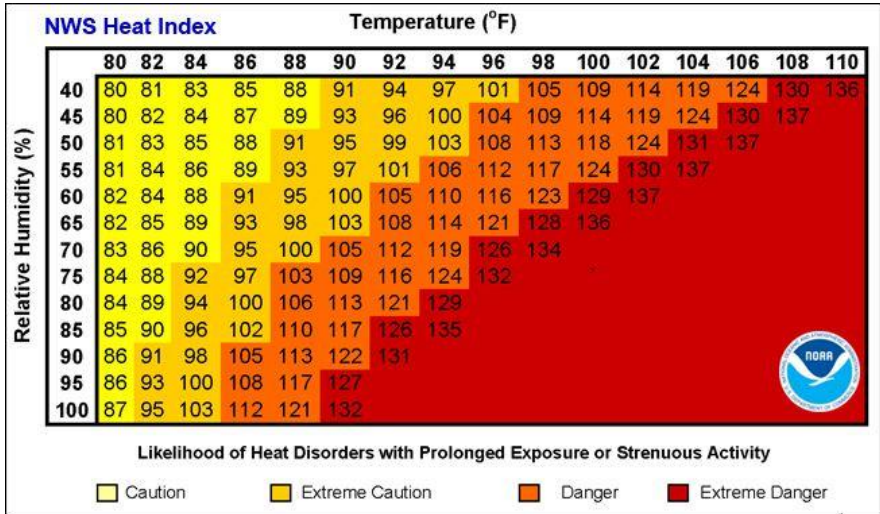
(c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school-approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the “clock” on that practice will stop and will begin again when the practice resumes.

(d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.”

(e) A walk-through is not a part of the practice time regulation and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.

(f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.

- If Wet Bulb device is not working, BCRD will utilize the Heat Index Calculator on a designated phone app, such as OSHA’s HEAT App, to check the heat index prior to practices or games. **BCRD will cancel all outdoor activities when the heat index is above 104 degrees Fahrenheit.** Below that, it will be at the coach’s discretion. However, they must follow USA Football recommendations on allowing appropriate hydration and rest during high heat index practices and games.



Lightning

In the case of lightning our Thor guard device located on top of the Concession Stand will sound a horn letting people know that there is lightning in the area. The device will continue to flash until lightning has cleared the area.

If the Thor Guard is not working, we will follow the recommendations of the OSAA and National Weather Service on environmental issues.

- Practices and/or games shall be suspended immediately as soon as lightning is observed, or thunder is heard.
- All athletes/officials/spectators should seek safe shelter
 - o Safe structures are ones that are fully enclosed with plumbing, telephone, or electrical to ground the structure.
 - o Fully enclosed automobiles or buses with the windows up. No golf carts or convertible cars.
 - o Dugouts and pavilions are not safe shelters, secondary to not being grounded in case of a strike.
 - o In no suitable shelter is available, avoid tall structures and objects (trees, light poles, etc.) which allow easy path to the ground. In an open field crouch with legs together, weight on balls of feet, arms wrapped around knees, and head/ears covered to minimize contact with the ground.
- **Play will not resume for at least 30 minutes** after the last strike of lightning or clap of thunder.
- The “Weather Bug” app is available online for real-time lightning tracking.

Jonathan Broxton Park Complex,

Address: 465 Burke Veteran Parkway (Top Parking Lot & Office Building)

50 Olympic Drive (YMCA Address - Bottom Parking Lot & Playground entrance)

Waynesboro, GA

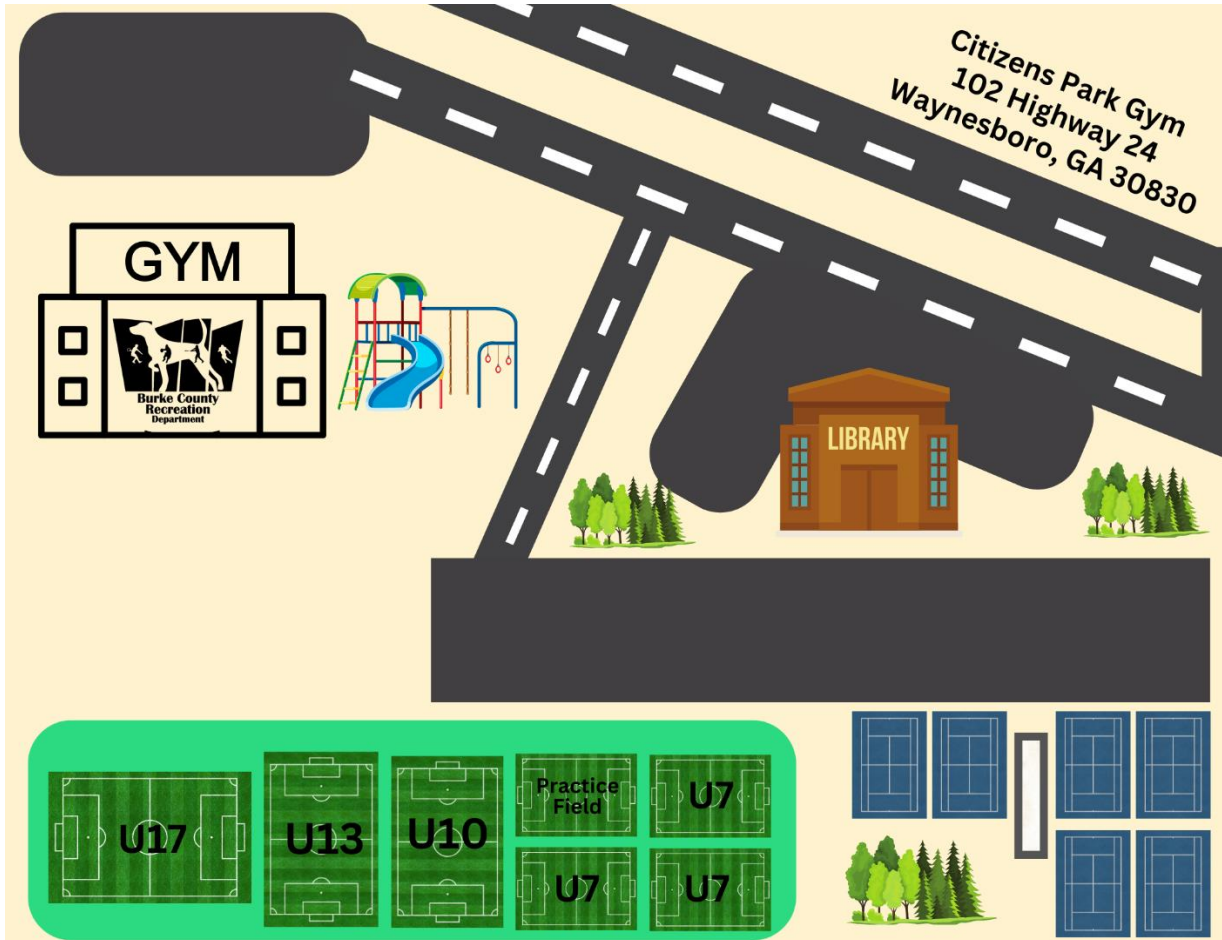


- AED will be located at each concession stand and main office building. First Aid kits are available from each concession stand, main office and each Head Coach.
- EMS entrance can be made from Burke Veterans Parkway or Olympic Drive, located at 465 Burke Veterans Parkway.
- Weather related emergencies require participants to seek shelter such as in their vehicles. The park does not have any indoor accessible areas for shelter except during office hours (Mon.-Thur. 8am to 5:30pm)
- Evacuation routes shall be from Burke Veterans Parkway or Olympic Drive.

Citizens Park

Address: 102 Hwy 24 South

Waynesboro, GA

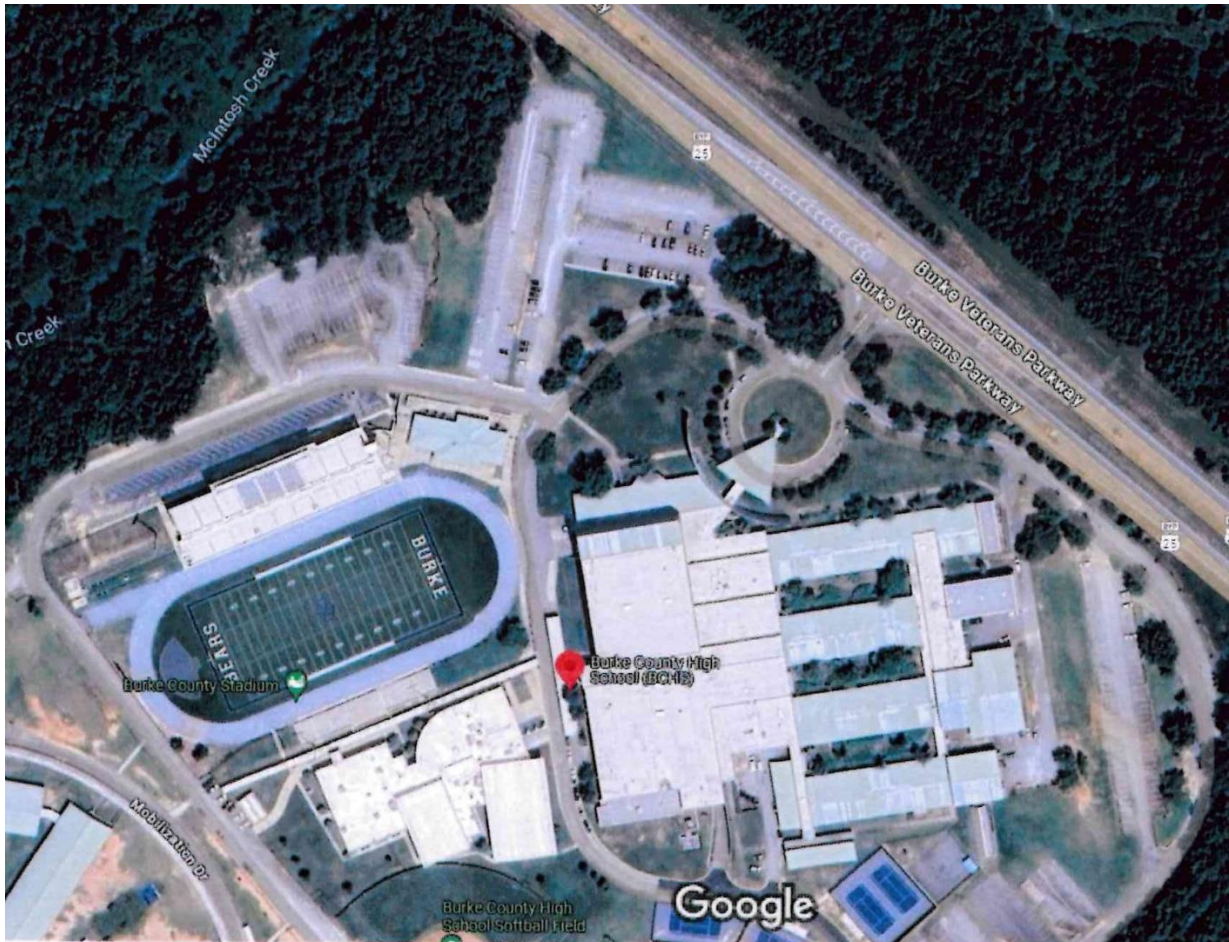


- AED will be located at in the Gymnasium and Tennis Center. First Aid kits are available from the Gymnasium and each Head Coach.
- EMS entrance can be made from GA Hwy24 South Turn at Library then turn to Soccer & Tennis Complex.
- Weather related emergencies require participants to seek shelter such as in their vehicles. The Citizens Park does not have any indoor accessible areas for shelter except for the gym (only during operating hours Mon.-Thur. 1pm to 5:30pm).
- Evacuation routes shall be from parking to GA Hwy 24.

Burke County High School Football Field

Address: 1057 Burke Veterans Parkway

Waynesboro, GA



- AED will be located at the Concession Stand and with BCRD Staff Member.
- EMS entrance can be made from Burke Veterans Parkway. EMS should be advised to go to the Football Field entrance.
- Evacuation routes shall be from the Parking lot to Burke Veterans Parkway.

EMERGENCY CONTACTS

911 FOR ALL EMERGENCIES

LAW ENFORCEMENT

Burke County Sheriff's Dept. 706-554-2133
Waynesboro Police Dept. 706-554-4444

EMERGENCY

Burke County EMA/Fire Dept Non-Emergency 706-554-6666
Waynesboro Fire Dept. 706-554-8027

MEDICAL

Burke Medical Center 706-554-4135
Burek County Health Department 706-554-3456

LOCAL GOVERNMENT OFFICES

Burke County Board of Commissioners 706-554-2324
City of Waynesboro 706-554-8000
Burke County Library 706-554-3277

BURKE COUNTY BOARD OF EDUCATION

Board of Education Office 706-554-5101
Waynesboro Primary School 706-554-5125
Blakeney Elementary School 706-554-2265
Burke County Middle School 706-554-3532
Burke County High School 706-554-6691
SGA Elementary School- Sardis 478-569-4322
Life Center/Alternative School 706-554-8046
Bus Shop 706-554-2859

PRIVATE SCHOOLS

Edmund Burke Academy 706-554-4479
Faith Christan Academy 706-554-1577
Waynesboro Mennonite 706-554-9849

UTILITIES

GA Power- Electricity 706-437-7200

COUNTY ON CALL CONTACTS

Facility Maintenance Department Josh Daily 706-513-1762
Burke County Recreation Dept. Stephen Waskey 706-551-5439
IT Department - Brice Clary Ext. 6442