EMERGENCY INJURY GUIDELINES

I. Summary of Emergency Care Procedure
A. Emergency Medical Evaluation and Transportation Procedures
- Situations may arise which require emergency medical attention. The cooperation of the sports medicine staff, coaching staff, and emergency medical services is essential.
- It shall be the U.N.K. Athletic Department's responsibility to ensure that ALL athletic coaches be certified and current in C.P.R. and life support measures and basic First-Aid.
- If at any time an athlete becomes ill and/or severely injured, please adhere to the following guidelines:
  - Establish consciousness/responsiveness. If unconscious, DO NOT move the athlete at any time unless that athlete is in danger due to other external circumstances. In addition, the helmet and shoulder pads or other protective devices should not be removed.
  - The facemask, however, should be removed prior to transportation, regardless of current respiratory status. The athletic helmet and chinstrap should only be removed in extenuating circumstances.
    - If the athlete is unconscious, send for help immediately. Activate EMS 911 and have a responsible person stabilize the head and check ABC's (Airway Breathing/Circulation) as soon as possible.
    - The athlete should not be moved unless absolutely essential to maintain airway, breathing and circulation.
    - Initiate rescue breathing and/or CPR if indicated. An athlete's facemask should be removed for life support access. If an athlete needs to be moved to perform either of these activities, maintain head and neck immobilization and have two-three other responsible people to help roll the athlete as one unit and move to an appropriate position.
    - Continue RB or CPR until EMS arrives or until another certified individual takes over for you, or the athlete starts to breathe on his or her own.
- If the athlete begins to breathe on their own prior to EMS arrival, continue to monitor the athlete's vital signs and ABC's and maintain head stabilization.
- Have the athlete's medical release form available for EMS and for treatment release upon arrival to the health care institution.
- Contact the certified athletic trainers and/or athletic director ASAP.
- Notify parents ASAP
• Most importantly:
  - Establish responsiveness
  - Activate EMS
  - If unconscious, stabilize head and neck, check ABC’s and initiate RB or CPR as indicated
  - Stay with the athlete until EMS or physician takes over.
  - Never do more than you feel you can or are qualified to do.
  Do not make the situation more difficult or worse.

B. Guidelines for Sideline Personnel During Serious On-Field Injuries
• Only authorized personnel are allowed on the field as deemed necessary by the UNK Head Athletic Trainer
• Players and coaches must go to and remain in the bench area. Direct all players and coaches accordingly. Always ensure adequate lines of vision between the medical staff and all available emergency personnel.
• Attempt to keep players a significant distance away from the seriously injured player.
• Do not allow a player to roll an injured athlete over, pull an injured teammate or opponent from a pile-up or assist a teammate who is lying on the field. (I.e. Remove the helmet or chin strap or attempt to assist breathing by elevating the waist).
• Once the medical staff begins to work on an injured player, all members of the officiating crew should control the total playing field environment and team personnel, allowing the medical staff to perform services without interruption or interference.
• Players and coaches should be appropriately controlled to avoid dictating medical services to or taking the time of the certified athletic trainers or team physicians.
EMERGENCY CARE PLAN

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

Athletic organizations have 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 screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team will enable each emergency situation to be managed appropriately.

Components of the Emergency Plan
There are three basic components of this plan:
1. Emergency personnel
2. Emergency communication
3. Emergency equipment

Emergency Plan Personnel
With athletic association practice and competition, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a certified athletic trainer. 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 athletic personnel associated with practices, competitions, skills instruction, and strength 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, certified athletic trainers; student athletic trainers; 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. Student athletic trainers, 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 student athletic trainer, manager or coach may be appropriate for this role.

**Roles Within the Emergency Management Team**

1. Immediate care of the athlete
2. Emergency equipment retrieval
3. Activation of the Emergency Medical System
4. Direction of EMS to scene

**Activating the EMS System**

**Making the call:**

- 911 (if available)
- Telephone numbers for local police, fire department, and ambulance service

**Providing Information:**

- Name, address, telephone number of caller
- Number of athletes
- 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 coliseum")
- Other information as requested by the 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 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 a 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 used 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. The athletic association coordinates on site ambulances for competition in football, soccer, gymnastics, and men’s and women’s basketball. Ambulances may be coordinated on site for other special events/sports, such as major tournaments or SEC/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, the athletic association helps ensure that the athlete will have the best care provided when an emergency situation does arise.
ROLES OF FIRST RESPONDERS

1. Immediate care of injured or ill athlete. If student is first on site, basic first aid will be provided (check A, B, C’s). Certified will be summoned immediately.
2. Call 911 - Activation of emergency medical system (EMS) 911 call (provide name, sex, age, address, telephone number you are calling from, condition of injured, first aid treatment being provided, specific directions; other information as requested by the dispatcher.)

Campus police will intercept 911 calls and will also arrive to assist emergency personnel.

3. Emergency equipment retrieval if necessary: CPR masks and two-way valve mask are located in medical kit.
4. Directions of EMS to scene
   a. Designate individual to meet EMS and direct to scene
   b. Open cable gate if needed to allow EMS unit to drive on to field

Scene control: limit scene to first aid providers/EMS and move other players and bystanders away from the scene.

Team Physician available on site in HSC Training room on Wednesdays 2:00-5:00pm

APPROVED BY

Medical Director Date

Prepared by: Bill Murphy, UNK Head Athletic Trainer
EMERGENCY PLAN: 
FOOTBALL/SOCcer PRACTICE FIELDS

Emergency Personnel:
Health and Sports Center: certified athletic trainers and student Trainers on site
in athletic training facility, located on the lower level in northwest corner of the HSC.

Physician available on Wednesday of each week from 2:30-5:00 p.m.

Football practice fields: certified athletic trainers and student trainers on site
for practices and workouts.
Certified athletic trainers-minimum of 1
Student athletic trainers-minimum of 6 students

Emergency Communication:
Football practice fields: certified athletic trainer carries cellular telephone,
additional fixed telephone lines are accessible from Health and Sports Center athletic
training facility, two blocks NE of practice fields.
865-8015-Bill’s office or 865-8321-Roy’s office
308-440-8320-Bill’s cell phone, 308-440-8841-Roy’s cell phone,
Whitney’s cell phone 308-293-0858

Emergency Equipment:
Health and Sports Center: emergency equipment (AED, medical kit, splint bag,
spine board, and supplement oxygen) located within Athletic Training facility,
located on lower level of HSC. Additional emergency equipment is also available
at this site.

Football practice fields: emergency equipment (AED, Supplement oxygen,
splint bag, medical kit, spine board) maintained on motorized medical cart parked
on the south central section of practice field next to filming tower.

*Note* When AED is on medical cart the only AED available in the Health and Sports
Center/Cushing Coliseum is located in the Physical Education office located
in Cushing Coliseum.
Roles of First Responders:
1. Immediate care of injured or ill student/athlete. If athlete is first on site, basic first aid will be provided (check A, B, C's). Certified will be summoned immediately.
2. Activation of EMS
   a. Call 911 (provide name, sex, age, address, telephone number you are calling from, condition of injured, first aid treatment being provided, specific directions; other information as requested by the dispatcher).
   b. Campus police will intercept 911 calls and will also arrive to assist emergency personnel
3. Emergency equipment retrieval if necessary. CPR masks and two-way valve mask are located in medical kit.
4. Direction of EMS to the scene
   a. Open cable gate if needed to allow EMS unit to drive on to field
   b. Designate individual to meet EMS and direct to the scene
   c. Scene control: limit scene to first aid providers/EMS and move bystanders and other players away from the scene.

Venue Directions:
Football Practice Field: Approximately 1.5 blocks south of Health and Sports Center facility. Traveling west on 25th street to 15th Avenue. Turn left (go south 1.5 blocks and turn right into small dirt parking lot of the practice field); there is an opening to the field.

1. South on 2nd Ave. to 25th St.
2. West on 25th Street to 15th Avenue
3. Turn left and head south
4. Turn right into dirt parking lot; access is through an opening
5. Designated trainer will direct EMS to injury site on field

Venue Map
UNK FOSTER FIELD—FOOTBALL

Emergency Personnel:
Practices: Certified Athletic Trainer(s)- 1
Graduate Assistant Certified Athletic Trainer- 1; Student Athletic Trainer- min. 6
HSC Personnel are Present
Event: Team Physicians (2)
Certified Athletic Trainers (2)
Graduate Assistant
Certified Athletic Trainer (1)
Student Athletic Trainers- min. 6
EMS personnel on site

Emergency Communication:
All times: Call the cell phone of head trainer (Bill Murphy) at 308-440-8320;
Training Room 865-8015; Roy’s cell- 308-440-8841 and office 308-965-832.
Whitney's cell 308-293-0858; and all ATC must carry a cell phone along
with the additional phones located in AT room in Northwest corners
downstairs in the coliseum.
• May use Mantor Hall Front Desk phone if radio and cell phone malfunction

Emergency Equipment:
On Field: AED equipment; trauma kit; spine board; medical cart parked adjacent to
Sideline, supplement oxygen, splint bag
Additional Supplies: in Athletic Training Room located downstairs in NW corner of
HPER. Athletic training room at foster field also available for first aid care

Roles of First Responders:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9/9-1-1 (provide name, address, telephone number, number of individuals
      injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency Equipment retrieval
4. Direction of EMS to the scene (during games they are located at NW gate of field)
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first-aid providers and move bystanders
      away from the area.
Venue Directions:
Field located at Northwest side of the UNK campus
1. Leave hospital going south
2. Go west on 31st street
3. Go south on 2nd Ave to 29th St. and turn right
4. Continue to go west on 29th until you come around a curve (University Dr) and enter
5. NW parking lot on main entrance side and enter NW gates to the field. Gates will not be locked on game days.
6. Designated trainer will meet EMS and direct to injury site
7. Practice at Foster Field is same instruction as game day.
UNK WRESTLING ROOM

Emergency Personnel:
Practices: Certified Athletic Trainer and Student Athletic Trainer
Meets: Team Physicians
Graduate Athletic Trainer
Student Athletic Trainer

Emergency Communication:
Phone is in the training room call Bill/Roy at 865-8015 or Bill’s cell at 308-440-8320;
Roy’s cell phone 308-440-884, Whitney’s cell 308-293-0858,
HSC Athletic Training Room (either graduate assistant or student AT)

Emergency Equipment:
Med-kit, tray-kit, spine board in training room, and all other accessible
equipment can be found in the training room

Role of First Responders:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9 / 9-1-1 (provide name, address, telephone number, number of individuals
      injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency Equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first-aid providers and move bystanders
      away from the area.

Venue Directions:
1. Go south on 2nd Ave. to 29th St.
2. Go west on 29th to University Drive to east side of Health and Sports Center—all the
   way south to the doors opposite of FAB.
3. Enter east doors to elevators and go to lower level (only for practices).
4. Wrestling room is immediately to your 2nd right on lower level (only for practices).
5. Go through the two doors to your right for wrestling room
6. Wrestling meets are held either in HSC Arena or Field house-plan accordingly.
7. Designated trainer will meet EMS.
Emergency Personnel:

Football: Certified Athletic Trainer, Graduate Assistant Trainers, student athletic trainers
Track: student athletic trainer, sometimes field supervisors or Graduate Assistant
Softball & student athletic trainers, sometimes field supervisors
Baseball: or Graduate Assistant

Emergency Communication:

Football: call using cell phones down to training room and have them call or call from circulation desk just outside main entrance of Field House
Track: call from circulation desk, or cell phone
Softball and Baseball: call from circulation desk, or cell phone
EMERGENCY EQUIPMENT: TK, BB, SB: Med Kit, ice, spine board
FB: Med Kit, splint bag, spine board, ice, AED, oxygen

Roles of First Response:

1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9/1-1 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, and specific directions).
   b. Notify campus police
3. Emergency Equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders away from area.

Venue Directions:

1. Go south on 2nd Avenue to 29th St.
2. Go west on 29th to University Drive to east side of Health and Sports Center
3. Enter east main entrance by elevators
4. Go down hall and turn where Cushing hallway meet HSC and continue to Field House entrance just opposite student weight room
5. To HPER gym continue until the end of main street hallway
6. Go through glass double doors
7. Entrance to gym is on the right in the entry way, ATC will meet EMS
MEMORIAL FIELD

Emergency Personnel:
Training Room: A Certified Athletic Trainer, Graduate assistant trainer, student Athletic Trainer, and physicians on call (all located downstairs in HSC in room #14)
On Field: Graduate Assistant and Student Athletic Trainer

Emergency Communication:
UNK Training Room: (308) 865-8015, Emergency call 911, Bill’s office
Number (308) 865-8015; Bill’s cell phone (308) 440-8320; Roy’s Cell phone (308) 440-8841, Whitney’s cell 308-293-0858.
Graduate assistant will have cell phone to make call if fixed lines are unavailable.

Emergency Equipment:
Med-kit, Splint kit, and ice

Roles of First Responders:
1. Immediate care for the injured or ill athlete
2. Activation of EMS
   a. Call 9/ 911 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency equipment retrieval
4. Directions of EMS to the scene
   a. Open appropriate gate
   b. Designate individual to "flag down" EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders away from area

Venue Directions:
1. Located on 33rd and 8th (there is a sign at the intersections)
2. Enter on Southeast corner of outfield
3. Located across from Kearney High parking lot to the south
4. Designated trainer will meet EMS
KEARNEY HIGH SCHOOL TRACK

Emergency Personnel:
Graduate Assistant trainers, and Student Trainers

Emergency Communication:
At least one athletic trainer has a cell phone.
Bill’s office phone (308) 865-8015; Bill’s cell phone (308) 440-8320;
Roy’s cell phone (308) 440-8841, Whitney’s cell (308)-293-0858.
Phone is also located in the athletic training room at Kearney High
just east of track (308) 698-8102. Use of Coach or ATC cell phone.

Emergency Equipment:
Emergency kit with scissors, tape, bandages, inhalers, meds, and etc.
At meets: spine board, neck brace, med kit, splint kit, and medical cart.

Roles of First Responses:
1. Immediate care for the injured or ill athlete
2. Activation of EMS
   a. Call 9/911 (provide name, address, telephone number, number of Individual’s
      injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency equipment retrieval
4. Directions of EMS to the scene
   a. Open appropriate gate
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders
      away from area

Venue Directions:
On the south side of Kearney High School
1. Going north on 2nd Avenue
2. Turn west (left) on 39th street until you see track on south side of the school
3. Take first left onto 7th Ave.
4. Turn east (left) and that is the entrance to the field
5. The entrance is a big gate on the left (right south of track)
6. Designated trainer will meet EMS
HEALTH AND SPORTS CENTER ARENA
AND ATHLETIC WEIGHT ROOM

Emergency Personnel:
Certified Athletic Trainers, Student Athletic Trainers (located northwest corner and lower level of arena). Athletic Training Facility is adjacent to Weight room.
Physicians available From New West during scheduled game competition.

Emergency Communication:
Telephones located on the East wall of the Athletic Training facility and call
Bill Murphy at 865-8015 or Roy Stutz, Bill's cell phone (308) 440-8320 or
Roy's cell (308) 440-8841, Whitney's cell 308-293-0858,
The strength coach, John Larsen's cell (308) 440-4813;
Larsen's office is located at the south end (308) 865-8038.

Emergency Equipment:
AED, Splint kit, Spine board, and Training room kit (all located in the Athletic Training facility), next to weight room

Roles of First Responder:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9/ 911 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid being provided)
   b. Notify campus police
3. Emergency equipment retrieval
3. Directions of EMS to HSC. East side of HSC to elevators next to entryway.
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to the scene
   c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions:
1. Go south on 2nd Ave. to 29th St. Turn Right (west).
2. Take 29th until University Drive. Enter the east side of Health and Sports Center by Fine Arts Building
3. Someone will be waiting at doors and escort the Paramedics to the elevator
4. Go to lower level via elevator to main arena. Training room and weight room
   Which are located in the NW lower level.
5. Designated trainer will meet EMS
UNK CUSHING COLISEUM - SWIMMING POOL

Emergency Personnel: Swim Coaches on site for practices. Certified Athletic Trainer on site for home meets and 1-2 student athletic trainers. Use of ATC or Coach's cell phone.

Emergency Communication:
Fixed telephone line at PE offices located next to pool.
Bill/Roy's office (308) 865-8015, Bill's cell (308) 440-8320,
Roy's call (308) 440-8841, Whitney's cell 308-293-0858.

Emergency Equipment:
First Aid kit, splint bag and spine board located in HSC Athletic Training Facility.
A kit will be on site for swim meets.

Roles of First Responders:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9/911 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid being provided)
   b. Notify campus police
3. Emergency equipment retrieval
4. Directions of EMS to HSC. East side of HSC. Enter elevators next to entryway.
   a. Open appropriate gates
   b. Designate individual to "flag down" EMS and direct to the scene
   c. Scene control: limit scene to first aid providers and move bystanders away from the area.

Venue Directions of EMS to scene:
1. Go south on 2nd Ave. to 29th St. Turn right (west).
2. Take 29th St. to University Drive. Follow to the north side of HSC.
3. Enter Pool on northeast side of Cushing Coliseum
4. Designated trainer will meet EMS
UNK FIELD HOUSE

Emergency Personnel:
Football: Certified athletic trainer, or Graduate assistant ATC, 5-6 students
Track, Softball and Baseball 1-2 students periodically rotating Certified athletic trainer will attend practice. Certified ATC will also be in Training room in HSC.

Emergency Communication:
Use cell phones to call into training room or the fixes lined phone at the front circulation desk. Certified will have cell phone.
Bill cell (308)-440-8320, Roy cell (308)-440-8841
Football: Use cell phone to call down to training room to make call or call from circulation desk.
Track, Softball and Baseball call from circulation desk if attending student or ATC does not have cell phone.

Emergency Equipment:
TK, BB, SB: Medical kit, ice, spine board
Football practice: Med-kit, splint bag, AED, ice, spine board, and oxygen

Roles of First Responder:
1. Immediate care of the injured or ill athlete
2. Activation of emergency medical system (EMS)
   a. Call 9/911 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, and specific directions).
   b. Notify campus police
3. Emergency equipment retrieval
4. Direct EMS to scene
   a. Open appropriate gates
   b. Designate individual to "flag down" EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders away from the area

Venue Directions:
1. Go south on 2nd Ave. to 29th St. Turn right (west).
2. Take 29th St. to University Drive to Cushing Coliseum
3. Enter doors on east side of Cushing and proceed right (east) to indoor track area
4. Designated trainer will meet EMS
HARVEY PARK-SOFTBALL

Emergency Personnel:
Certified Athletic Trainers, Student Athletic Trainers, and Physicians for scheduled game competition. May have Certified ATC visit during the scheduled practice time.

Emergency Communication:
Attending certified will have cell phone. The nearest phone is at Casey’s Quick Stop (308) 237-9881 located 1 block east and south of park. On scheduled game days there is a phone line in the Harvey park storage and concession building located in the center of all four game fields. Use cell phones whenever possible.
Bills cell (308) 440-8320, Roy’s cell (308) 440-8841, Whitney’s cell 308-293-0858.

Emergency Equipment:
AED, Trauma kit, and splint kit

Roles of First Responder:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 9/911 (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders away from the area

Venue Directions:
1. Traveling North on 2nd Ave turn right (east) on 39th st.
2. Go east to N street and turn left.
3. Go North 2 blocks and Harvey Park parking lot will be on the right.
TENNIS COURTS:
HARMON PARK, KEARNEY COUNTRY CLUB
AND FAIR GROUNDS INDOOR ARENA

Emergency Personnel:
Student trainer on site for practice coverage and competition. Certified will be onsite periodically or on call for all meets. Additional sports medicine staff will be available during practice hours during the day from the UNK Health and Sports Center Athletic training room facility.

Emergency communication:
Fixed phone line or cell phone by attending student or ATC,
Outdoor tennis clubhouse at Kearney CC-main number- (308) 234-3151
Golf shop (308) 237-2553
Indoor tennis facility at fair grounds
Tennis Coach's cell phone or ATC in attendance.

Emergency Equipment:
First aid kit, splint kit, AED maintained in HSC training room facility.

Roles of First Responders:
1. Immediate care of injured or ill student/athlete.
2. Activation of EMS
   a. 911 call (provide name, address, telephone number, number of individuals injured, condition of the injured, first aid treatment, other info as requested).
   b. Notify campus police
3. Emergency equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to "flag down" EMS and direct to the scene
   c. Scene control: Limit to first aid providers and move bystanders away from area
Venue Directions:
Buffalo County Fairgrounds indoor arena-3807 Ave. N (Exhibit Building)

Kearney Country Club-Tennis Courts-19th Ave.
1. Go south on 2nd Ave.
2. Turn right (west) onto 29th St.
3. Continue on 29th and University Dr.
4. Turn right (north) onto 19th Ave., which is also the entrance to Country Club
5. Tennis courts are to the right (east) of the parking lot
6. Designated trainer will meet EMS

Harmon Park Tennis Courts
1. Go west on 31st St. across 2nd Ave.
2. Turn right (north) onto 5th Ave.
3. Tennis courts will be on left (west) side of the street
4. Designated trainer will meet EMS
GOLF COURSE VENUES

Emergency Personnel:
UNK Golf Coach on site for practice and competitions.
Must be current in First Aid and CPR.

Emergency Communication:
Cell phone carried by Coach or fixed phone line in clubhouse

Emergency Equipment:
Basic First Aid kit, on van during away tournaments.

Roles of First Responders:
1. Immediate care of the injured or ill student athlete
2. Activation of Emergency Medical Services (EMS)
   a. 911 call (provide name, address, telephone number, number of individuals
      injured, condition of injured, first aid treatment, specific directions,
      other info as requested).
   b. Notify campus police
3. Emergency equipment retrieval
4. Directions of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to the scene
   c. Scene control: Limit scene to first aid providers and move bystanders
      away from area
Venue Directions:
Meadow Lark Hills GC
3300 30th Ave.
Kearney Ne, 68847
1. Go south on 2nd Ave. to 25th St.
2. Turn right (west) onto 25th St/Hwy 30
3. Continue past University To 30th Ave.
4. Turn right (north) onto 30th Ave.

Kearney CC
19th Ave.
Kearney Ne, 68847
1. Go south on 2nd Ave.
2. Turn right (west) onto 29th St.
3. Continue on 29th St as it turns into University Dr.
4. Turn right (north) onto 19th Ave., which is also the entrance to country club
5. Designated trainer will meet EMS

Avari Dunes
1. Go south on 2nd Ave and continue on Hwy 44 8miles to 524 S.Road.
2. The club house on the right adjacent to Hwy 44.
XC MEET AT KEARNEY COUNTRY CLUB

Emergency Personnel:
Certified Athletic Trainers, Student Athletic Trainers,
Physicians, EMS personnel on site

Emergency Communication:
Attending certified will have a cell phone. Bill's cell (308) 440-8320 or
Roy's cell (308) 440-8841, Whitney's cell (308)-293-0858.
Student cell phones will be used for student trainers throughout
the course to communicate during XC home events and HS State XC meet.

Emergency Equipment:
AED, supplement oxygen, splint bag, Med-kit, spine board, and Med-cart

Roles of First Responder:
1. Immediate care of injured or ill student/athlete
2. Activation of EMS
   a. Call 911 (provide name, address, telephone number, number of individuals
      injured, condition of injured, first aid treatment, and specific directions).
   b. Notify campus police
3. Emergency equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to “flag down” EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders
      away from area

Venue Directions:
1. Go south on 2nd Ave.
2. Turn right (west) onto 29th St.
3. Continue on 29th St as it turns into University Dr.
4. Turn right (north) onto 19th Ave., which is also the entrance to country club
5. Designated trainer will meet EMS
XC PRACTICE RECOMMENDATIONS

Emergency Personnel:
XC coach on site should follow athletes as they run their course.
Must be current in First Aid and CPR. Coach must carry cell phones for emergencies.

Emergency Communication:
Cell phone carried by coach. Bill's cell phone (308) 440-8320
or Roy's call (308) 440-8841, Whitney's cell (308)-293-0858.

Emergency Equipment:
Basic first aid kit

Roles of First Responder:
1. Immediate care of ill or injured student/athlete
2. Activation of EMS
   a. Call 911 (provide name, address, telephone number, number of individuals
      injured, condition of injured, first aid treatment, and specific directions)
   b. Notify campus police
3. Emergency equipment retrieval
4. Direction of EMS to the scene
   a. Open appropriate gates
   b. Designate individual to "flag down" EMS and direct to scene
   c. Scene control: limit scene to first aid providers and move bystanders
      away from the area.

Venue Directions:
Will vary depending on site of injury. Coach should be aware of course
and able to give directions accordingly.
TABLE 1:

Guidelines for Appropriate Care of the Spine-Injured Athlete

General Guidelines

- Any athlete suspected of having a spinal injury should not be moved and should be managed as though a spinal injury exists.
- The athlete’s airway, breathing, circulation, neurological status and level of consciousness should be assessed.
- The athlete should not be moved unless absolutely essential to maintain airway, breathing and circulation, the athlete should be placed in a supine position while maintaining spinal immobilization.
- When moving a suspected spine-injured athlete, the head and trunk should be moved as a unit. One accepted technique is to manually splint the head to the trunk.
- The Emergency Medical Services system should be activated.

Face Mask Removal

- The face mask should be removed prior to transportation, regardless of current respiratory status.
- Those involved in the prehospital care of the injured football players should have the tools for face mask removal readily available.

Football Helmet Removal

The athletic helmet and chin strap should only be removed:

- If the helmet and chin strap do not hold the head securely, such that immobilization of the helmet does not also immobilize the head;
- If the design of the helmet and chin strap is such that, even after removal of the face mask, the airway cannot be controlled nor ventilation provided;
- If the face mask cannot be removed after a reasonable period of time;
- If the helmet prevents immobilization for transportation in an appropriate position.

Helmet Removal

Spinal immobilization must be maintained while removing the helmet.

- Helmet removal should be frequently practice under proper supervision.
- Specific guidelines for helmet removal need to be developed.
- In most circumstances, it may be helpful to remove cheek padding and/or deflate air padding prior to helmet removal.
Equipment
Appropriate spinal alignment must be maintained.
- There needs to be a realization that the helmet and shoulder pads elevate an athlete's trunk when in the supine position.
- Should either the helmet or shoulder pads be removed or if only one of these is present, appropriate spinal alignment must be maintained.
- The front of the shoulder pads can be opened to allow access for GPS and defibrillation.

Additional Guidelines
- This task force encourages the development of a local emergency care plan regarding the prehospital care of an athlete with a suspected spinal injury. This plan should include communication with the institution's administration and those directly involved with the assessment and transportation of the injured athlete.
- All providers of prehospital care should practice and be competent in all of the skills identified in these guidelines before they are needed in an emergency situation.