



CENTRAL MISSOURI STATE UNIVERSITY ***EMERGENCY ACTION PLAN***

Updated 6/9/2006

ACKNOWLEDGMENT

This document is an institutional development of individualized emergency plans for all athletics activities as noted in Section No. 1 of NCAA Sports Medicine Handbook Guideline No. 1f.

INTRODUCTION

Emergency situations may arise at anytime during athletic events. Expedient action must be taken in order to provide the best possible care to the athletes that have suffered an emergency and/or life threatening condition. The development and implementation of an emergency plan will help ensure that the best care will be provided.

Central Missouri State University has a duty to develop an emergency plan that may be implemented immediately when necessary and to provide appropriate standards of health care to all sports participants. 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 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. Hopefully, through careful pre-participation physical screening, 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 sports medicine team will enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

Emergency Personnel, Emergency Communication, Emergency Equipment

Emergency Plan-Personnel

With practice and competition at Central Missouri State University, the first responder to an emergency situation is typically a member of the athletic training staff, most commonly a state licensed /certified athletic trainer (ATC/LAT). A team physician may not always be present at every organized practice or competition. The type and degree of sports medicine coverage for an athletic event may vary widely, based on such factors as the sport or activity, the setting, and the type of training or competition. The first responder in some instances may be a coach or other institutional personnel. Certification in cardiopulmonary resuscitation (CPR), first aid, prevention of disease transmission, and emergency plan review is required for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, ATC/LAT(s); athletic training students; coaches; managers; and, possibly, bystanders. Roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head athletic trainer. There are four basic roles within the emergency team. The first and most important role is immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual on the scene. Individuals with lower credentials should yield to those with more appropriate training. The second role, equipment retrieval, may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Athletic training students, managers, and coaches are good choices for this role. The third role, 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. After EMS has been activated, the fourth role in the emergency team should be performed, that of directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the contest. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A athletic training student, manager, or coach may be appropriate for this role.

ROLES WITHIN THE EMERGENCY TEAM

Immediate care of the athlete, Emergency equipment retrieval, Activation of the Emergency Medical System, Direction of EMS to scene

ACTIVATING THE EMS SYSTEM

Making the Call:

-911 or calling Public Safety at 543-4123

Providing Information:

-name, address, telephone number of caller

-number of athlete(s)

-condition of athlete(s)

-first aid treatment initiated by first responder

-specific directions as needed to locate the emergency scene ("come to south entrance of the Multipurpose Building")

-other information as requested by dispatcher

When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present.

EMERGENCY COMMUNICATION

Communication is the key to quick delivery of emergency care in athletic trauma situations. Athletic trainers and emergency medical personnel must work together to provide the best possible care to injured athletes. 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 injury or illness is necessary.

Access to a working telephone or other telecommunications 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 public telephone. However, a cellular phone is preferred if available. 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 it is 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 should be checked on a regular basis and use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers.

It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise

TRANSPORTATION

Emphasis is placed at having an ambulance on site at high risk sporting events. EMS response time is additionally factored in when determining on site ambulance coverage. Central Missouri State University coordinates on site ambulances for competition in football. Ambulances may be coordinated on site for other special events/sports, such as major tournaments or Conference/NCAA regional or championship events. Consideration is given to the capabilities of transportation service available (i.e., Basic Life Support or Advanced Life Support) and the equipment and level of trained personnel on board the ambulance. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue.

In the 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 care. Emergency care providers should 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.

CONCLUSION

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel, along with CPR and first aid refresher training. Through development and implementation of the emergency plan, Central Missouri State University helps ensure that the athlete will have the best care provided when an emergency situation does arise.

EMERGENCY ACTION PLAN-MULTIPURPOSE BUILDING



Emergency Personnel: ATC/LAT(s) and athletic training student(s) on site for practice and competition (if available); additional athletic training staff accessible from Morrow and Football athletic training clinics; MD on site for basketball games and other special occasions; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: Fixed telephone line in Equipment room (543-4015). ATC/LAT is equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: supplies (Emergency supplies, splint kit, AED) maintained in Multipurpose athletic training facility; additional emergency equipment accessible from the athletic training facility at the Football Athletic Training Clinic.

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- Direction of EMS to scene
- Open appropriate gates/doors
- Designate individual to "flag down" EMS and direct to scene
- Scene control
 - Limit scene to first aid providers and move bystanders away from area

Directions: Multipurpose Building is located between Washington (East) and Warren Streets (West) and King Street (North). The Multipurpose Building has multiple entrances. The following provides the quickest access to the court level as well as the athletic training facility:

- Main gymnasium: Use doors on East or West side of building
- Athletic Training Clinic: Use doors on East or West side of building
- Weight room and Swimming Pool: Use doors on North east side of the building

Map Insert campus map with highlights.

EMERGENCY ACTION PLAN- WALTON STADIUM and FOOTBALL WEIGHT ROOM



Emergency Personnel: ATC/LAT(s) and athletic training student(s) on site for practice and competition(if available); additional athletic training staff accessible from Morrow athletic training clinic, Football Athletic Training Clinic, and Multipurpose Building Athletic Training Clinic; MD on site for football games and other special occasions; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: ATC/LAT is equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: supplies (Emergency supplies, splint kit, and spine board) maintained in Football Athletic Training Clinic. Additional equipment available from Multipurpose Bldg Athletic Training Clinic.(AED)(543-4015) and Morrow Athletic Training Clinic.

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- Direction of EMS to scene
- Open appropriate gates/doors
- Designate individual to "flag down" EMS and direct to scene
- Scene control
 - Limit scene to first aid providers and move bystanders away from area

Directions: Football Stadium is located between Washington (West) and Holden Streets (East). The Football Stadium has three entrances. The following provides the quickest access to the field: Washington Street main entrance provides direct access to the field. The football weight room is located adjacent to Walton Stadium in Nickerson Hall. The Washington Street entrance provides the best access.

Map Insert campus map with highlights.

EMERGENCY ACTION PLAN- MORROW/GARRISON BUILDING



Emergency Personnel: ATC/LAT(s) and athletic training student(s) on site for practice and competition (if available); additional athletic training staff accessible from Football Athletic Training Clinic, and Multipurpose Building Athletic Training Clinic; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: fixed telephone line in Athletic Training Clinic fax machine. ATC/LAT are equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: supplies (Emergency supplies, splint kit, and spine board) maintained in Morrow Athletic Training Clinic. AED located in Fitness Center. Additional supplies are available at the Multipurpose and Football Athletic Training Clinics.

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- Direction of EMS to scene
- Open appropriate gates/doors
- Designate individual to "flag down" EMS and direct to scene
- Scene control
 - Limit scene to first aid providers and move bystanders away from area

Directions: Morrow/Garrison Building is located off of McGuire and just north of Clark Street. The Morrow/Garrison Gymnasium has multiple entrances. The following provides the quickest access to the gymnasium as well as the Athletic Training Clinic: Gymnasium level entrance: follow McGuire Street south to Clark. Turn right on Clark. Turn right at the sidewalk path and proceed to the Morrow/Garrison Gymnasium. The first entrance would provide the easiest access to the Garrison Gym. The next entrance north would provide the easiest access to the Morrow Athletic Training Clinic. The easiest access to the wrestling facility in the basement of the Garrison Gym: Turn onto the access road off of McGuire between the Morrow Field and Lovinger Education Building. The basement is accessible at the southeast corner of the building. The doors on the lower level will give direct access.

Map Insert campus map with highlights.

EMERGENCY ACTION PLAN-TOMPKINS FIELD/CRANE STADIUM



Emergency Personnel: ATC/LAT(s) and athletic training student(s) on site for practice and competition(if available); additional athletic training staff accessible from Football Athletic Training Clinic, Morrow Athletic Training Clinic and Multipurpose Building Athletic Training Clinic; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: fixed telephone line in baseball coaches' offices (543-4800 or 543-8307). ATC/LAT are equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: Emergency supplies maintained at baseball facility; additional emergency equipment (Splints, spine board) accessible from Football Athletic Training Clinic and at the Multipurpose Building Athletic Training Clinic (AED)(543-4015).

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- Direction of EMS to scene
- Open appropriate gates/doors
- Designate individual to "flag down" EMS and direct to scene
- scene control:
 - limit scene to first aid providers and move bystanders away from area

Venue Directions: Tompkins Field/Crane Stadium is located on corner of King Street and Main Street. Two gates provide access to the stadium: Main Street (1st base side) and King Street (3rd base side) drive leads to field as well as rear door of complex (locker room)

Venue Map Insert campus map with highlights.

EMERGENCY ACTION PLAN- SOUTH RECREATION FACILITY



Emergency Personnel: ATC/LAT(s) and athletic training student(s) on site for practice and competition(if available); additional athletic training staff accessible from Football Athletic Training Clinic, Morrow Athletic Training Clinic and Multipurpose Building Athletic Training Clinic; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: fixed telephone line at coaches' offices 543-4139 or 543-4187. ATC/LAT are equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: Emergency supplies, splint kit, spine board maintained in South Recreation athletic training room; additional emergency equipment accessible from Morrow Athletic Training Clinic and at the Multipurpose Building Athletic Training Clinic(543-4015).

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- 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

Directions: South Recreation Facility is located on the south side of DD Highway adjacent to Zoll Street. One gate provides access to the Jennies field: 3rd base side (go through the parking lot), has access to the field. Soccer game field is located on the east side as entering the facility. Locker room, coaches' office and athletic training room are located in the building that is just north of the Jennies field.

Venue Map Insert campus map with highlights.

EMERGENCY ACTION PLAN- KETH MEMORIAL GOLF COURSE @ PERTLE SPRINGS



Emergency Personnel: ATC/LAT(s) and athletic training student(s) are not on site. Additional athletic training staff are accessible from Football Athletic Training Clinic, and Multipurpose Building Athletic Training Clinic; ambulance available by phone (Public Safety ext. 4123 or 911).

Emergency Communication: fixed telephone line in club house at ext. 4182. ATC/LAT is equipped with cellular phones. Refer to phone card for listing of ATC/LAT(s).

Emergency Equipment: No supplies are equipped at this facility. Supplies are available at the Multipurpose and Football Athletic Training Clinics. Some campus police units are equipped with AED's.

Roles of First Responders

- Immediate care of the injured or ill student-athlete
- Emergency equipment retrieval
- Activation of emergency medical system (EMS)**
 - Call Public Safety 543-4123 or 911**
 - provide name
 - address
 - telephone number
 - number of individuals injured
 - condition of injured
 - first aid treatment
 - specific directions
 - other information as requested
- Direction of EMS to scene
- Open appropriate gates/doors
- Designate individual to "flag down" EMS and direct to scene
- Scene control
 - Limit scene to first aid providers and move bystanders away from area

Directions: Pertle Springs is located off of Hale Lake Road at Main Street. Go south on Main Street along the springs until first available right hand turn. Turn right and go up the hill to the parking lot. The club house will be off to the left.

Map Insert campus map with highlights.

HOME GAME EMERGENCY ACTION PROCEDURES

The ATC/LAT/athletic training student/head coach (In the absence of an ATC/LAT) will evaluate the athlete, administer basic life support, and stabilize the athlete until EMS arrives.

-If the injury is a suspected cervical spine injury in football, the team physician or athletic training student will maintain in-line head and shoulder stabilization while the ATC/LAT removes the facemask and/or helmet and shoulder pads as indicated.

-If the injury is a suspected non-football spine injury, the ATC/LAT will maintain in-line head and shoulder stabilization.

-The athlete will be placed on the backboard using standard protocols **only with the assistance of the local EMS services (Unless there is a need to move the athlete for their safety).**

The athletic training student or a member of the coaching staff will use the cellular phone to call EMS/Public Safety and direct them to the site of the emergency as per the action plan per venue;

A. If no cellular phone is available, the designated individual will proceed to the nearest pay phone and/or campus phone to access EMS

B. If a CMSU Game Management staff member is available, he/she may be notified and instructed to summons EMS

After activating EMS/Public Safety, the Head Athletic Trainer or Assistant Athletic Trainer should be contacted and notified of the emergency situation;

The team physician (if available), the ATC/LAT and the athletic training student will provide BLS and stabilize the athlete until EMS arrives

A member of the coaching staff and/or CMSU game management personnel will proceed to the field / court entrance and guide EMS onto the field / court;

The athletic training students (if available) will assist the team physician (if available), and the ATC/LAT as necessary

A member of the coaching staff and/or CMSU game management personnel will be responsible for crowd control and securing an unobstructed and safe passageway for EMS personnel

The designated athletic training student (if available) will accompany the injured athlete to the medical facility with the injured athlete's emergency medical information card

A. If a athletic training student is not available, an assistant coach will accompany the athlete to the medical facility

The ATC/LAT will immediately call the team physician (if applicable) to notify him/her about the emergency situation

Once at the medical facility, the athletic training student or assistant coach will call back to the ATC/LAT with any medical updates (As per phone listing cards)

HOME PRACTICE EMERGENCY ACTION PROCEDURES

The ATC/LAT/athletic training student/head coach (In the absence of an ATC/LAT) will evaluate the athlete, administer basic life support, and stabilize the athlete until EMS arrives.

-If the injury is a suspected cervical spine injury in football, the team physician or athletic training student will maintain in-line head and shoulder stabilization while the ATC/LAT removes the facemask and/or helmet and shoulder pads as indicated.

-If the injury is a suspected non-football spine injury, the ATC/LAT will maintain in-line head and shoulder stabilization.

-The athlete will be placed on the backboard using standard protocols **only with the assistance of the local EMS services (Unless there is a need to move the athlete for their safety).**

The athletic training student or a member of the coaching staff will use the cellular phone to call EMS/Public Safety and direct them to the site of the emergency as per the action plan per venue;

A. If no cellular phone is available, the designated individual will proceed to the nearest pay phone and/or campus phone to access EMS

B. If a CMSU administrative staff member is available, he/she may be notified and instructed to summons EMS;

After activating EMS/Public Safety, the Head or Assistant Athletic Trainer should be notified as per the phone notification cards.

A member of the coaching staff and/or CMSU administrative staff will proceed to the field / court entrance and guide EMS onto the field/court

A member of the coaching staff and/or CMSU game management personnel will be responsible for crowd control and securing an unobstructed and safe passageway for EMS personnel

The athletic training student (if available) or assistant coach will accompany the injured athlete to the medical facility with the injured athlete's emergency medical information card

The ATC/LAT will immediately call the team physician (747-5114) (if applicable) to notify him/her about the emergency situation

Once at the medical facility, the athletic training student or assistant coach will call back to the CMSU Athletic Training Clinic personal with any medical updates.

AWAY GAME AND/OR PRACTICE EMERGENCY ACTION PROCEDURES

The ATC/LAT and athletic training student (if available) will proceed onto the field / court, evaluate the athlete, administer basic life support (BLS), and stabilize the athlete until EMS arrives

A. If the injury is a suspected cervical spine injury during a football game, the team physician or athletic training student will maintain in-line head and shoulder stabilization while the ATC/LAT removes the facemask and/or helmet and shoulder pads as indicated

A. If the injury is a suspected non-football cervical spine injury, the team physician (if available), the ATC/LAT (if available), or the athletic training student will maintain in-line head and shoulder stabilization

B. The athlete will be placed on the backboard using standard protocols only with the assistance of the local EMS services (Unless there is a need to move the athlete for their safety).

The athletic training student will notify the host certified athletic trainer that an emergency exists and that EMS is needed

The ATC/LAT (if available), the athletic training student, and the host certified athletic trainer will continue to administer BLS and stabilize the athlete as best possible while following the host institution's emergency protocols

The athletic training student (if an ATC/LAT is present) or a member of the coaching staff (if no ATC/LAT is present) will accompany the injured athlete to the hospital with the injured athlete's emergency medical information card

Once at the hospital, the athletic training student or member of the coaching staff will immediately call a ATC/LAT (if applicable) to notify him/her of the emergency situation

GUIDELINES TO USE DURING A SERIOUS ON-FIELD PLAYER INJURY

The guidelines have been recommended by the NCAA Championships Staff:

- 1.** Players and coaches should go to and remain in the bench area once medical assistance arrives.
Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
- 2.** Players, parents and non-authorized personnel should be kept a significant distance away from the seriously injured player or players.
- 3.** Players or non-medical personnel should not touch, move or roll an injured player.
- 4.** Players should not try to assist a teammate who is lying on the field (i.e. removing the helmet or chin strap, or attempting to assist breathing by elevating the waist).
- 5.** Players should not pull an injured teammate or opponent from a pile-up.
- 6.** Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
- 7.** Players and coaches should avoid dictating medical services to the athletic trainers or team physicians or taking up their time to perform such services.

LIGHTNING SAFETY ACTION PROCEDURES

The administration, athletic training, and coaching staffs will monitor weather conditions for practices and games. The athletic training staff will monitor the weather and advise the coaching staff during practices. The athletic training staff will monitor the weather and advise the administrative/coaching staffs during games.

Each coach should obtain a weather report each day before a practice or event. They will need to be aware of potential thunderstorms that may form during scheduled intercollegiate athletics events or practices. Be aware of National Weather Service-issued (NWS) thunderstorm “watches” and “warnings” as well as the signs of thunderstorms developing nearby. A “watch” means conditions are favorable for severe weather to develop in an area; a “warning” means that severe weather has been reported in an area and for everyone to take proper precautions.

Administrators, coaches, and athletic trainers need to know where the closest “safe structure or location” is to the field or playing area, and know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

- a. Any building normally occupied or frequently used by people, e.g., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Avoid using shower facilities for safe shelter and do not use the showers or plumbing facilities during a thunderstorm.
- b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. A vehicle is certainly better than remaining outdoors. It is not the rubber tires that make a vehicle a safe shelter, but the hard metal roof which dissipates the lightning strike around the vehicle. **DO NOT TOUCH THE SIDES OF THE VEHICLE!**

In the event of prediction of a lightning storm, the Skyscan Lightning Detector and/or Strike Alert Detector will be activated and monitored by the athletic trainer.

If a storm approaches and is determined to be within the 3 to 8 miles range of the site, the coaches will be advised that the practice or competition will be delayed.

The team will return to play when the storm has moved beyond the 3 to 8 miles range and no lightning has been registered within this range for 30 minutes.

The flash-to-bang method will be used if commercial lightening detection systems fail or are not available. Thunder always accompanies lightning, even though its audible range can be diminished due to background noise in the immediate environment, and its distance from the observer. To use the flash-to-bang method, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five equals three; therefore, the lightning flash is approximately three miles away.

Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. This activity must be treated as a wake-up call to intercollegiate athletics personnel. The most important aspect to monitor is how far away the lightning is occurring, and how fast the storm is approaching, relative to the distance of a safe shelter.

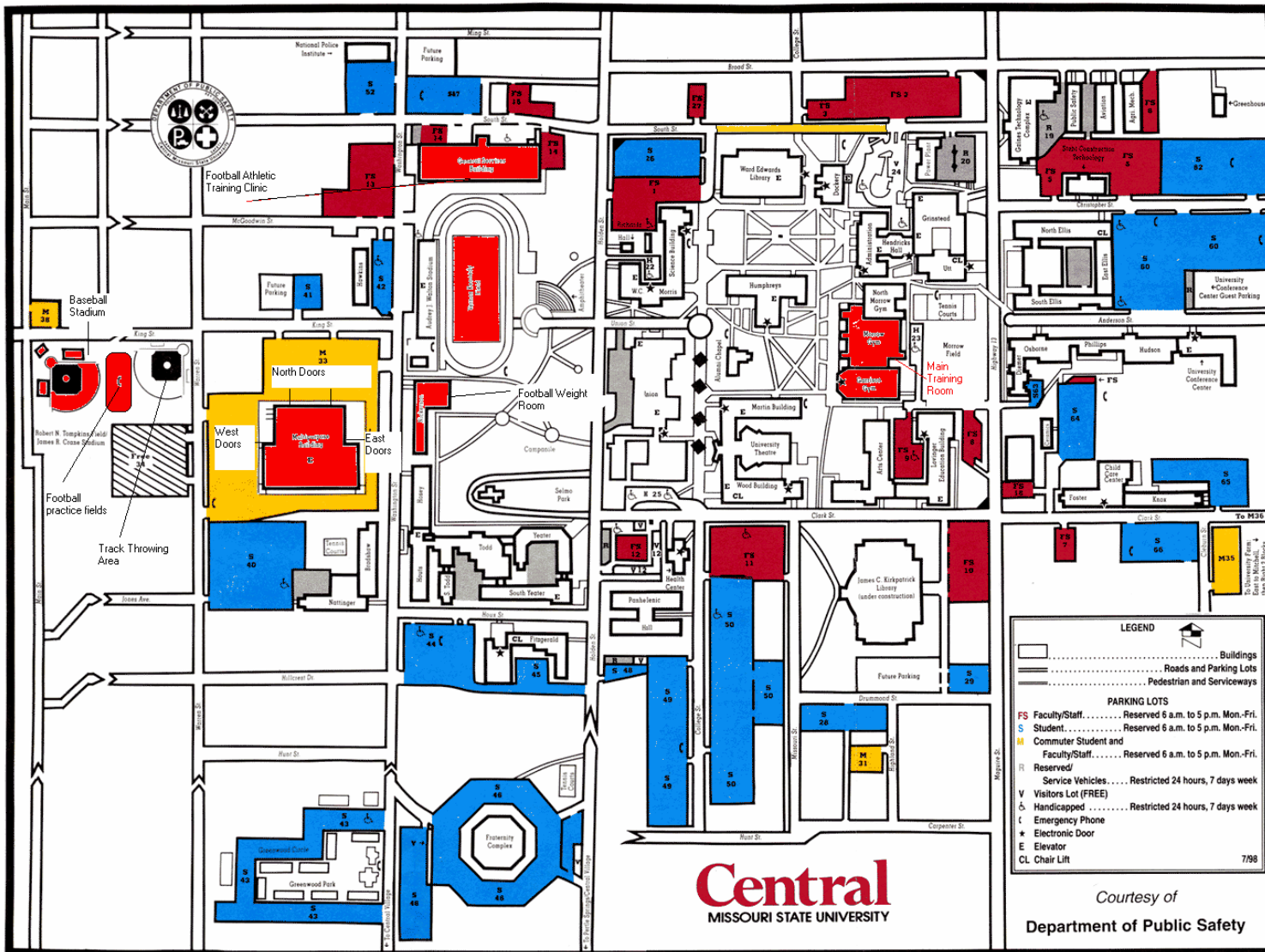
It is the responsibility of entire athletic staff to be familiar and aware of the specific lightning-safety guidelines that have been developed with the assistance of the National Severe Storms Laboratory.

BLOOD-BORNE PATHOGENS ACTION PLAN

It is the policy of Central Missouri State University to adhere to the recommendations made by the Centers for Disease Control which emphasize the need for all health care workers to consider every patient as potentially infected with HIV (Human Immunodeficiency Virus) and/or other blood-borne pathogens. All staff and athletic training students will adhere rigorously to the following infection control precautions for minimizing the risk of exposure to blood and body fluids of all patients/athletes. The following body substance isolation procedures are to be used consistently for all athletes, by all personnel, at all times. Personnel are expected to carry out these procedures in a sensitive and professional manner at all times.

PROCEDURES

1. Latex gloves are to be worn when it is likely that the trainer's hands will touch any moist body substance, mucous membrane, or non-intact skin.
2. Trainers having open wounds, exudative lesions, or weeping dermatitis should wear latex gloves at all times during direct athlete care until the condition resolves.
3. Latex gloves are to be worn for handling all items or surfaces soiled with body substances.
4. Latex gloves are to be changed after contact with each athlete and are never to be washed or reused again.
5. Latex gloves are to be placed immediately in infectious waste containers after use.
6. All contaminated single use materials shall be disposed by: Holding the contaminated material in one gloved hand and peeling that glove off and over the contaminated materials inside. This glove is then placed in the other hand and the second glove is peeled off in the same fashion. This material is then disposed of in the infectious waste container. Waste bags will be taken to the University Health Center for disposal as per university guidelines.
7. Blood and body substance spills on the treatment tables and all other surfaces shall be cleansed with a solution of diluted chlorine bleach, approximately 1/4 cup bleach to 1 gallon water.
8. Soiled laundry will be cleaned as soon as possible.
9. Infectious waste containers will hold all soiled materials and any sharp objects.
10. Plastic bags will be provided for the times that one is away from the training room. The same procedures as stated above will be followed with the filled bag being placed in the infectious waste container upon arrival at the training room.
11. Pocket masks and shield protectors will be provided in the event that an athlete needs CPR.
12. Towels shall be used over all hot pack covers.
13. Inspect all athletes before administering any hydrotherapy.
14. Any trainer should cleanse their hands with the same bleach mixture after contact with exposed body substance.
15. Occurrence of any exposed body substance should be immediately reported to the athletic training staff.
16. All personnel will be trained in basic first-aid and infection control prior to initiating care.



Football Athletic Training Clinic

North Doors
West Doors
East Doors

Football Weight Room

Main Training Room

LEGEND

- Buildings
- Roads and Parking Lots
- Pedestrian and Serveways

PARKING LOTS

- FS Faculty/Staff Reserved 6 a.m. to 5 p.m. Mon.-Fri.
- S Student Reserved 6 a.m. to 5 p.m. Mon.-Fri.
- M Commuter Student and Faculty/Staff Reserved 6 a.m. to 5 p.m. Mon.-Fri.
- R Reserved/Service Vehicles Restricted 24 hours, 7 days week
- V Visitors Lot (FREE)
- H Handicapped Restricted 24 hours, 7 days week
- * Electronic Door
- E Elevator
- CL Chair Lift