



Emergency Action Plan

Hoffman Estates High School

1100 W. Higgins Rd.

Hoffman Estates, IL 60169

(847)755-5600

Updated February 23, 2023

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Important Contact Information

<u>Head Athletic Trainer</u>	Greg Garofalo, MS, LAT, ATC
Cell Phone	(224)-588-2228
Office	(847) 755-5790
<u>Assistant Athletic Trainer</u>	TBD
Cell Phone	
Office	(847) 755-5790
<u>Assistant Athletic Trainer</u>	TBD
Cell Phone	
Office	(847) 755-5790
<u>Athletic Director</u>	Steve Lacni
Cell Phone	(847) 343-6646
Office	(847) 755-5770
<u>Assistant Athletic Director</u>	Dan Andersen
Cell Phone	(773) 592-1947
Office	(847) 755-5777
<u>School Nurse</u>	Dawn Leach
Office	(847) 755-5662

Team Physician

Barrington Orthopedic Specialists Dr. Sean Jereb, M.D.
Office (847) 885-0022

Ascension Saint Alexius Hospital
1555 Barrington Rd (847) 843-2000
Hoffman Estates, IL 60169

Poison Control 1-800-222-1222
Hoffman Estates Police/Fire Non-Emergency 847-781-2800/847-843-4825
Hoffman Estates Police/Fire Emergency 9-1-1

Emergency Team

Certified and licensed Athletic Trainer(s) are on site for all practices and competitions. EMS is available through 911.

At least one certified athletic trainer is present in the training room at all times during normal after school activity hours. Weekday hours go from 1:00 pm and end at the conclusion of all sporting activities. Weekend hours go from one hour before practice/competitions and last until 30 minutes after the conclusion of all activities.

Coaching Staff

Fall Coaching Staff

Football
Girls Volleyball
Boys Soccer
Girls Cross Country
Boys Cross Country
Boys Golf
Girls Golf
Girls Tennis
Girls Swimming
Cheerleading

Tim Heyse
Patrick Moran
Sean Armstrong
Matt Ihms
Emilio Saraga
Todd Meador
Dan Canace
Ken Harris
Adam Longo
Frankie Cudney

Winter Coaching Staff

Boys Basketball
Girls Basketball
Wrestling
Girls Gymnastics
Girls Bowling
Boys Swimming
Cheerleading

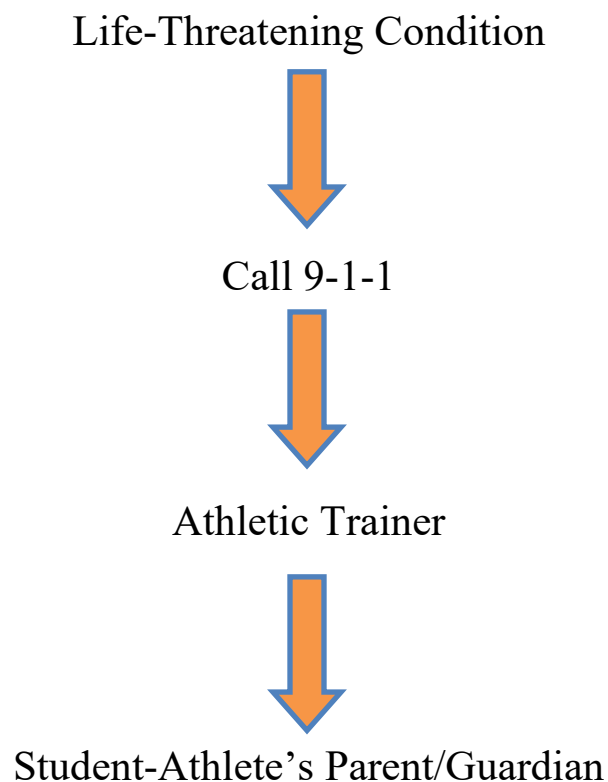
Peter McBride
Brad Reibel
Leo Clark
Dave Calisch
Dan Pfligler
Adam Longo
Frankie Cudney

Spring Coaching Staff

Baseball
Boys Gymnastics
Boys Lacrosse
Boys Tennis
Boys Track & Field
Boys Volleyball
Boys Water Polo
Girls Water Polo
Badminton
Girls Soccer
Softball
Girls Track & Field
Girls Lacrosse

Andrew Wulbecker
Ryan Brown
Dan Canace
Ken Harris
Vito Anzalone
Delaina Heracklis
Jeff Skalon
Tegan Boland
Patrick Swanson
Mary Dansdill
Lindsey Hamma
Jen Huffman
Eric Gdowski

Injury Contact Guide



Activation of EMS

1. **First Responder:** determine the safety of the scene and take proper precautions
 - a. Provide immediate care of the injured student athlete
 - b. Direct coach to call 911
 - c. In charge of the situation until EMS arrive. EMS and AT Staff will work together to ensure the safety of the injured athlete.
2. **911 caller:** student athletic trainer/coach directed to call 911 will do so and provide them with the name, location, telephone number, number of individuals injured, condition of injured, first aid treatment, specific direction to scene and any other information requested. They will then meet and direct EMS to scene.
3. **ATC/Coach:** Retrieve all pertinent emergency equipment and inform parents/guardians

Role of first Responder:

1. Provide immediate care of injured student athlete/individual.
2. Activate EMS
 - a. Call 911
 - b. Provide address and location of injured athlete, name, age, condition of athlete, treatment given, number of injured.
 - c. Notify Athletic Trainer (if not already on scene)
3. Retrieve emergency equipment
4. Direct EMS to scene
 - a. Open appropriate gates
 - b. Designate coach/SAT to “flag down” EMS
 - c. Scene safety and control

Equipment

The emergency equipment is located in the athletic training room on the northwest side of the building, lower level. An AED is located in the tall gray cabinet directly ahead of the door. During outside athletic practices and competitions, all emergency equipment and AED will be located with the Certified Athletic Trainer. All coaches must obtain CPR and AED certification in order to use the AED.

Communication

Athletic Trainers are reachable via cell phone, office phone or Radio channel 2 at all times during athletic practices and competitions. To dial an outside line from the land-line, dial 8-1-area code-number. For 911 from a landline dial 8-9-1-1. Upon completion of communication with EMS, the athletic trainer or coach/athletic administration must notify the parent/guardian of the athlete.

Emergency Medical Services

Calling 911 will activate EMS. A designated staff member will direct EMS to the scene of the incident, and EMS will oversee care upon arrival. The first responder remains in charge until transfer of care to EMS. They will then transport the athlete if deemed necessary to the nearest medical facility.

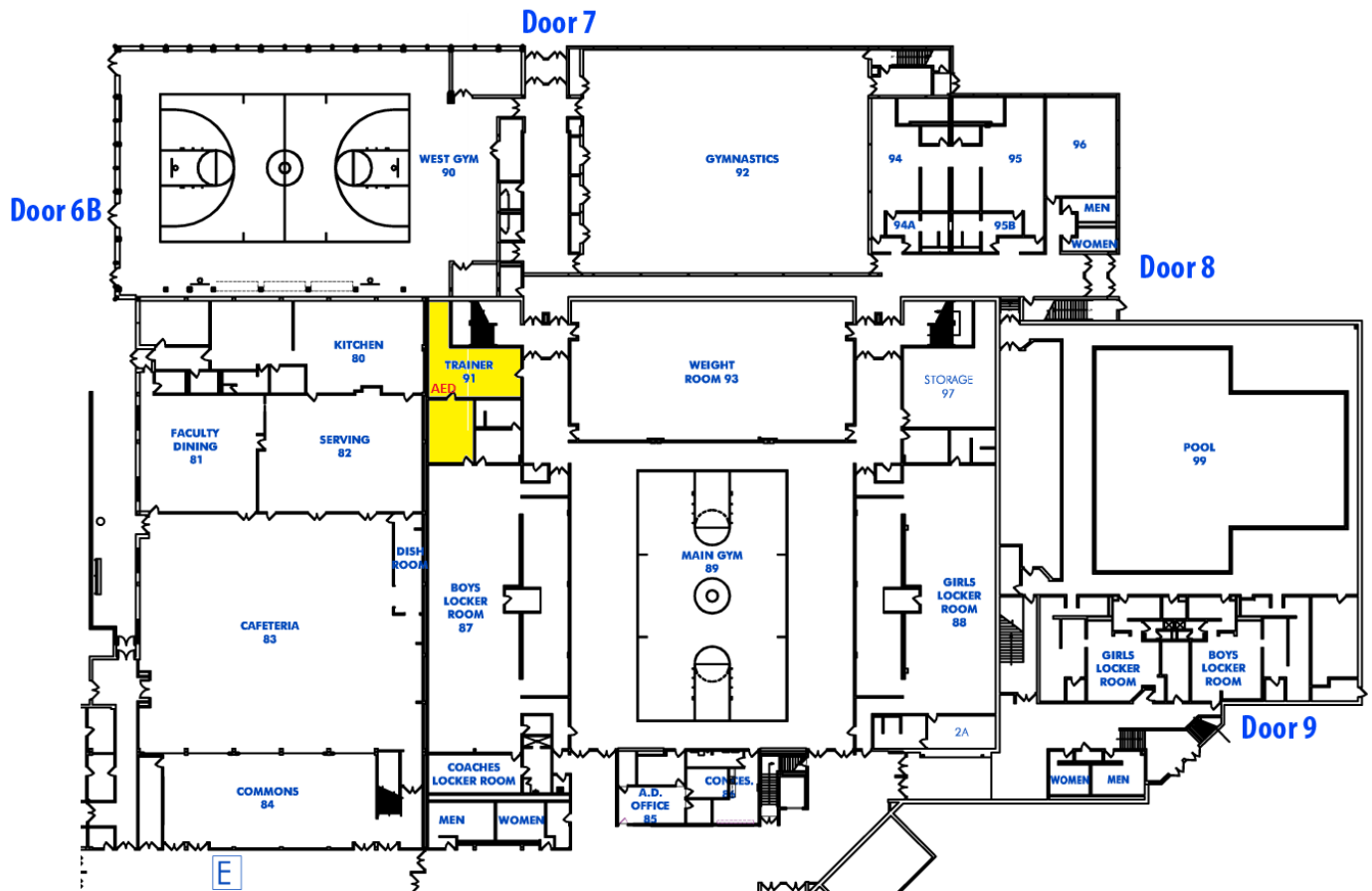
*In the event of the potential spinal cord injury, and an athlete needs to be spine boarded, the AT/first responder will not relinquish control until the athlete has been secured and head stabilization is no longer required.

Documentation

The Athletic Trainer at the scene is responsible for documenting the incident. Whether it is a home or visiting athlete, the athletic trainer must fill out an injury report. They will then pass it along to the Athletic Director and Principal. If an athletic trainer is not present, the head coach is responsible for documentation and the injury report.

Venue Specific EAPs

Indoor Venues



Athletic Training Room (ATR)

Entrance: Door #8

Location: The athletic training room (Room 91) is located on the ground floor on the northwest side of Hoffman Estates High School. To get to the athletic training room, enter door #8, walk through back hallway and turn left when hallway ends. Proceed through two sets of double doors and athletic training room will be located on right hand side.

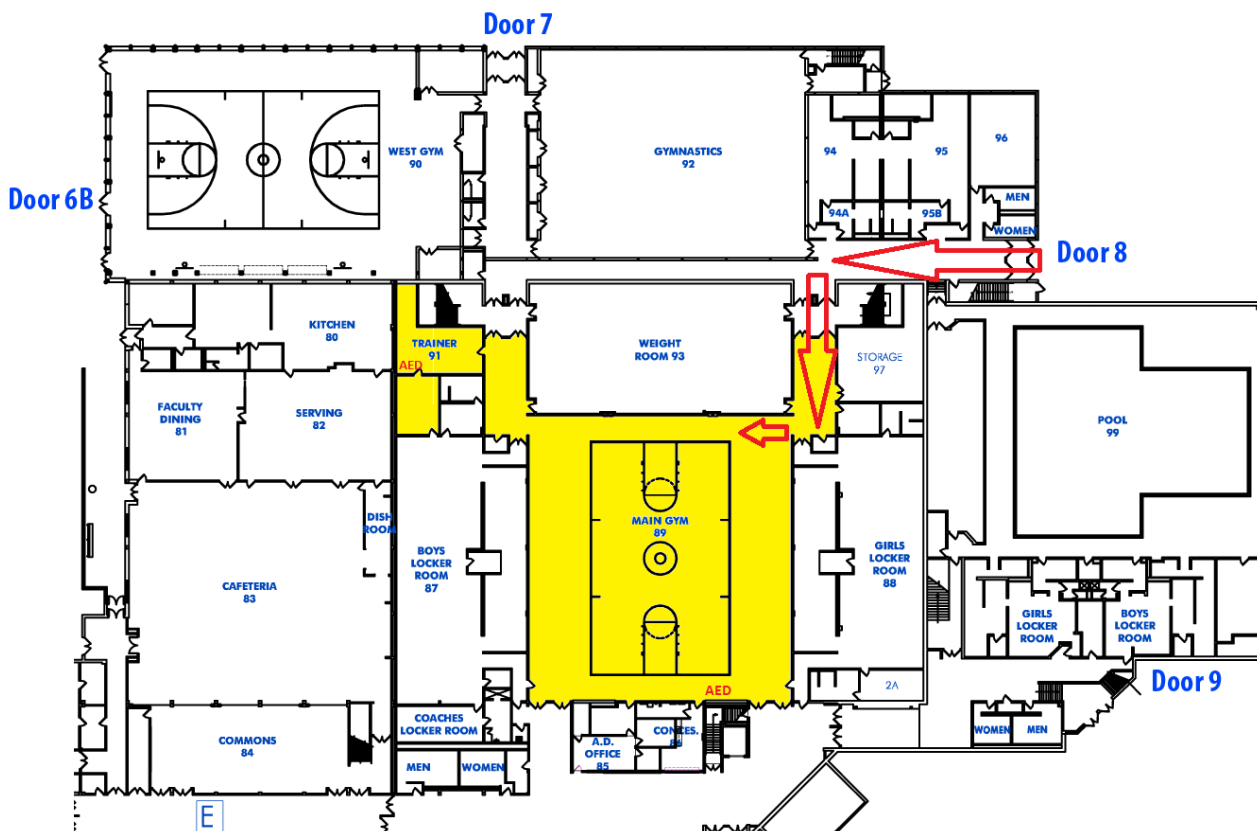
Personnel: Certified athletic trainers

Communication: Radios are located on the west side of the ATR. The landline is located on the desk. Dial 8 for an outside line or the 4 digit extension for a building phone.

Athletic Training Room Phone #: 847-755-5790

Equipment: AED's are located in the gray cabinet across the room from the door. Athletes' medications, wheel chair, first aid supplies, and cold-water whirlpools are also located in the athletic training room.

Main Gym



Events: Volleyball, Basketball, Wrestling and Badminton

Entrance: EMS should park on the east side of the building and enter through Door #8, where personnel will be waiting to direct EMS to main gym.

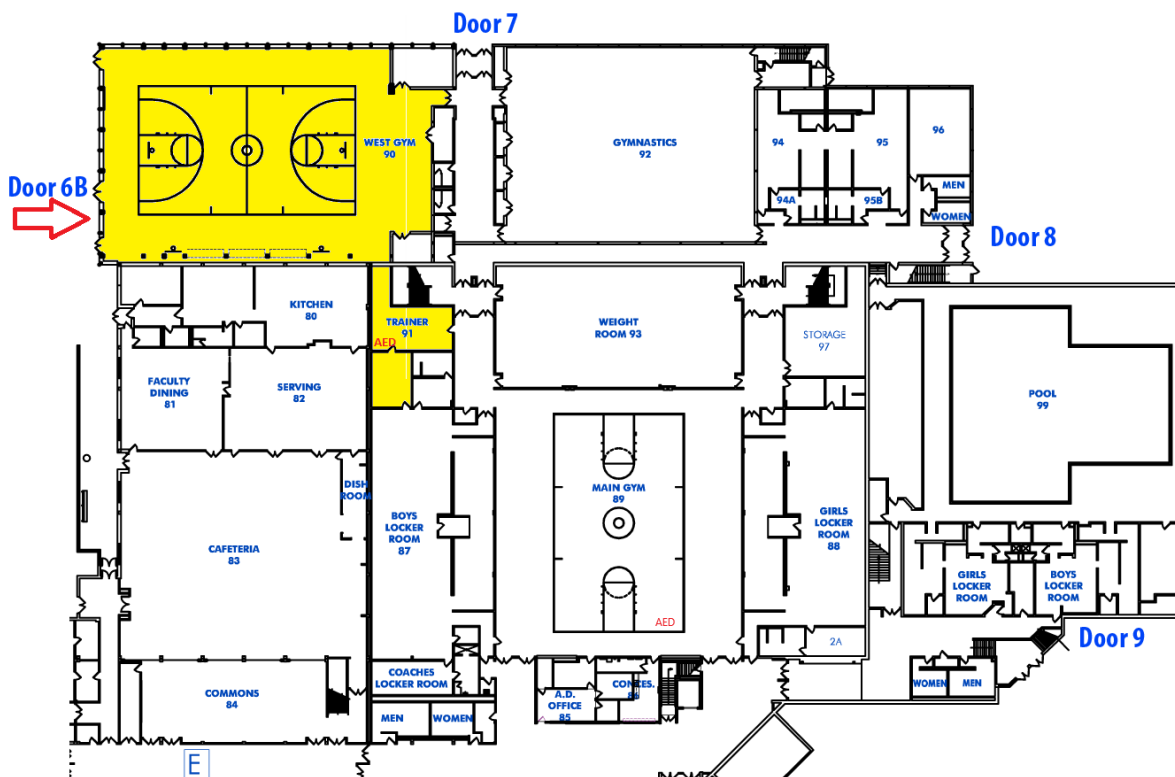
Location: The main gym is located on the ground floor down the steps from door 10. Spectator seating is on the main floor bleachers as well as bleachers up in the shelf.

Personnel: Certified athletic trainers, athletic directors, coaches, and referees.

Communication: For competition, a radio is available on the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Landlines are located in the ATR and Athletic Office.

Equipment: An AED is located on the South wall of the main gym located between the doors to the gym. There is also an AED located in the athletic training room in the dark gray cabinet.

Back Gym



Events: Volleyball, Basketball, Wrestling and Badminton

Entrance: EMS should arrive through Door #6B on the west side of the school

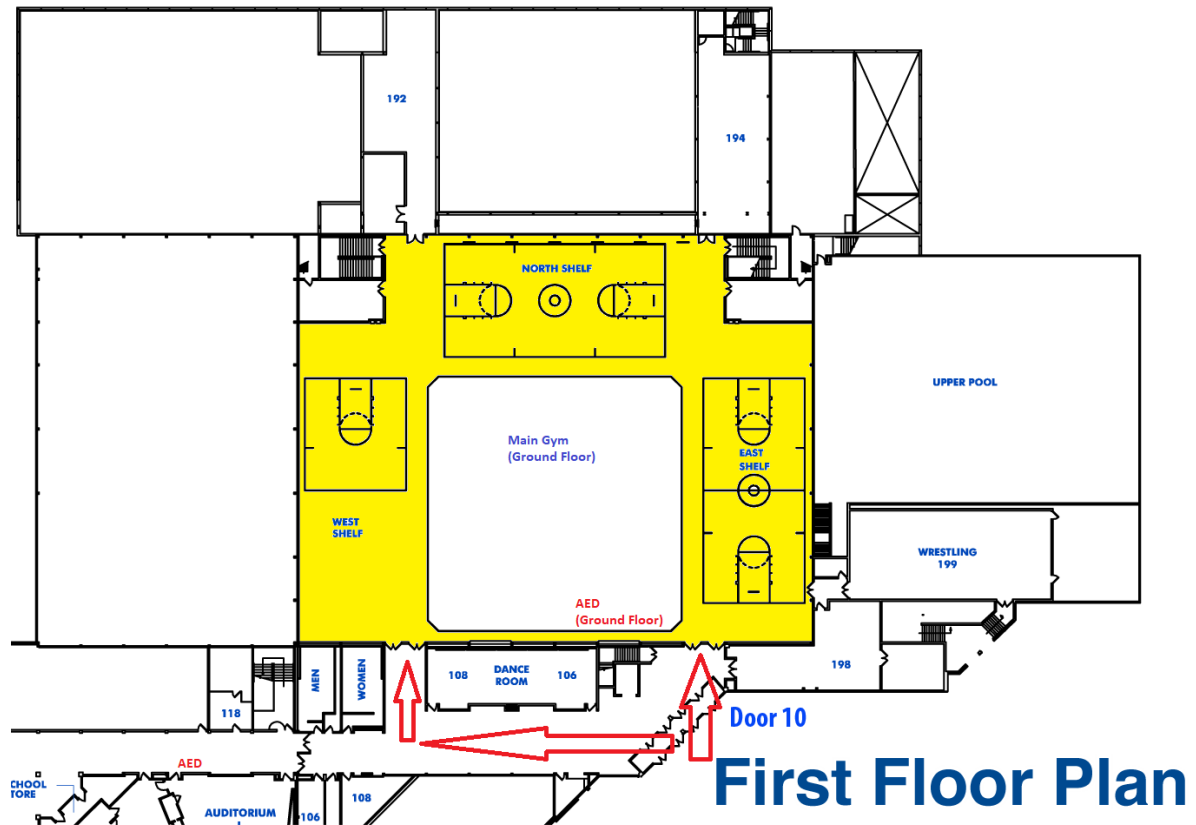
Location: The back (west) gym (Room 90) is located on the ground floor on the north side of Hoffman Estates High School. You can get to the back gym via door #8 and the gym will be on the right. Entrance through door #9, pass through the main gym on the left side continue down the hallway and the gym will be on the left. EMS should enter through door #6B which leads directly into the back gym.

Personnel: Certified athletic trainers, coaches, athletic directors, referees

Communication: During competition, a radio is available on the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Landlines are located in the ATR and Athletic Office.

Equipment: The nearest AED is located in the athletic training room in the dark gray cabinet.

Shelf



Events: Volleyball, Basketball, Cheerleading, Wrestling (east shelf) and Badminton

Entrance: Door #10 on first floor.

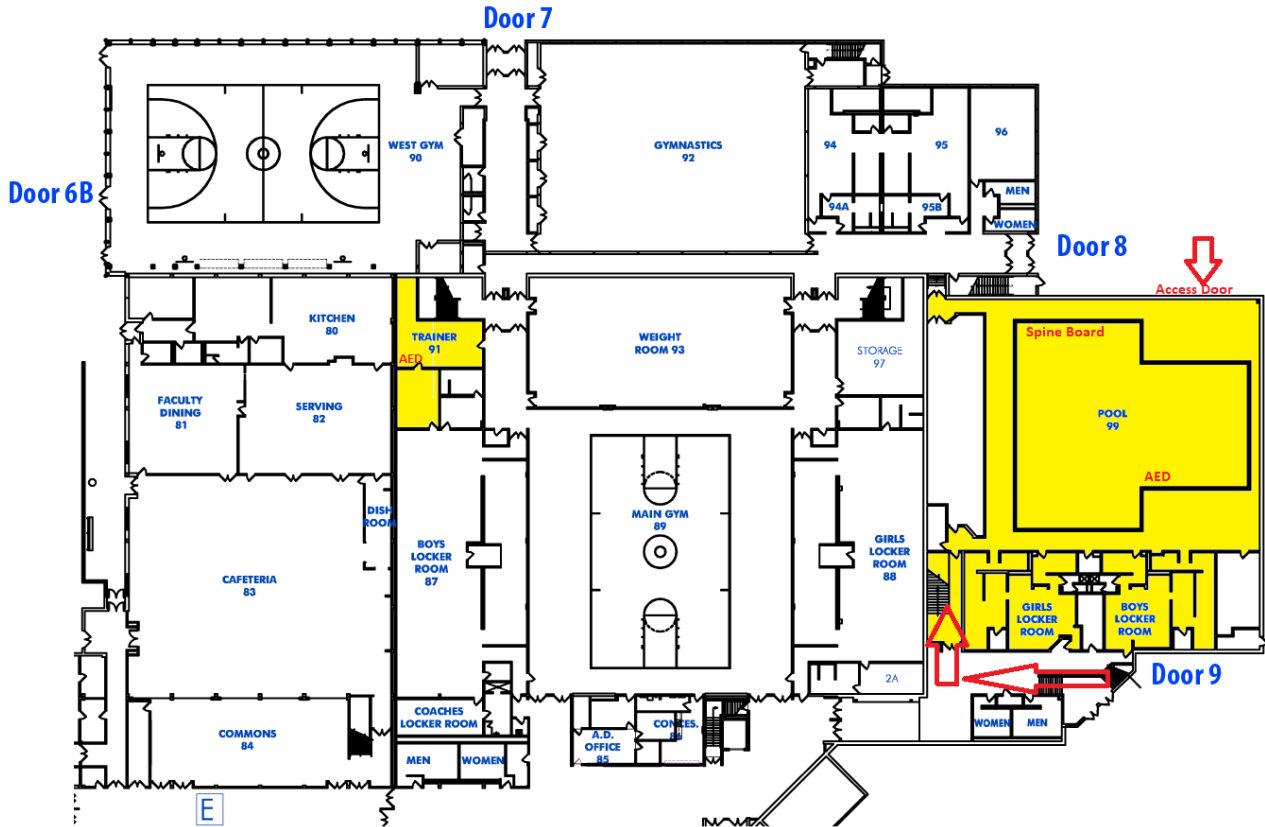
Location: Enter door #10 and go straight through the doors for the west side & north side of the shelf; or continue down hallway and turn right to reach east side & north side of shelf.

Personnel: Certified athletic trainers, coaches, athletic directors, referees

Communication: For competition, a radio is available on the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Landlines are located in the ATR and Athletic Office.

Equipment: An AED is located on the South wall of the main gym located between the doors to the gym, and down the main school hallway just outside the auditorium. There is also an AED located in the athletic training room in the dark gray cabinet.

Swimming Pool



Events: Swimming, Diving and Water Polo

Entrance: EMS should enter through access door located on the North end of the pool, just east of door 8. Door will give direct access to pool deck, and will be opened by staff. To reach spectator stands, EMS should enter through Door 9 and continue down stairs to left; the main pool entrance on the right.

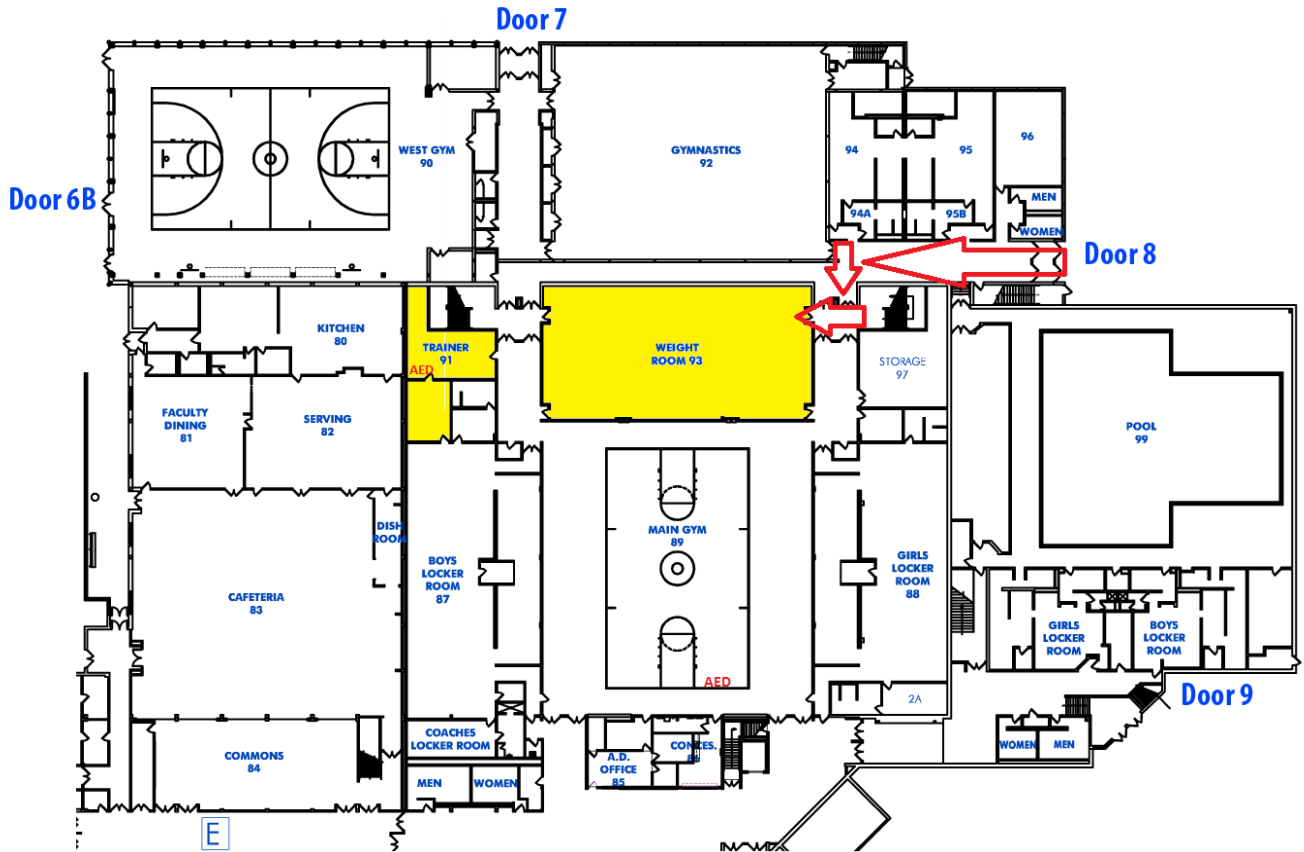
Location: The swimming pool (Room 99) is located on the east side of the school. Enter door #9, go down the stairs to the left, the door to the pool is on the right.

Personnel: Certified athletic trainers, coaches, athletic directors, referees

Communication: For competition, a radio is available on the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. There is a landline located in the coaches' office.

Equipment: There is an AED on the south wall of the pool area, next to coaches' office. There is a spine board on the North West wall.

Weight Room



Entrance: EMS should arrive through Door #8 where personnel will be available to direct EMS to weight room. Quickest access to weight room is through the North East door from door #8.

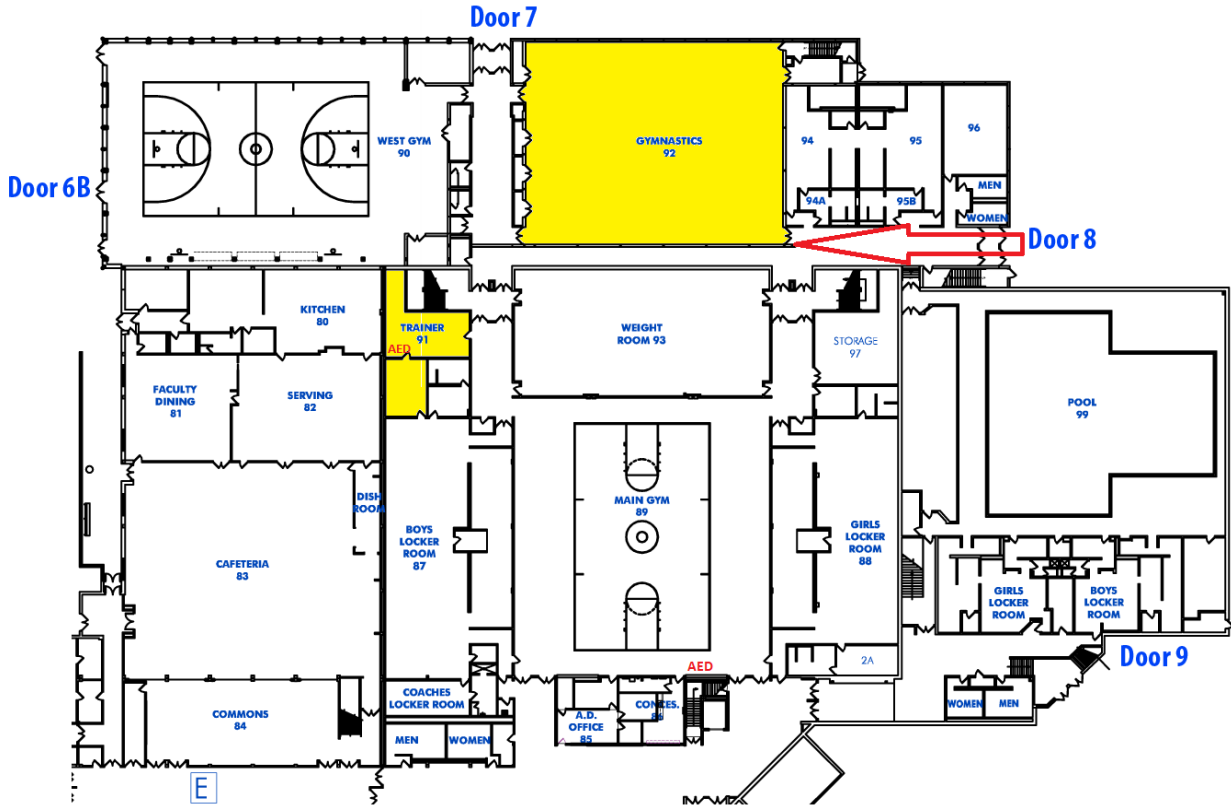
Location: The Weight room (Room 93) is located directly north of the main gym on the ground floor. Go down the steps from door #10, through the main gym. There is an entrance on the east and west end of the gym. The weight room is also accessible from door #8. Go down hall and turn left through double doors to the entrance on the right.

Personnel: Certified athletic trainers, coaches/supervisor

Communication: There is a landline in the athletic training room across the hallway.

Equipment: The nearest AED is located in the athletic training room in the dark gray cabinet.

Gymnastics Room



Entrance: EMS should arrive through Door #8

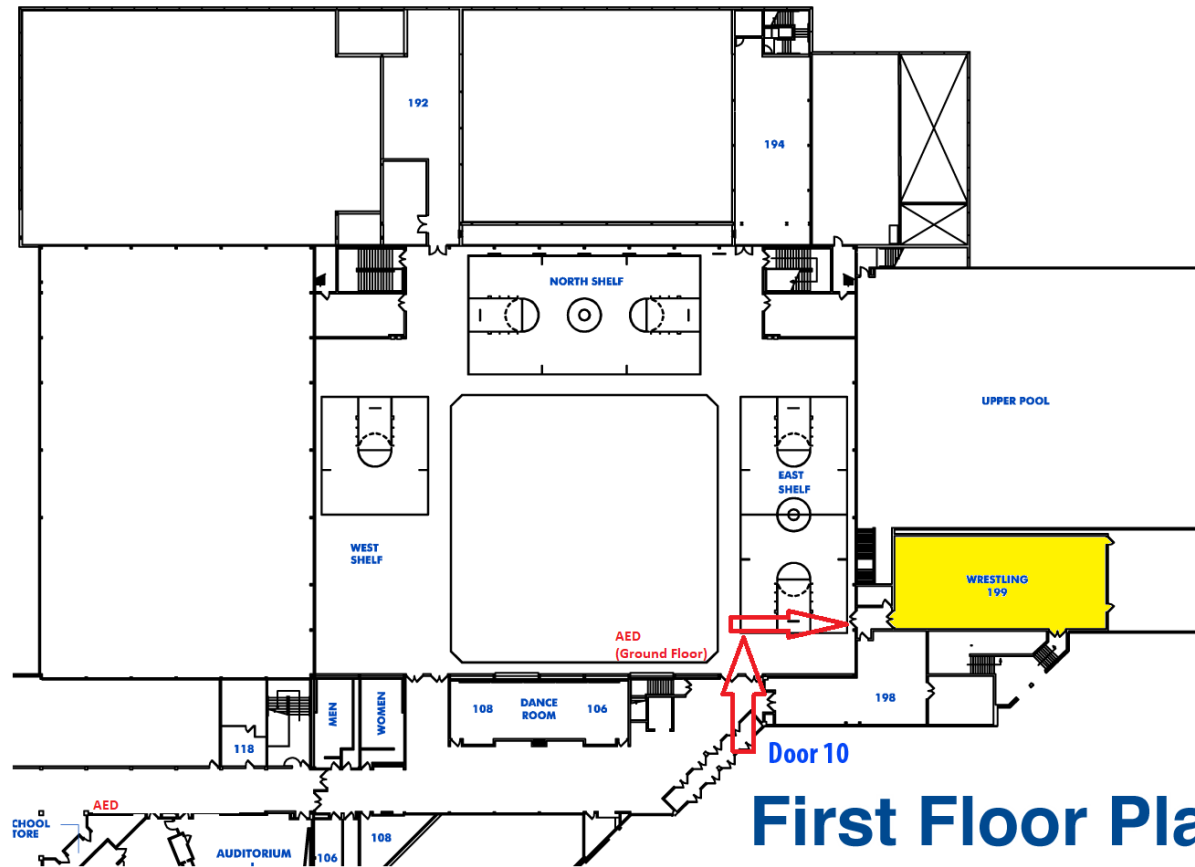
Location: The gymnastics room (Room 92) is located north most end of the athletics area, across from the back (west) gym. If you enter through door #10 go downstairs, through the main gym, down the left hallway and the gym will be on the right. Entrance from door #8 and walk down hall to Southeast entrance of gymnastics room

Personnel: Certified athletic trainers, coaches, athletic directors, judges

Communication: For competition, a radio is available at the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Landlines are located in the ATR and the athletic office.

Equipment: The nearest AED is located in the athletic training room in the dark gray cabinet.

Wrestling Room



Entrance: EMS should arrive through Door #10

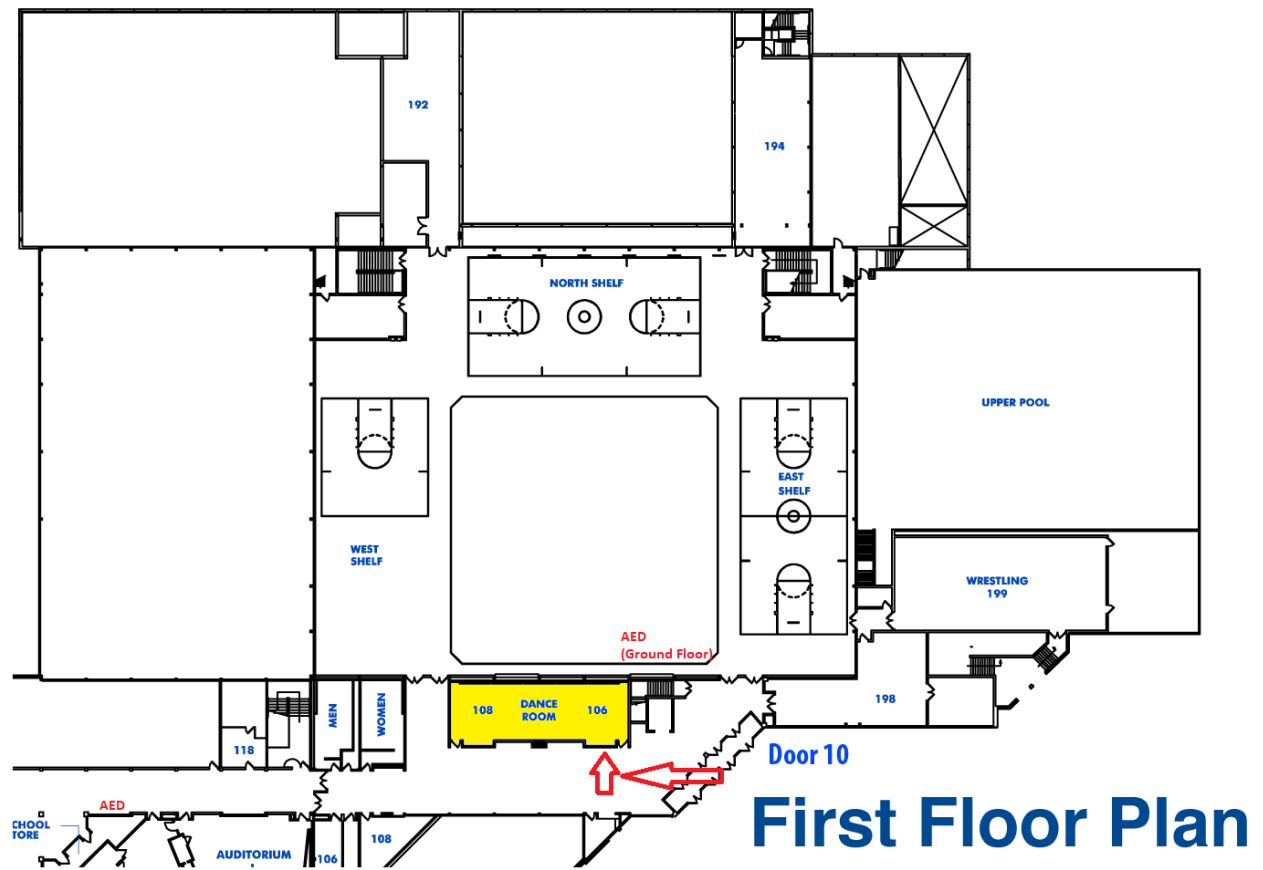
Location: The wrestling room is located on the east shelf. Enter door #10 and go straight through the doors in front of you. Turn right to find the wrestling room doors along the east wall (Room 199).

Personnel: Certified athletic trainers, coaches

Communication: There is a landline located in the ATR and the Athletic Office.

Equipment: An AED is located on the Southeast wall of the main gym (ground floor) located between the sets of double doors. There is also an AED located down the main hall just outside the auditorium, on the South wall, and in the athletic training room (ground floor) in the dark gray cabinet.

Dance Room



Entrance: EMS should arrive through Door #10

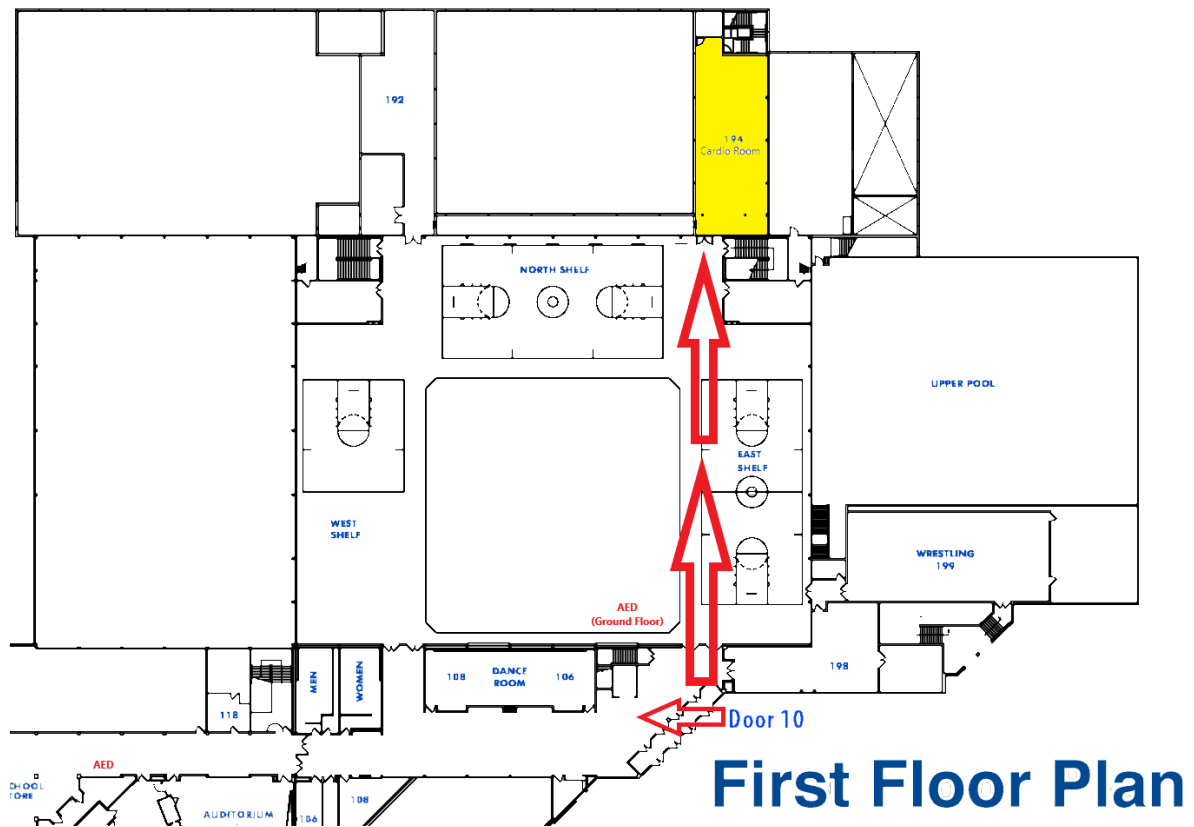
Location: The dance room (Room 106/108) is located off the main hallway just inside door #10, on the first floor. Enter door and walk west down the hall, past the elevator to the entrance on the right.

Personnel: Certified athletic trainers, coaches

Communication: There is a landline located in the ATR and the Athletic Office.

Equipment: An AED is located on the Southeast wall of the main gym (ground floor) between the sets of double doors. There is also an AED located on the south wall just outside the auditorium, and in the athletic training (ground floor) room in the dark grey cabinet.

Cardio Room



Entrance: EMS should arrive through Door #10

Location: The cardio room (Room 194) is located off the north shelf in the northeast corner of the shelf on the first floor. Enter door 10, turn right through double doors and walk north through east shelf. Cardio Room will be straight ahead.

Personnel: Certified athletic trainers, coaches, PE teachers.

Communication: There is a landline located in the ATR and the Athletic Office.

Equipment: An AED is located on the Southeast wall of the main gym (ground floor) between the sets of double doors. There is also an AED located on the South wall just outside the auditorium, and in the athletic training (ground floor) room in the dark grey cabinet.

Outdoor Venues



The six athletic fields (two, baseball, two softball, & two all purpose) on the north end of the campus are used for athletic practice and competitions during the fall and winter seasons. The east side of the campus contains three athletic areas (East field, tennis courts, and stadium) that are used during the fall and winter seasons for practice and athletic competitions. All fields are accessible golf cart/EMS and will have their specific venue details below.

Stadium



Events: Football, Soccer, Track & Field, Lacrosse

Entrance: East Parking Lot

Location: The stadium is located on the Southeast end of Hoffman Estates High School campus. Enter using the east parking lot from Higgins Road and enter the stadium, which is on the right.

Personnel: Certified athletic trainer, coaches, athletic directors, referees, EMS for home football games, team physician for home football games.

Communication: For all competitions, a certified athletic trainer will be present. A radio will be with each team, up in the press box and with the athletic directors; use channel 2. Athletic Trainers are also accessible via cell phone or ATR phone.

Equipment: An AED is located on the Northwest side of the stadium on the garage wall. An ambulance with EMT personnel will be present for every home football game. There will be an AED present with the athletic trainer on the golf cart as well. Field access is located at Northwest end of stadium.

Baseball 1



Entrance: East Parking Lot

Location: Baseball field 1 is located northeast of the school. Enter off Higgins Rd, using the east parking lot and go north past the tennis courts. The field will be at the end of the parking lot.

Personnel: Certified athletic trainer, coaches, athletic directors, umpires

Communication: For competition, a radio is available in the home team's dugout. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers can also be reached via cell phone or landline located in ATR.

Equipment: An AED is in box attached to the home team's dugout for all practice and events. An AED is also present with the athletic trainer at all times.

Baseball 2



Entrance: West Parking Lot

Location: Baseball field 2 is located on the northwest side of the campus. Enter using the west parking lot, just west of the main entrance off Higgins Road. The field is located at the end of the west parking lot and is accessible from this lot.

Personnel: Certified athletic trainer, coaches, athletic directors, umpires

Communication: For competition, a radio is available in the home team's dugout. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also accessible via cell phone and athletic training room phone.

Equipment: An AED is available in Baseball Field 2's home team dugout for all practice and events. An AED is also present with the athletic trainer at all times.

East Field



Events: Football, Soccer, Track & Field, Lacrosse

Entrance: East Parking Lot

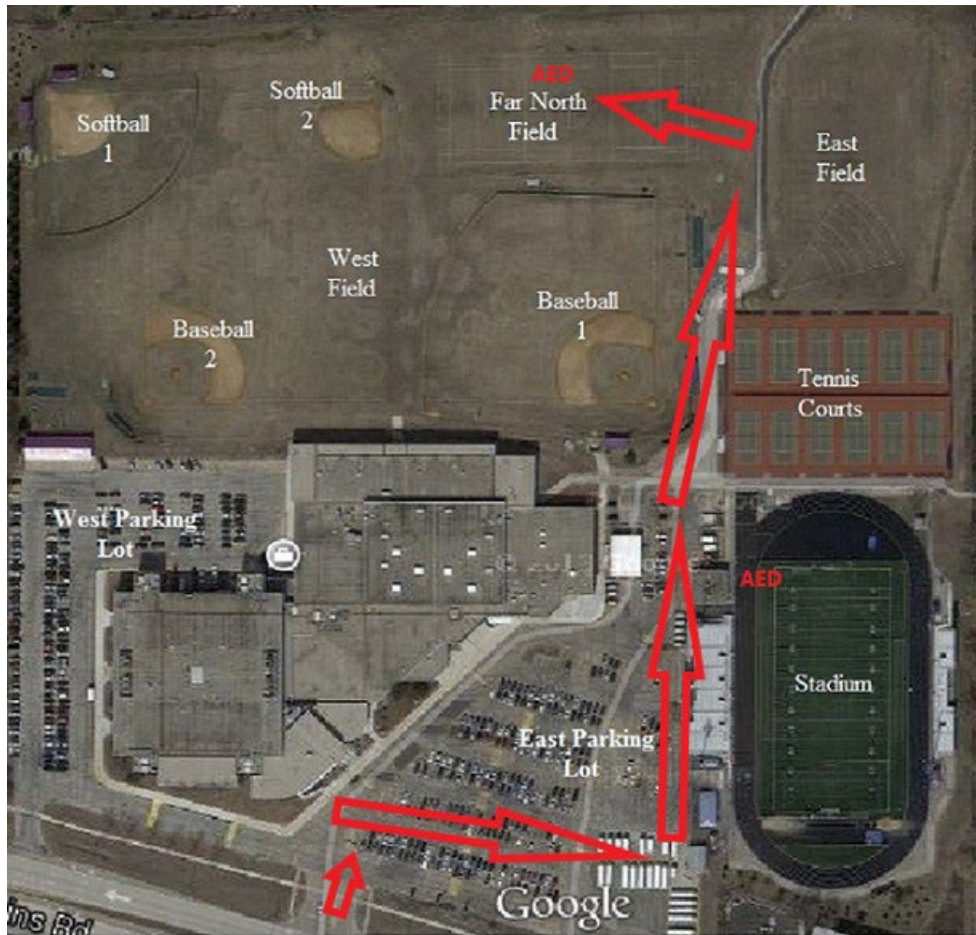
Location: The east field is located north of the tennis courts. Enter off of Higgins road, using the East parking lot and proceed North to the field.

Personnel: Certified athletic trainer, coaches, athletic directors, referees

Communication: For competition, a radio will be placed with the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also available via cell phone and ATF phone.

Equipment: An AED is located on the Northwest side of the stadium on the garage wall. There will be an AED present with the athletic trainer on the golf cart.

Far North Field



Events: Football, Soccer, Lacrosse

Entrance: East Parking Lot

Location: The far north field is located in the northern most part of the Hoffman Estates High School campus. Enter using the east parking lot from Higgins Road. Proceed down path to reach far north field.

Personnel: Certified athletic trainer, coaches, athletic directors, referees

Communication: For competition, a radio is available at the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also accessible via cell phone and ATF phone.

Equipment: The nearest AED is located on the white maintenance garage, just West of the stadium, and in the home dugout on Baseball 1. An AED is also present with the athletic trainer at all time.

Softball 1 Field



Entrance: West Parking Lot

Location: Softball 1 is located in the Northwest corner of the Hoffman Estates High School campus. Enter using the west parking lot from Higgins Road. Proceed north through the West parking lot until it ends. Follow the fence line to the field.

Personnel: Certified athletic trainer, coaches, athletic directors, umpires

Communication: For competition, a radio is available in the home team's dugout. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also accessible via cell phone and athletic training room phone.

Equipment: An AED is available in the home team's dugout for all practice and events. An AED is also present with the athletic trainer at all times.

Softball Field 2



Entrance: West Parking Lot

Location: Softball 2 is located in the North part of the Hoffman Estates High School campus. Enter using the West parking lot from Higgins Road. Follow parking lot until it ends and turn right. EMS may drive on grass to reach Softball field 2.

Personnel: Certified athletic trainer, coaches, athletic directors, umpires

Communication: For competition, a radio is available in the home team's dugout. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also accessible via cell phone and athletic training room phone.

Equipment: An AED is available in the Softball field 2 home team's dugout for all practice and events. An AED is also present with the athletic trainer at all times.

Tennis Courts



Entrance: East Parking Lot

Location: The tennis courts are located just North of the stadium. Enter using the east parking lot from Higgins Road. Follow parking lot until it ends and the tennis courts are located on the right.

Personnel: Certified athletic trainer, coaches, athletic directors

Communication: A radio is available in the med kit for all contests; turn to channel 2 to contact athletic trainers or athletic administration staff. Athletic trainers can be contacted via cell phone or the athletic training room phone.

Equipment: An AED is located on the Northwest side of the stadium on the white maintenance garage wall and the home dugout of Baseball field 1. There will be an AED present with the athletic trainer as well.

West Field



Events: Football, Soccer

Entrance: West Parking Lot

Location: The west field is located in between the baseball fields north of the high school. This field is used only during the fall season. Enter using the west parking lot from Higgins Road, follow the parking lot until it ends, and turn right. The field will be accessible from the back-parking lot.

Personnel: Certified athletic trainer, coaches, athletic directors, referees

Communication: For competition, a radio is available at the score table. Turn radio on to channel 2 to contact athletic training and athletic administration staff. Athletic trainers are also available via cell phone and athletic training room phone.

Equipment: For Competitions, an AED will be available at the score table. During practices, an AED will be available inside the athletic training room, with the athletic trainer, and by water coolers outside of door 7.

Emergency Situation Protocols

Sudden Cardiac Arrest

Administering CPR and using the AED is critical for the athlete's chance at survival.

- Signs of a Sudden Cardiac Arrest athlete are:
 - Athlete may collapse and become unresponsive
 - Athlete may present gasping, gurgling, snorting, moaning or labored breathing noises
 - Seizure like activity
- If you witness the Sudden Cardiac Arrest check if they are breathing and have a pulse
 - Administer CPR immediately and activate EMS if there is no pulse or breathing
 - As soon as the AED is present apply the pads per AED instructions
 - Do not shock unless advised by AED
- If you come across an athlete who is presenting with symptoms of Sudden Cardiac Arrest and you did not see the event take place
 - Check if they are breathing and have a pulse
 - Activate EMS (p. 5)
 - Administer CPR until AED arrives

AED's

- In the Athletic Training Room in the gray cabinet on the West Wall (when you walk in the training room head straight about 10 feet to reach the gray cabinet)
- Mounted in the Main Gym on the South Wall between the doors
- 1 is kept on the Golf Cart in a red emergency bag at all times
- Placed every 200 feet for outdoor events
 - 1 at the stadium mounted on the white garage on the NW end of the track
 - 1 at Baseball Field 1 mounted on the Home side dugout on the West side of the South dugout
 - 1 at Softball Field 1 mounted on the Home side dugout on the South side of the West dugout
 - 1 at Baseball Field 2 mounted on the white maintenance garage on the North end of the East facing wall.

All coaches must obtain CPR and AED certification in order to use the AED.

Concussions and Head Injuries

If a coach suspects a concussion, he/she must immediately contact the athletic trainer to have the athlete evaluated. If the suspected head injury occurs, and there is no athletic trainer present, the coach must notify the athletic trainer and the parent/guardian immediately. The coach will monitor the athlete and determine if EMS needs activation (i.e. loss of consciousness, change in mental status, vomiting). No coach may return an athlete with a suspected head injury to play without the permission and clearance of the athletic trainer.

When the athletic trainer is present, he/she will perform a sideline evaluation. The athletic trainer will determine, based on the evaluation, if the athlete may return to play that day. If the athlete does not return to play that same day, he/she is treated as a concussion injury. The athlete will follow the D211 Policies and Procedures for a Head Injury.

Diabetic Emergencies

- Signs & Symptoms of Hypoglycemia (low blood sugar <70 mg/dL)
 - Sudden onset
 - Pale, cool, clammy skin
 - Mood changes, disorientation, confusion, stupor
 - Shakiness
 - Confusion
 - Rapid/fast heartbeat

- Signs & Symptoms of Hyperglycemia (high blood sugar >180 mg/dL)
 - Flushed, warm, dry skin
 - Frequent urination
 - Fruity or sweet-smelling breath
 - Irregular breathing
 - Nausea
 - Drowsiness
 - Disorientation

- If you do not know if the athlete has Diabetes check for medic alert tag or ask friends, family, etc. if nearby
- If a glucose monitor is present take glucose levels should be between approximately 80-120 mg/dL
- If athlete is able to swallow give a form of sugar such as (hypoglycemia)
 - glucose tablets
 - raisins
 - juice
 - non-diet soda
 - sugar
 - honey
 - candy
- If athlete does not seem to be getting better within 15 minutes, activate EMS (p. 5)
- If athlete has seizure activate EMS immediately
- It is encouraged that the athletes keep a supply of food, glucose tablets, etc in the athletic training room. Supplies are kept in the cabinet above the file drawers on the West side of the wall across from the computer.

Cervical Spine Injury

- C-Spine injury should be suspected when any type of axial loading has occurred
- C-Spine injury suspicions should be increased if any of the following are noted:
 - Unconsciousness
 - Neurologic deficits or complaints in upper or lower extremities
 - Significant midline spine pain with or without palpation
 - Obvious spinal column deformity

- Whomever arrives at the suspected injured c-spine athlete first should stabilize the head and neck so that it does not move (preferably the athletic trainer, team doctor or other medical personnel). Activation of EMS occurs at this time.
- Once the health care professional has manually stabilized the neck, they will not leave this position until a cervical collar is applied.
- If padding needs to be removed (football/lacrosse player) other coaches/rescuers can do this with scissors to gain access to the chest in case CPR is needed.
- If there is a helmet, facemask removal tools are available on the athletic trainer's cart and are to gain access to the face in case CPR is necessary.
- The rescuer controlling the c-spine stabilization will be in command of transfer to the spine board. They will dictate who will get emergency equipment and who will activate EMS (p. 5).

Anaphylaxis (Allergic reaction)

- Athlete may present with airway problems such as:
 - Swelling of throat and tongue
 - Difficulty breathing
 - Feeling of throat closing
 - Hoarse voice
 - Shortness of breath
 - Wheezing
- Circulation problems such as:
 - Increased pulse
 - Low blood pressure
 - Faint feeling
 - Dizziness
 - Cardiac arrest

Athlete may have Epi-pen to help control reaction. Activate EMS immediately if the above symptoms are taking place (p. 5). Lay athlete flat and elevate legs to increase circulation.

Asthma

- Signs and symptoms include:
 - Wheezing
 - Chest tightness
 - Pulse >120 bpm
 - Respiratory rate >25 breaths per minute
 - Sweating
 - Trouble speaking
 - Coughing
- Have athlete use their inhaler or any other prescribed medication if they have it.
- Try to calm down athlete.
- Activate EMS if there is no improvement within 30 minutes (p. 5)
- It is highly encouraged that athletes keep an extra inhaler with the ATC or in the Athletic Training room.

Exertional Heat Stroke

- Signs and symptoms include:
 - Red, Dry, Hot Skin
 - Headache/Dizziness
 - Muscles cramps/weakness
 - Nausea/Vomiting
 - Pulse >120bpm
 - Confusion
 - Seizures
 - Unconsciousness
 - Core temperature $\geq 104^{\circ}$
- Immediate care of the ill student athlete
 - Obtain core temperature via rectal thermometry (AT only)
- Activation of the EMS (p. 5)
- While waiting for EMS to arrive, lower body-core temperature as quickly as possible
 - Rapid cooling through cold-water immersion. (cold tubs are available in the stadium & in the athletic training room.)
 - Monitor athlete's vital signs.
 - Do not transport athlete until core temperature has decreased to $<102^{\circ}$

Emergency Weather Conditions

Lightning

- Thor Guard lighting detectors are situated on the façade of HEHS. If lightning is detected, the Thor Guard will sound a warning horn of one-15 second blast and a strobe light will stay on. Regardless of lightning visibility, all athletes and personnel must evacuate the field and seek shelter.
 - Report to HEHS gymnasium or,
 - Fully enclosed metal vehicles
 - If unable to reach shelter, assume a crouched position on the ground with the balls of your feet touching the ground, your arms wrapped around your knees and your head lowered. Try to minimize contact with the ground; **DO NOT LIE FLAT**.
 - Stay away from water, open fields, dugouts, golf carts, trees and any metal object (including bats and bleachers)
 - **Caution:** players must drop bats and remove shoes (with metal studs in them)
- If a lightning detector or Thor Guard is not present, or not working use alternative methods.
 - WeatherSentry (weather service used by District 211).
 - Once you have evacuated the field, there should be a 30-minute wait from the last lightning flash or thunderclap until resuming play. Every recurrent lightning flash will restart the 30-minute timer.
- If lightning is in the immediate area, the certified athletic trainer will notify the head coach and the officials as to the status of the inclement weather and of need to take shelter.
 - **NOTE:** Any school personnel has the right to supersede the authority of the contest official and suspend a contest based on safety.
 - **Athletes** will be from the field and told to head for shelter in the HEHS gymnasium.
 - **Spectators** are notified of the immediate dangers of lightning, through an announcement over the PA system, and are encouraged to seek appropriate shelter.
- Teams may return to the field and play may continue once the Thor Guard sounds three-five second blasts, the strobe light goes off, and no lightning is detected.
- If someone is struck by lightning, activate the Emergency Action Plan and begin the primary survey. If possible, move the victim to a safe location.
 - Make sure the situation is safe before you proceed.

Severe Weather or Tornado

- In the event of a Tornado warning and or watch, all players, personnel and fans must evacuate the field and seek shelter in the appropriate locations within HEHS.
- The game or practice will be postponed until all signs of severe weather have passed and there is no threat of severe weather returning.

Extreme Cold Conditions

The following are the recommendations for outside exposure for the properly dressed

WBGT Temperature	Practice Limitations	Contest Limitations
40 Degrees to 32 Degrees without precipitation	No Restrictions	CM: games as scheduled NCM: games are canceled but can be played with mutual AD consent
40 Degrees to 32 Degrees with precipitation	Practices limited to 2 hours	Consider canceling CM games if precipitation is not a field factor with mutual AD consent, cancel NCM games
Below 32 Degrees to 15 Degrees without precipitation	Practices limited to 2 hours	CM games can be played with AD consent, cancel NCM games
Below 32 Degrees to 15 Degrees with precipitation	Practices limited to 1 hour	CM games can be played with AD consent, cancel NCM games
Below 15 Degrees without precipitation	Practices limited to 1 hour, rewarm every 15 minutes	Cancel games
Below 15 Degrees with precipitation	No outside practices	Cancel games
Below 5 Degrees	No outside activities	Cancel games

Extreme Heat Conditions

- Listed below is the guidelines for Extreme Heat conditions for the D211.

These guidelines represent minimum standards that Mid-Suburban League member schools should follow for athletic competitions and practices when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. The IHSA officials and administration, in conjunction with the head athletic trainer, will make the decision to suspend and resume activity for practices and non-state series contests. IHSA series tournament managers will make the decisions to suspend and resume activity in accordance with the IHSA guidelines using those devices or systems usually used at the state series venue/site.

When the weather forecast indicates elevated temperatures, the athletic trainer will take WBGT readings thirty minutes prior to the start of a game or thirty minutes prior to the start of the day’s activities. After the initial reading, WBGT readings are taken every 60 minutes until it has been determined the WBGT readings are below the yellow zone.

Minimum restrictions for athletic activity are established thirty minutes prior to the start of activity. Readings are recorded in writing and the records will be maintained within the athletics department. Use Table 1 (see below) with an on-site WBGT reading for appropriate exercise modifications during all indoor and outdoor athletic activities.

Table 1

A. ≤79.9 degrees F (GREEN ZONE)

- i. All sports
 - 1. Water should always be available and athletes should be able to take in as much water as they desire.
 - 2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
 - 3. Watch/monitor athletes carefully for necessary action.
-

B. 80.0-84.5 degrees F (YELLOW ZONE)

- i. All sports
 - 1. Water should always be available and athletes should be able to take in as much water as they desire.
 - 2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
 - 3. A cooling station (ice towels, shaded areas, etc.) will be made available.
 - 4. Watch/monitor athletes carefully for necessary action
 - ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
 - 1. Protective equipment is removed when not necessary for safety (helmets, shoulder pads, or catching gear).
 - iii. Reduce time of inside and outside activity. Consider postponing activity to later in the day.
 - iv. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity.
-

C. 84.6-87.5 degrees F (ORANGE ZONE)

- i. All sports
 - 1. Water should always be available and athletes should be able to take in as much water as they desire.
 - 2. Coaches and officials are encouraged to take a 10:00 break every 30:00 of training or competition.
 - 3. A cooling station (ice towels, shaded areas, etc.) will be made available for before, during, and after exercise/training/competition.
 - 4. Watch/monitor athletes carefully for necessary action
 - 5. If practicing, maximum of 2 hours of training/practice including all breaks from original start time even if WBGT drops below 84.6.
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)

1. For Practices: Protective equipment is removed when not necessary for safety (helmets, shoulder pads, or catching gear). Football and lacrosse are permitted a maximum of helmet, shoulder pads, and protective gloves. If additional equipment is necessary for safety, suspend activity.
 2. For Contests: Helmets and other protective equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
 - iii. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity.
-

D. 87.6-89.9 degrees F (RED ZONE)

- i. All sports
 1. Water should always be available and athletes should be able to take in as much water as they desire.
 2. Coaches and officials are encouraged to take a 10:00 break every 30:00 of training or competition.
 3. A cooling station (ice towels, shaded areas, etc.) will be made available for before, during, and after exercise/training/competition.
 4. Watch/monitor athletes carefully for necessary action
 5. If practicing, maximum of 1 hour of training/practice while temperature is in this range from the original start time even if the WBGT drops below 87.6
 - ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
 1. For Practices: Protective equipment is removed when not necessary for safety (helmets, shoulder pads, or catching gear). Football and lacrosse are permitted a maximum of helmet, shoulder pads, and protective gloves. If additional equipment is necessary for safety, suspend activity.
 2. For Contests: Helmets and other protective equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
 - iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.
-

E. ≥ 90 degrees F (BLACK ZONE)

- i. All sports
 1. No training/competition.
 2. Cancel and/or postpone activity to cooler time of the day.

NOTE: While most attention will be given to outdoor sports in the fall and spring, indoor venues/facilities (gymnasiums, wrestling rooms, and swimming/diving facilities) that are not air conditioned should not be neglected for the purposes of this policy. Additionally, sometimes conditions will vary for different aspects of the same competition or practice. For example, one part of a cross-country course may be hotter or more humid than other parts. The best course of

action for certified athletic trainers and managers is to take a WBGT reading at the place of the most severe conditions.

Protocol for Determining the WBGT Temperature

For the purposes of establishing temperature activity restrictions, WBGT readings will be taken on three different surfaces at the school site—grass, turf, and tennis courts. Decisions about play are determined separately for each surface based on that surface’s WBGT reading. If a team is practicing or competing at the school’s off-site facility (ex. golf or cross-country), the WBGT temperature taken on the grass surface at the school will be used to determine temperature activity restrictions at the off-site location.

The athletic trainer will take WBGT readings thirty minutes prior to the start of a game or thirty minutes prior to the start of the day’s activities. Once the initial reading is taken, WBGT readings will be taken every 60 minutes until it has been determined the WBGT readings are below the yellow zone.

When monitoring the weather with a handheld heat stress monitor the licensed athletic trainer will note the WBGT every 30 seconds for five minutes. The certified athletic trainer will average the ten readings and use that final number to identify which activity restriction zone the current conditions fall under.

Using a Wet Bulb Globe Thermometer or a WBGT temperature is recommend, although a conversion to WBGT can be made from air temperature and relative humidity using chart 2.

Table 2. Estimate WBGT from ambient temperature and relative humidity assuming full sun conditions

		Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																			
		Temperature in Degrees Fahrenheit																																			
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0					
Relative Humidity (%)	0	59.0	60.8	62.6	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0
	5	60.8	62.6	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0	
	10	62.6	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0		
	15	64.4	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0			
	20	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0				
	25	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0					
	30	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0						
	35	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0							
	40	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0								
	45	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0									
	50	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0										
	55	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0											
	60	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0												
	65	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0													
	70	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0														
	75	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0															
80	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0																	
85	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0																		
90	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0																			
95	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0																				
100	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0																					

NOTE: This table is compiled from an approximate formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology.

District administration will determine an alternate way to obtain a WBGT reading when an athletic trainer is unavailable to determine a WBGT temperature (ex. summer baseball game) or if the school’s WBGT is broken or malfunctioning. The alternate reading is only used when a WBGT reading obtained by the school’s athletic trainer is **not** available. *It will not be used as a basis for making activity restrictions that are in contradiction to the WBGT temperature obtained by the athletic trainer.*

Responsibilities of the Head Athletic Trainer at Hoffman Estates High School

- Documentation of any activation of the Emergency Action Plan
 - Actions taken during the emergency
 - Personnel involved and what their job was
 - Evaluation of execution of EAP
- Policy Review:
 - Coaches, Athletic Training Staff, Student Athletic Trainers, Athletic Administrators, Team Physicians, and EMS personnel should discuss and review the policy in detail at the beginning of each academic year.
 - Pertinent skills should be practiced at least once a year prior to the start of the season.
 - CPR, AED, Spine Boarding, etc.
- Documentation of reviews and skill practices indicating if the emergency plan was modified.
- Review of the policy with new Athletic Training Students and or medical personnel prior to their first day with the team.