



**Kamehameha Schools Hawaii
Athletic Training Services**

ATHLETIC EMERGENCY ACTION PLAN

The purpose of the Emergency Action Plan (EAP) is to guide athletic personnel and emergency medical services in responding to emergency medical situations when they occur at Kamehameha Schools Hawaii. It is essential that the Athletic Department have a developed emergency plan that identifies the role of the emergency response team, emergency communication, the necessary emergency equipment, and various emergency protocols.

Athletic Emergency Response Team

Zeny Galo Eakins, Certified Athletic Trainer	Office: 982-0743	Mobile: 854-6618
Jose Saucedo, Certified Athletic Trainer	Office: 982-0632	Mobile: 854-6527
Kimo Weaver, Director of Athletics	Office: 982-0742	Mobile: 640-8106
TBD, Health & Fitness Coordinator	Office:	Mobile:
Alane Moniz, Athletics Coordinator	Office: 982-0653	
Hale Ho'omaluu (KSH Security Entrance Gate)	Office: 982-0149	
Athletic Training Students Aides		
Team Coaching Staff		

Emergency Communication

1. Cellular Phone
2. KSH Motorola 2-Way Radio
 - a. Channel 1 or ED RPTR (Education Repeater): Athletic Dept Staff & Security
 - b. All Channels: KSH Security
3. Campus Phones
 - a. When using campus phones you must dial 9 to get an outside number
 - b. When dialing a campus number only last five digits are necessary
 - i. Koai'a Athletic Training Offices (20743 or 20632)
 - ii. Pai'ea Athletic Training Room (20753)

Emergency Equipment

During competition supplies are located on the field or court with the home team and certified athletic trainer. Additional emergency equipment is accessible from the athletic training facility in Koai'a. Supplies available include: AED, oxygen, spine board, cervical collar, crutches, vacuum splints, first aid kits, wheelchair and materials that prevent disease transmission (blood borne pathogens).

RESPONDING TO MEDICAL EMERGENCIES

A MEDICAL EMERGENCY OR SERIOUS INJURY IS ANY CONDITION WHEREBY THE STUDENT-ATHLETE'S LIFE MAY BE IN DANGER OR RISKS PERMANENT IMPAIRMENT. THESE INJURIES INCLUDE BUT ARE NOT LIMITED TO: ASTHMA, DIABETES, CERVICAL SPINE INJURIES, HEAD INJURIES, LOSS OF LIMB, SERIOUS BLEEDING, SHOCK, SERIOUS FRACTURES, HEAT STRESS, AND CARDIOVASCULAR ARREST.

For any illnesses or injuries that require immediate advanced medical attention but are not life-threatening, please refer to the Injured Athlete Transfer Protocol.

Role of First Responders

The first responder is the first to arrive at the scene of an injury or bout of illness. The first responder's primary responsibility is checking scene safety and performing a primary evaluation of the injured person(s). Other responders to the medical emergency may be asked to activate and assist in directing EMS, retrieve emergency equipment, and control bystanders/athletes. All Athletics personnel must, in addition to the EAP training, obtain training in cardiopulmonary resuscitation (CPR), first aid and universal precautions.

A. Survey the scene for safety

B. Immediate care of the injured or ill student athlete.

1. Check airway, breathing & circulation (ABC's), severe bleeding, and levels of consciousness.
2. Begin Rescue Breathing / CPR if needed or necessary first-aid care
3. If advanced medical attention is necessary, call 911. 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.

C. Activation of Emergency Medical System (EMS)

1. Call 911
2. Be prepared to give caller name, address & phone number you are calling from
 - a. KS Hawaii: 16-718 Volcano Road, Kea'au, (KSH Security 982-0149)
3. Report number and condition of injured athletes
4. Report medical treatment given to the injured
5. Provide specific location of emergency, give athletic venue location. (See VENUE DIRECTIONS)
6. Provide other information as requested (do not hang up until EMS dispatcher hangs up)

D. Direction of EMS to Scene (See VENUE DIRECTIONS)

1. Notify Campus Security, Hale Ho'omalau 982-0149, as they will assist in directing EMS to specific location and unlock all fire lane gates
2. Designate individual to "flag down" EMS and direct to scene
3. Scene Control: Limit scene to first aid providers and move bystanders away from area.

E. Emergency Equipment Retrieval

EMS Response Times

From Kea'au Station, approximately 5 minutes

From Kawaiilani (Hilo) Station, approximately 15 minutes

From Pahoa Station, approximately 15 minutes

VENUE DIRECTIONS

To Kamehameha Schools Hawaii campus:

From Hilo

From Hwy 11 (Volcano Road) South, turn right at Pa'ahana Street (just past 8-mile marker) to school entrance gate, Hale Ho'omalū

From Pahoa

From Hwy 130 Northwest, turn left onto Hwy 11 (Volcano Road), turn right at Pa'ahana Street (just past 8-mile marker) to school entrance gate, Hale Ho'omalū

From Ka'u

From Hwy 11 (Volcano Road) North, turn left at Pa'ahana Street (passed 4-mile marker) to school entrance gate, Hale Ho'omalū

Kamehameha Pai'ea Stadium (Cross Country, Football, Soccer, Track)

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn left on Ali'ikoa Road; turn left on Lanakila Road- GATE NEEDS TO BE UNLOCKED & OPENED, left through vehicle entrance into stadium

Nae'ole Swimming Facility (Swimming & Diving, Water Polo)

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn left on Ali'ikoa Road; turn left on fire lane, Lanakila Road- GATE NEEDS TO BE UNLOCKED & OPENED; right on I'iwi Lane; EMS has also may access pool from Ali'ikoa Road

Koai'a High School Gymnasium Complex (Volleyball, Basketball, Wrestling, Air Riflery, Tennis, Weight Room, Aerobic Room, Athletic Training Room)

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn left on Ali'ikoa Road; follow road to high school, facilities located on the left; wrestling room and tennis courts located to the right of the gymnasium

Kame'eiamoku Baseball Field & Kamanawa Softball Field (Baseball & Softball)

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn left on Ali'ikoa Road; past the gym the road becomes a fire lane, I'o Lane- GATE NEEDS TO BE UNLOCKED & OPENED; I'o Lane will bend right, turn right at next fire lane, Mamo Lane

La'amea Middle School Gymnasium/ Soccer Field

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn right onto Ohi'a Lehua Drive; turn left into the parking lot adjacent to the playing field; turn left into the fire lane, Palila Lane- GATE NEEDS TO BE UNLOCKED & OPENED

Keaka Elementary Playcourt

From Hale Ho'omalū the street name becomes Na'auao Road; from Na'auao Road turn right onto Ohi'a Lehua Drive; turn left into the Physical Plant/ Operations facility (Hale Malama Kahua); drive to the back of the parking lot- GATE NEEDS TO BE UNLOCKED & OPENED; facility will be on the left

Hilo Bay (Canoe Paddling):

Various Golf Courses (Golf): Please refer to facility-specific EAP

Directions to Hilo Medical Center

From Campus: Turn Left (North) out of entrance gate onto Hwy 11 (Old Volcano Road). Follow Hwy 11 about 9 miles to Kamehameha Avenue, turn Left (West). Follow Kamehameha Avenue about 1.5 miles until Waianuenue Avenue, turn Left (West). On Waianuenue, follow Blue "H" signs to hospital- about 1.5 miles.

INJURED ATHLETE TRANSPORT PROTOCOL

The following protocol applies to KSH student-athletes who suffer non-life-threatening illnesses or injuries that require immediate advanced medical care. The protocol will also apply to student-athletes of visiting schools without appropriate medical staff or athletic administration present. Visiting schools with existing EAPs, and members of their emergency response team present, will follow their respective protocols. When possible, transport of an injured student-athlete by a KSH staff member will be done by KSH vehicle.

HOME & AWAY EVENTS

It is essential that remaining student-athletes have proper supervision and access to a certified athletic trainer for the remainder of the event(s).

- A. The student-athlete will receive appropriate acute injury care by qualified personnel prior to transport.
- B. The injured student-athlete will be transported to the nearest hospital or medical facility by:
 1. parent or legal guardian
 2. an emergency contact, as designated by parent or legal guardian
 3. an assistant coach, as determined by the head coach
 4. an ATC, if two or more ATCs are present
 5. if any of the previously named are unable to transport the injured student-athlete and the nature of the non-life-threatening injury warrants immediate medical attention, EMS will be activated

Anyone, except a parent/legal guardian, transporting a KSH student-athlete should be given a copy of the student-athlete's Permission for Treatment and Release and Waiver form (available from team head coach).

INCLEMENT WEATHER PROCEDURES

GENERAL POLICY

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Hurricane, Tornado), it will be under the discretion of the on-site certified athletic trainer (ATC), coach and/or on-site athletic director to determine if the practice fields should be evacuated. Prior to athletic events, the Athletic Director, ATC, and campus security will determine if the event can be completed safely. During athletic events, game officials with input from the ATC and athletic administrator on-site will determine game site safety. KS staff will monitor online and televised weather forecasts on a daily basis to determine the chances of approaching storms.

LIGHTNING

KS Hawaii will adhere to the Big Island Interscholastic Federation's (BIIF) approved sports procedures. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason the listed guidelines, must be observed if it appears that lightning is possible for the area.

1. BIIF Rules Governing Lightning/Thunder During Outdoor Sporting Events
 - a. If thunder is heard:
 - i. Play will be suspended and teams will clear the field. There will be a (15) minute wait period. If thunder is not heard during this period, play will continue from the point of suspension.
 - b. If thunder continues:
 - i. Another (15) minute wait period will be added. The maximum waiting period will not exceed (1) hour.

- c. If lightning is seen by officials, coaches, or administrators:
 - i. Play will be suspended and the teams/spectators will be sent to take cover under a permanent facility. (This excludes canopies and tents set up by coaches or spectators.) A mandatory (30) minute wait period will follow the initial sighting. If another flash of lightning is seen following the first wait period, the game will be cancelled and rescheduled by agreement of athletic directors of the respective participating schools.
 - d. If lightning is not seen, but thunder is heard:
 - i. The wait period for thunder will take effect.
2. Seek shelter in safe structures. Safe structures are fully enclosed rooms or buildings or fully enclosed metal vehicles with windows up. If safe shelter is only a short distance away, run for shelter rather than stay in middle of the field.
- Unsafe shelter areas are open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles and areas with water.
- If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, cover your ears with your hands and tuck 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! Avoid being the highest object in an open field. People should not stand in large groups or near a single tree.
- NOTE: Athletes should drop all metal sporting equipment (i.e. bats, golf clubs, tennis rackets). Anyone wearing footwear that involves metal should remove their shoes (i.e. track spikes, golf shoes, cleats).
- 3. If a person feels that his/her hair standing on end, they should immediately crouch as described in item #2. 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.
 - 4. 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.

HEAT INDEX / HIGH HUMIDITY

It is important that we make ourselves aware of the dangers of high temperatures and high humidity to prevent heat exhaustion and/illness. Measurements via thermometer/psychrometer may be taken before practice or athletic events during periods of extreme heat and humidity.

Heat related disorders/ illnesses

- 1. Heat Cramps—after or during activity, an acute, painful, involuntary muscle contraction possibly caused by dehydration, electrolyte imbalance, neuromuscular fatigue or a combination
- 2. Heat Syncope—dizziness or momentary loss of consciousness upon standing for long periods or standing after rest, usually during acclimatization period caused by peripheral vasodilation, postural pooling of blood, diminished venous return, dehydration, reduced cardiac output or cerebral ischemia
- 3. Heat Exhaustion—inability to continue exercising due to heavy sweating, sodium loss, energy depletion, pale skin, persistent muscle cramps, urge to defecate, fainting, headache, hyperventilation, nausea, diarrhea, decreased urine output and a fever (97 deg F to 104 deg F)

4. Heat Stroke—neurologic change brought about by the overheating of body organs caused by the inability to regulate body heat, or inhibited ability to release excess heat. Elevated heart rate, low blood pressure, sweating (though skin can be bright red and dry), hyperventilation, vomiting, diarrhea seizures and coma—this is a life-threatening condition unless recognized and treated quickly.
5. Hyponatremia—shows usually after four hours of activity, disorientation, altered mental status, headache, vomiting, lethargy, swelling of hands and feet, seizures due to low sodium levels in blood caused by ingesting water well beyond sweat losses, or sodium losses not replaced adequately

Heat Index/Heat Disorders

Heat Index	Possible heat disorders
130 or higher	Heatstroke/sunstroke highly likely with continued exposure.
105-130	Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
90-105	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
80-90	Fatigue possible with prolonged exposure and/or physical activity.

Heat Index Charts

To use the heat index chart, find the appropriate temperature at the top of the chart. Read down until you are opposite the relative humidity. The number which appears at the intersection of the temperature and humidity is the heat index.

Heat Index Chart (Temperature & Relative Humidity)																
RH (%)	Temperature (° F)															
	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
90	119	123	128	132	137	141	146	152	157	163	168	174	180	186	193	199
85	115	119	123	127	132	136	141	145	150	155	161	166	172	178	184	190
80	112	115	119	123	127	131	135	140	144	149	154	159	164	169	175	180
75	109	112	115	119	122	126	130	134	138	143	147	152	156	161	166	171
70	106	109	112	115	118	122	125	129	133	137	141	145	149	154	158	163
65	103	106	108	111	114	117	121	124	127	131	135	139	143	147	151	155
60	100	103	105	108	111	114	116	120	123	126	129	133	136	140	144	148
55	98	100	103	105	107	110	113	115	118	121	124	127	131	134	137	141
50	96	98	100	102	104	107	109	112	114	117	119	122	125	128	131	135
45	94	96	98	100	102	104	106	108	110	113	115	118	120	123	126	129
40	92	94	96	97	99	101	103	105	107	109	111	113	116	118	121	123
35	91	92	94	95	97	98	100	102	104	106	107	109	112	114	116	118
30	89	90	92	93	95	96	98	99	101	102	104	106	108	110	112	114

Note: Exposure to full sunshine can increase Heat Index values by up to 15° F