Emergency Action Plan
Gale Bullman - Aquatics Center
705 W. 10th Street

Athletic Training Staff

Lance Ringhausen – Head Athletic Trainer
(c) 618.410.6620
Nick Driscoll – Athletic Trainer
(c) 630.607.8589
Jenalee Edwards – Athletic Trainer
(c) 417.299.0216
Samantha Kaestner – Athletic Trainer
(c) 636.399.6075
Madelynn Kallembach – Athletic Trainer
(c) 217.649.1663
Jordan Weldon – Athletic Trainer
(c) 806.393.5455
Kaczmarek Sports Medicine Center
(o) 573.341.4284

Administration

Melissa Ringhausen – Director of Athletics
(c) 618.410.6619
Robert Berkelman – Assistant Athletic Director for Athletics Operations
(c) 573.259.4586
Darian Westerfield – Assistant Athletic Director for NCAA Compliance
(c) 716-307-1816
Susan Cochran – Assistant Athletic Director for Alumni & Community Relations
(c) 314.402.1305
Troy Johnson – Assistant Athletic Director for Facilities and Game Operations
(c) 573.702.8478
Doug Roberts – Police Chief
(c) 573.202.3689

Coaching Staff

Daniel Murphy – Head Swimming Coach
(c) 281.744.3766

Emergency: 911
Missouri S&T Police Department (o) 573.341.4300

Hierarchy of Emergency Action Plan

- Immediate Care of the Athlete – provided by the most qualified individual on the scene (ie. Athletic Trainer)
- Emergency Equipment Retrieval – Anyone on the emergency team who is familiar with the type and location of the specific equipment needed (i.e., Coach, Administrator, Student Worker)
- Activation of the Emergency Medical System (EMS) – Anyone on the team who is calm under pressure and communicates well can call 911(i.e., Coach, Administrator, Student Worker). During athletic events the onsite Missouri S&T Police Officer should be identified and notified to assist in the emergency care and/or activation of EMS. The onsite Officer can provide much needed assistance in addition to emergency care, the officer can assist in securing the entrance and providing onsite direction of EMS to the location of need.
- Direction of EMS to the scene – Provided by someone with access to keys in order to unlock any gates or doors necessary for the arrival of medical personnel (i.e., Coach or Administrator)

AED Location

- S&T Pool west wall by pool office
- Northwest wall of Gibson Arena
- Athletic Training Room

Management of Sudden Cardiac Arrest

- Access to early defibrillation is essential, and a target goal of less than 3 to 5 minutes from the time of collapse to the first shock is strongly recommended
- Sudden cardiac arrest should be suspected in any collapsed and unresponsive athlete
- An AED should be applied as soon as possible on any collapsed and unresponsive athlete for rhythm analysis and defibrillation if indicated
- Cardiopulmonary resuscitation should be provided while waiting for an AED
- Interruptions in chest compressions should be minimized and CPR stopped only for rhythm analysis and shock
- Cardiopulmonary resuscitation should be resumed immediately after the first shock, beginning with chest compressions, with repeat rhythm analysis after every 2 minutes or 5 cycles of CPR, and continued until advance life support providers take over or the victim starts to move
- Young athletes who collapse shortly after being struck in the chest by a firm projectile or by player contact should be suspected of having sudden cardiac arrest

Drowning Emergency

- Lifeguard will clear the pool
- Instruct bystander to call 911
- Lifeguard will assist to safety using the appropriate rescue and tow
- Move the victim to a dry area
- Remove any wet clothing around the victim's upper body and dry the victim's chest, ribs, upper stomach, and armpits
- Begin Management of Sudden Cardiac Arrest as stated above

Spinal Injury

- Lifeguard will clear the pool and instruct bystander to call 911
- Lifeguard will enter the pool and provide in-line stabilization by raising the victim's arms over their head.
- Victims that are face down may be rotated face up once the arms are place overhead alongside of the victim's head
- A second rescuer will bring the spine board to the edge of the pool. While remaining on the pool deck, the second rescuer will submerge the foot end of the spine board while the primary rescuer guides the victim onto the board until the head of the victim reaches the head portion of the spine board. Then float the foot end back up slowly until the victim is completely supported.
- Additional techniques can include the second rescuer entering the water with the spine board. The second rescuer will bring the spinal immobilization device alongside of the victim and lower the spine board beneath the victim by placing the spine board on its edge and dunking it straight into the water. Then float it back up flat, slowly until the victim is completely supported.
- Secure the victim to the board with straps, lower the arms, secure the head restraint and head to the board
- Remove the victim pulling the head portion of the spinal immobilization device out of the water first.

Seizure

- Lifeguard will enter the pool and support the victim, holding their face clear of the water
- Remove the victim from the pool as soon as it safe to do so
- Do not restrain the victim unless it is needed to get the victim out of the water
- Check to see if the person is breathing. If not, begin CPR immediately
- Active EMS, even if the person appears to be fully recovered

Emergency Personnel

- All individual members of Missouri S&T athletic department should be aware of their roles during an emergency and prepared to carry out when deemed necessary.
- Emergencies include but are not limited to loss of consciousness, no pulse, no breathing, profuse bleeding, open fractures, etc.
- Athletic trainer and/or Lifeguard determines if EMS (Emergency Medical Services) is necessary.
- The Head Swim Coach will be the Lifeguard on duty for all swim practices with the assistance of team members who may be lifeguard trained.
- An additional Lifeguard may be in attendance for home swim meets.
- If Athletic Trainer is not on site, emergency decision must be made by person in charge on site.
- Dictate roles to other staff members or student-athletes in the event of emergency which will include contacting 911, meeting ambulance at designated area (see EMS directions below), keeping the scene clear, and others

- When activating EMS, the caller should alert EMS to the number and condition of the persons injured, if a sudden cardiac arrest is suspected, and the treatment being rendered
- Those with the highest level of training should provide emergency care including but not limited to first aid, CPR and AED
- Continue to provide care until EMS arrives
- If athletic trainer is not present, contact the athletic trainer. Keep going down list until you reach an Athletic Trainer

EMS Directions

- 705 West 10th Street, Rolla MO 65409
- The Missouri S&T Gibson Arena is located in the Gale Bullman Multi-Purpose Building on the 1st floor of the athletic complex.
- North Entrance: Ambulance accessibility for the pool will be off West 10th Street at the corner of 10th and Bishop. Park in the small turnaround at north entrance and enter through double doors turn left and go to the east side of building for swimming pool.
- South Entrance: Access from gale parking lot side street off Hwy 63 on the south side of the building (personnel will meet & direct you), come through entrance and straight up the stairs is swimming pool.

Catastrophic Injury

- In the event an injury leads to death, you must immediately contact Athletic Director (AD) and then Athletic trainer (AT) if one is not on site.
- Athletic trainer will call the AD if he/she is present.
- The AD will direct staff on how to handle the situation.
- No verbal communication is allowed past the AT and AD.

Equipment:

- Games (* Home Sideline)
  1. AED*
  2. First Aid Kit*
  3. Splints*
  4. Oral Airways*
  5. Bag-Valve Mask*
  6. Crutches*
  7. Towels*
  8. Cell Phone*
  9. Water coolers w/ cups*
  10. Ice chest w/ bags*
- Practice (*Pool side, **Athletic Training Room)
  1. AED*
  2. First Aid Kit*
  3. Water coolers w/ cups**
  4. Splint bag**
  5. Crutches**
  6. Cell phone**
  7. Ice w/bags**

***In the event an ATC is not present the home coach will have a direct line of communication with the ATC via cell phone or walkie-talkie.

Lightning/Inclement Weather Policy:

The Certified Athletic Trainer on duty is designated to monitor threatening weather and to make the decision to remove a team, staff, and spectators from an athletics site or event. The AT is to stay updated to all watches & warnings issued by the National Weather Service.

Primary- Lightning Detector (WeatherSentry app)

- Detector is to be set to alarm if there is a lightning strike within 8 miles.
- If the detector goes off at this distance activity is suspended
- Activity can resume 30 minutes after the LAST lightning strike

Secondary- Flash to Bang Method

- Play should be suspended, and shelter taken if the AT observes 30 seconds between seeing the lightning flash and hearing its associated thunder.
- Activity can resume 30 minutes after the LAST lightning strike

Shelter

- Enclosed building with grounded electricity and plumbing
  - Ground floor of Gale Bullman Building (tornado)
- An announcement on the PA should be provided immediately of an impending storm. A statement such as “Severe weather has been reported, the game is being postponed and all spectators should exit the facility and seek shelter”.
- S&T Coaches: You are responsible for getting your team to ***move quickly*** to shelter. Stay and monitor your team.
- Athletic Trainer: You are responsible for getting the opponent quickly to shelter. Stay with the opponent, monitor weather, and provide “all clear”.
- Game Administrator: You are responsible for getting the officials to safety, then return and help in other areas needed if weather permits.
- SID: Please continue to announce to spectators the urgency of exiting the facility and seeking shelter. If able and near spectators, encourage them to find shelter and then find shelter for yourself.