

Emergency Management in Athletics

What If ?



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Disclosure



I, Ron Courson, have NO relevant financial relationships to be discussed, directly or indirectly, referred to or illustrated with or without recognition within this presentation.

What If ? Exertional Heat Stroke



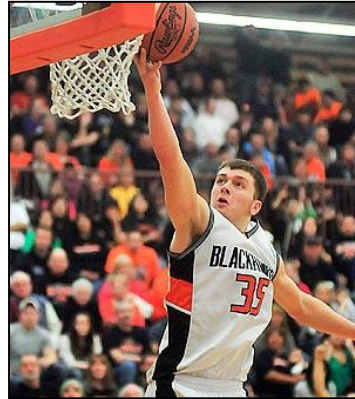
•Football player collapses during summer conditioning session

- WBGT reading in extreme risk category
- unconscious
- responsive to pain
- skin hot to touch
- rapid, weak pulse
- rapid, shallow respirations

•What would you do?

What If ? Sudden Cardiac Arrest

- Basketball player suddenly collapses on court immediately following game
 - unresponsive
 - no breathing
 - no pulse
 - no signs of life
- What would you do ?



What If ? Cervical Spine Injury



- Football player sustains an axial load mechanism of injury while tackling opponent on kick-off coverage
 - conscious and alert
 - complains of severe neck pain
 - “I can’t move my arms or legs...can’t feel anything”
- **What would you do ?**

What If ? Open Displaced Fracture



- A soccer defender slide tackles a forward from behind who crumples to ground writhing in pain
 - as you approach the injured player, he is screaming “my leg...my leg!”
 - obvious deformity just above the ankle with foot rotated 180 degrees
 - open wound
- **What would you do ?**

What If ? Knee Dislocation



- Football defensive lineman is struck by fullback on lower leg with leg planted
 - posterior knee dislocation
 - unable to find foot pulses
 - observe leg becoming cool and pale
- **What would you do ?**

What If ? Asthma Attack



• **Cross-country runner drops out of race with shortness of breath**

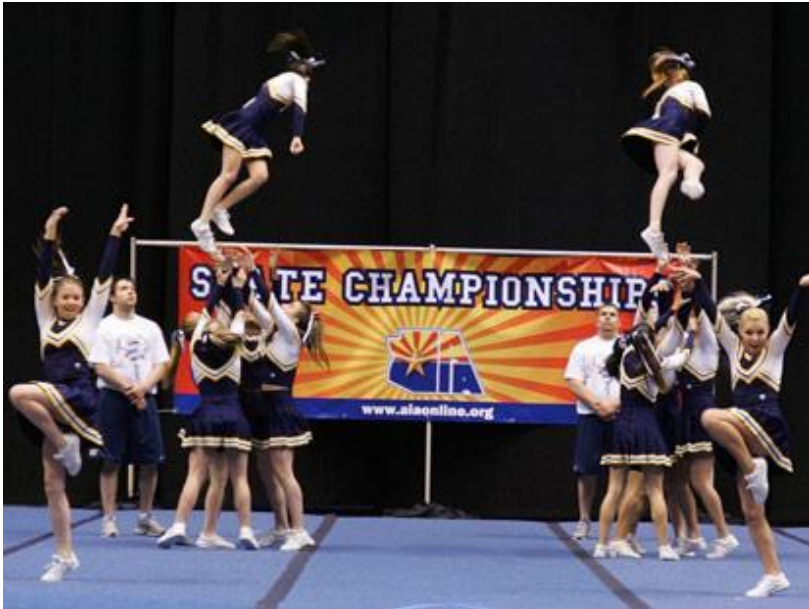
- **unusually cold day with temperature of 42 degrees**
- **difficulty breathing**
- **audible wheezing**
- **skin retractions noted**
 - **base of neck**
 - **between ribs**
- **HX of asthma**
 - **did not take prescription meds today**
 - **“felt ill past several days”**

What If ? Sickle Cell Crisis



- Football player collapses during conditioning session c/o dizziness, fatigue, shortness of breath, chest pain and B leg/buttock pain
 - sickle cell trait (+)
 - HX diarrhea/vomiting past 24 hrs.
 - no food or drink other than water past 24 hrs.
- **What would you do ?**

What If ? Head Injury



- **Cheerleader falls from overhead lift and strikes her head on teammates knee**
 - initially confused and concussion suspected
 - 15 minutes following accident, suddenly collapses and is now unconscious and unresponsive
 - observe R eye pupil larger than L
 - suddenly begins vomiting
- **What would you do ?**

Objectives for Today

Emergency Action Plan (EAP): Football Facility and Practice Fields

Revised 7/9/19

Address: 1 Selig Circle, Athens, GA 30602 (cross Streets: Pinecrest & Rutherford) GPS Coordinates: 33.942541, -83.380231



Role of First Responders

1. immediate care of the injured or ill athlete
2. activate EMS
 - a. designate individual to call 911
 - b. provide pertinent information: name, location, telephone number, number of injured individuals, condition of the injured, first aid rendered, specific directions, other information as requested
 - c. notify campus police at (706) 542-2200
3. retrieve emergency equipment
4. direct EMS to scene
5. scene control

Venue Directions

- a. **Position 1: Butts-Mehre Side Entrance:** designate an individual to open the side door and wait for EMS at **position 1**. If outside of normal business hours, use **911-OK, 9111-OK emergency access code**
- b. **Position 2: Smith Street Gate:** designate an individual to open the gate and wait for EMS to direct to exact location
- c. **Position 3: Rutherford Gate:** designate individual to the gate on and wait for EMS to direct to exact location

Emergency Personnel

Certified athletic trainers and athletic training student(s) onsite for practice and workouts; physician(s) may be onsite for practice on limited basis

Ron Courson 706-255-7690

Liz Smart 801-682-6047

Chris Blaszk 908-619-7446

Drew Willson 269-598-1758

David Jack 801-707-6839

Butts-Mehre athletic training room 706-542-9060

Connor Norman 678-12-1790

Emergency Equipment

AED, trauma kit, splint bag, and oversized spine board maintained on a motorized cart parked under practice shed during outdoor practices (may be relocated with practice in indoor practice facility). A flatbed cart is additionally available to transport injured athlete(s) from the field if needed. Additional equipment as well as x-ray is accessible in the Butts-Mehre athletic training room. If exertional heat illness is expected, there is an emergency cooling tub and equipment located under practice shed. Emergency cooling may also be performed in the athletic training room hydrotherapy area.

Medical Facilities: Ambulance transports will go to Piedmont Athens Regional Medical Center, a Level II Trauma Center located at 1199 Prince Avenue (main switchboard: 706-475-7000; ED 706-475-3304).

Medical Time Out: A meeting should be conducted with medical staff prior to start of athletic events to go through a pre-athletic checklist reviewing the venue EAP, staff members (roles and locations), discuss communication, location of ambulance and EMS cart, emergency equipment (type and location), designated transport facility, emergency protocols, and any issues that could potentially impact the EAP (i.e. crowd flow, weather, construction).

- Provide guidelines for:
 - development of EAP
 - development of emergency protocols
 - emergency training with first responders
 - team approach
 - scenario based training
- Review best practices for recognition and management emergency situations in athletics

Emergencies in Athletics



Well documented that emergency situations may occur in athletic competition

First responder typically coach, AT, or EMT

First responders providers must be skilled in *recognition*, *evaluation*, and *treatment* of emergencies

Emergency Case Study



- **May 12, 2011**
- **SEC Outdoor T&F Championships**
- **University of Georgia
Athens, Georgia**

Emergency Case Study



- 60YO T&F coach
- **History of prior coronary artery bypass surgery**
- Collapses in track in-field
- **Unconscious; unresponsive**
- Emergency assessment determines sudden cardiac arrest

Emergency Case Study



- Immediate CPR
- **Defibrillation with AED; successfully resuscitated on field**
- Transported to hospital
- **Emergency cardiac catheterization**
- Surgery next day to place implantable defibrillator and pacemaker
- **Subsequent re-do CABG surgery**
- Full recovery

Emergency Case Study



- **Demonstrates effectiveness of emergency action plan**
 - **advance planning**
 - **emergency communication**
 - **gates open for access**
 - **rapid response by campus police and EMS**
 - **medical equipment**
 - **communication with hospital**
 - **obtained medical records**

Introduction



- Although most injuries in athletics are relatively minor, life threatening injuries are unpredictable and can occur without warning
 - due to relatively low incidence rate of catastrophic injuries, may develop false sense of security

Sudden Death in Athletics



- Sudden death can occur during any physical activity and at any level of participation
- Athletes are considered the healthiest members of our society
- Unexpected death during training or competition is a catastrophic event with wide-spread implications
 - heightened public awareness associated with nature and management
 - medical-legal interests may lead to questions re:
 - qualifications of personnel involved ?
 - preparedness of organization ?
 - actions taken ?



Introduction



- **Proper management of emergencies is critical**
 - should be handled by trained personnel
 - preparation should include:
 - formation and implementation of EAP
 - education and training
 - maintenance of emergency equipment and supplies
 - appropriate use of personnel

Introduction



- EAP should be thought of as “blueprint” for handling emergencies
- sound emergency plan is easily understood
- establishes accountability for management of emergencies
- failure to have EAP can be considered negligence

Emergency Care:

Professional Responsibility



- All personnel involved with the organization or sponsorship of athletic activities share a **professional responsibility** to provide for the emergency care of an injured person

Emergency Care: **Legal Duty**



- All personnel involved with the organization and sponsorship of athletic activities share a **legal duty** to develop, implement, and evaluate an emergency plan for all sponsored athletic activities
 - absence of EAP or failure to follow EAP are most frequent basis for litigation based on negligence

Emergency Preparation

Teamwork and Communication



- When dealing with a potential life-threatening situation such as a c-spine injury, the injury scene is not the time nor the place for healthcare professionals to decide on appropriate treatment

Emergency Preparedness



- Every institution that sponsors athletic activities should have a written emergency action plan (EAP)
- EAP should be developed and coordinated in consultation with local emergency medical services (EMS) personnel, school public safety officials, on-site first responders, and school administrators

Emergency Preparedness

- EAP should be specific to each individual athletic venue and encompass:
 - communication
 - personnel
 - equipment
 - transportation to appropriate emergency facility

- EAP should be reviewed and rehearsed at least annually



Black & White or Gray ?

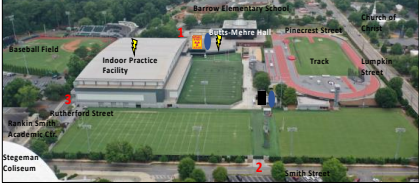


- Every emergency situation and every patient is different
- No such thing as “always” and “never”
- **Individual circumstances must dictate appropriate actions**

Emergency Action Plan (EAP)

- Athletic programs should have an EAP developed in conjunction with local EMS and approved by team physician(s)

Emergency Action Plan (EAP): Football Facility and Practice Fields
Revised 7/9/19
Address: 1 Selig Circle, Athens, GA 30602 (cross Streets: Pincrest & Rutherford) GPS Coordinates: 33.942541, -83.380231



Emergency Action Plan Key
EMS/Flatbed Carts ■
X-Ray ■
Cold Immersion Tub ■
Lightning/Tornado Shelter ■
Emergency Signal: clenched fist held overhead ■

Role of First Responders

1. immediate care of the injured or ill athlete
2. activate EMS
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 - b. provide pertinent information: name, location, telephone number, number of injured individuals, condition of the injured, first aid rendered, specific directions, other information as requested
 - c. notify campus police at (706) 542-2200
3. retrieve emergency equipment
4. direct EMS to scene
5. scene control

Venue Directions

- a. Position
- b. Position
- c. Position

Emergency Personnel

Certified athletic trainer
practice on limited
Ron Coursen 706-542-2200
Chris Blaszk 908-
David Jack 801-7-
Connor Norman 67-

Emergency Equipment

AED, trauma kit, first aid kit, ice packs, stretchers, and EMS cart, emergency equipment located at 1199 Pincrest Street, Stegeman Coliseum, practice shed. Emergency equipment is located in the practice shed.

Medical Facilities

located at 1199 Pincrest Street, Stegeman Coliseum, practice shed.

Medical Time Out

athletic checklist and EMS cart, emergency equipment located at 1199 Pincrest Street, Stegeman Coliseum, practice shed.



- healthcare providers for athletic competition (MDs, EMTs, ATs) should develop a protocols for dealing with emergencies injuries when they occur and rehearse on regular basis

EAP Implementation

Emergency Action Plan (EAP): Football Facility and Practice Fields

Revised 7/9/19

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- retrieve emergency equipment
- direct EMS to scene
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Venue Directions

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- Position 3: Rutherford Gate:** designate individual to the gate on and wait for EMS to direct to exact location

Emergency Personnel

Certified athletic trainers and athletic training student(s) onsite for practice and workouts; physician(s) may be onsite for practice on limited basis

Ron Coursion 706-255-7690

Liz Smart 801-682-6047

Chris Blaszkia 908-619-7446

Drew Willson 269-598-1758

David Jack 801-707-6839

Butts-Mehre athletic training room 706-542-9060

Connor Norman 678-12-1790

Emergency Equipment

AED, trauma kit, splint bag, and oversized spine board maintained on a motorized cart parked under practice shed during outdoor practices (may be relocated with practice in indoor practice facility). A flatbed cart is additionally available to transport injured athlete(s) from the field if needed. Additional equipment as well as x-ray is accessible in the Butts-Mehre athletic training room. If exertional heat illness is expected, there is an emergency cooling tub and equipment located under practice shed. Emergency cooling may also be performed in the athletic training room hydrotherapy area.

Medical Facilities: Ambulance transports will go to Piedmont Athens Regional Medical Center, a Level II Trauma Center located at 1199 Prince Avenue (main switchboard: 706- 475-7000; ED 706-475-3304).

Medical Time Out: A meeting should be conducted with medical staff prior to start of athletic events to go through a pre-athletic checklist reviewing the venue EAP, staff members (roles and locations), discuss communication, location of ambulance and EMS cart, emergency equipment (type and location), designated transport facility, emergency protocols, and any issues that could potentially impact the EAP (i.e. crowd flow, weather, construction).

- EAP must be written document**
 - approved and signed by medical director
- EAP should be distributed to:**
 - physicians
 - athletic trainers
 - institutional and organizational safety personnel and administrators
 - coaches
 - S&C staff

Recognizing Emergencies



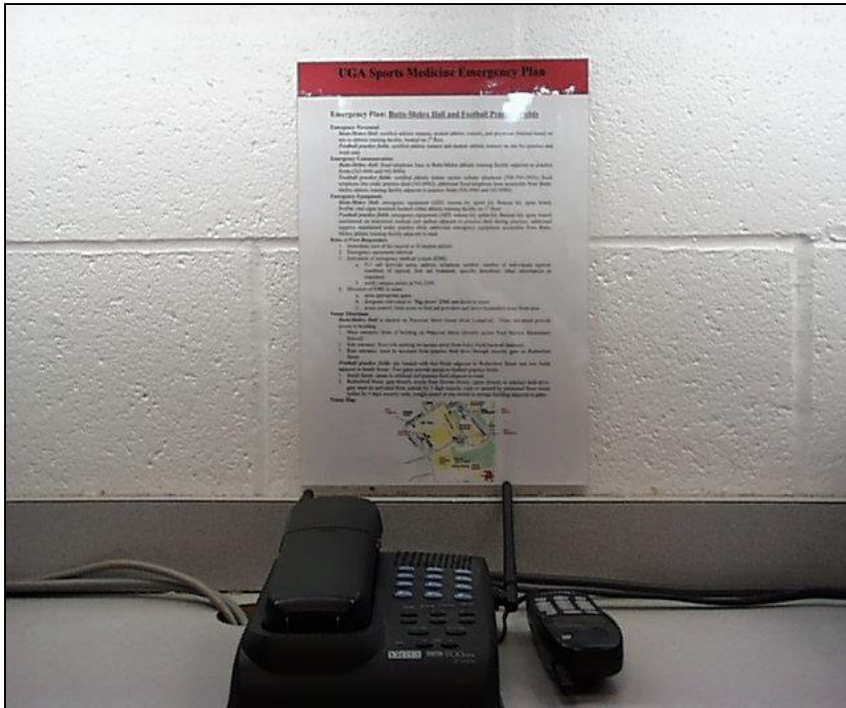
- **recognition of emergencies is critical**
- **rescuers should be educated in potential barriers to recognizing emergencies, including:**
 - **inaccurate rescuer assessment of pulse or respirations**
 - **agonal or occasional gasping**
 - **myoclonic or seizure-like activity**

Recognizing Emergencies

- **Once emergency recognized, must have immediate activation of EAP and prompt intervention !**
 - **requires advance planning and appropriate equipment**



Emergency Communication



- key to quick delivery of care
- access to phone, fixed or mobile, or other telecommunications device
- 911 availability ?
- back-up communication

Activating EMS System

- **Making the Call**
 - 911
 - local telephone numbers
- **Providing Information**
 - name, address, telephone # of caller
 - number of athletes
 - condition of athlete(s)
 - first aid treatment initiated
 - specific directions
 - other information as requested by dispatcher



Personnel: Roles Within Emergency Team



- activation of emergency medical system
- immediate care of the athlete
- emergency equipment retrieval
- direction of EMS to scene


Emergency Personnel

- Emergency training should be required for all athletics personnel associated with practices, competition, skills instruction, S&C
 - emergency action plan
 - CPR
 - first aid
 - prevention of disease transmission: BBP
 - environmental considerations



Emergency Action Plan (EAP) Football Facility and Practice Fields
Revised 2019

Address: 1 Selig Circle, Athens, GA 30602 (cross streets: Powers & Redburn) GPS Coordinates: 33.942541, -83.380231



Emergency Action Plan Key
Inflated Cart
A-Box
Cold Immersion Tub
Lighting/Terrain Issues
Emergency Signal (checklist tab laid over)

Role of First Responders

1. immediate care of the injured or ill athlete
2. activate EMS
 - a. designate individual to call 911
 - b. provide pertinent information: name, location, telephone number, number of injured individuals, condition of the injured, first aid rendered, specific directions, other information as requested
 - c. notify campus police at (706) 542-2300
3. retrieve emergency equipment
4. direct EMS to scene
5. scene control

Venue Directions

- a. **Position 1: Burn-McIver Side Entrance:** designate an individual to open the side door and wait for EMS at **position 1**.
- b. **Position 2: Smith Street Gate:** designate an individual to open the gate and wait for EMS to direct to exact location
- c. **Position 3: Redburn Gate:** designate individual to the gate on and wait for EMS to direct to exact location

Emergency Personnel

Certified athletic trainers and athletic training student(s) on-site for practice and workouts; physician(s) may be on-site for practice on limited basis.

Ron Cantano 706-255-7990	Liz Smart 803-682-6047
Chris Blaska 908-619-7446	Drew Wilshire 209-598-1758
David Jack 803-797-6819	Brian-McIver athletic training room 706-542-4060
Conner Norman 678-12-1790	

Emergency Equipment

AED, trauma kit, splint bag, and oversized spine board maintained on a motorized cart parked under practice shed during outdoor practices (may be relocated with practice to indoor practice facility). A flattened cart is additionally available to transport injured athletes(s) from the field if needed. Additional equipment as well as a key is accessible in the Burn-McIver athletic training room. If exertional heat illness is expected, there is an emergency cooling tub and equipment located under practice shed. Emergency cooling may also be performed in the athletic training room hydrotherapy area.

Medical Facilities: Ambulance transport will go to Piedmont Athens Regional Medical Center, a Level II Trauma Center located at 1109 Prince Avenue (main walkway) 706-475-7000 ED 706-475-3104.

Medical Time Out: A meeting should be conducted with medical staff prior to start of athletic events to go through a pre-athletic checklist reviewing the venue EAP, staff members (roles and locations), discuss communication, location of ambulance and EMS car, emergency equipment (type and location), designated transport facility, emergency protocols, and any issues that could potentially impact the EAP (i.e. crowd flow, weather, construction).

Emergency Equipment



- **EAP should specify equipment needed**
 - located at site and quickly accessible
 - appropriate to level of training of personnel involved
 - should be in good operating condition; checked on regular basis

Emergency Transportation

- In emergency situation, transport by ambulance
 - do not transport unstable athletes in inappropriate vehicles



Emergency Care Facilities

- access to emergency medical facility
- selection consideration
 - location with respect to venue
 - level of capabilities
 - trauma center
 - children's hospital
 - burn center, etc...
- Review plan with facility/
in-service



Emergency Information



Sports Medicine
Emergency Plan (Practice Venue)
Address: 1 Selig Circle, Athens GA 30602

Certified Athletic Trainers Clinic
Ron Gourson: 706-255-7690
Chris Blazka: 908-639-7446
Drew Wilson: 269-598-3758
David Jack: 801-707-6839
Lu Smart: 801-882-8047
Conner Norman: 678-622-3790

Venue Directions: Butts-Mehre practice facility is located on South Lumpkin between Pinecrest Dr. and Smith St. The entrance is off of Smith Street. There is a large black gate that will be open in the event of an emergency. The access code to the gate is **911**
- OK. Secondary gate located off Rutherford St.

Role of First Responders

1. Immediate care of the injured or ill athlete
2. Activation of EMS
 - a. Designate an individual to call 911
Caller will provide pertinent information: name, location, telephone number, number of injured individuals, condition of the injured, first aid rendered, specific directions, other information as requested
 - b. Notify campus police at (706) 542-2200
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - a. Gate to practice field will be open in the event of an emergency. The code is **911 - OK**
 - a. Athletic staff will be dispatched to gate to meet ambulance and direct to scene
 - b. Secondary gate located of Rutherford St
5. Scene Control



Note: Pertinent medical conditions card deleted from shared slide presentation for HIPAA/FERPA medical confidentiality

- **Pocket emergency card carried by medical staff**
 - emergency plan with written directions and highlighted map
 - pertinent medical conditions specific to sport
 - **all athletics personnel must be familiar with medical history of student-athletes !!!**

Medical “Time Out”

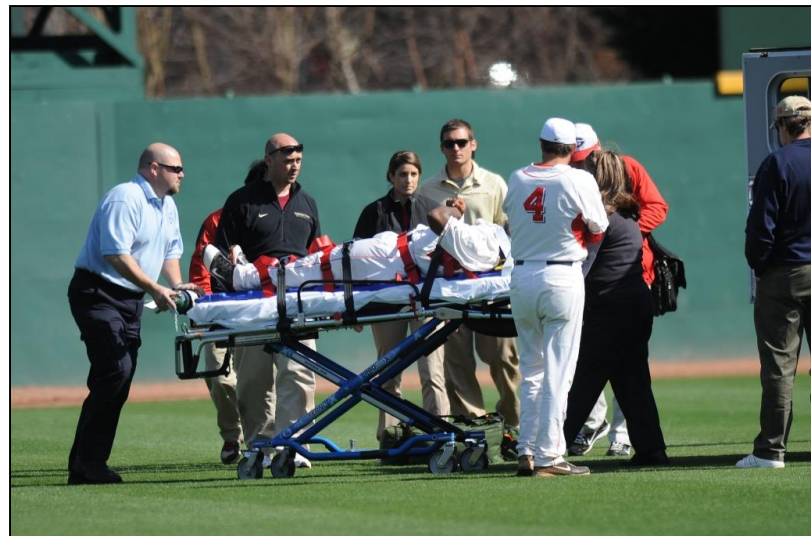
Sports medicine care teams should conduct a “Time Out” before each athletic event

- Same concept as surgery time-out or athletic time out
- miscommunication may lead to potentially catastrophic errors
- ensure EAP, emergency protocols, and care options are reviewed with personnel and appropriate equipment available for event



Catastrophic Incident Guidelines

- **Catastrophic incident**
 - sudden death of student-athlete, coach, or staff member
 - disability/quality of life altering injury
- **Catastrophic incident management team**
- **Chain of command responsibilities**
- **Emergency contact information card**



Catastrophic Incident Guidelines

Crisis Management Guidelines

- Contact Ron Courson/Anna Randa; Fred Reifstec, MD
- Work with medical specialists assisting athlete
- Contact UGAAA/UGA administration
- Greg McGarity, notifies Jere Morehead, Michael Raeber
- Darrice Griffin and Will Lawler
- Claude Felton, notifies Karri Hobson-Pape
- Designate athletic administrator point person
- Contact/update sport staff if not yet familiar with situation
- Contact family by appropriate individual (assist as needed):
- Teresa Houle: travel
- Air Med International 800-356-2161
- Assign athletic staff member to be with family at all times upon arrival; assist family as needed; protect from outside persons
- Involve appropriate counseling/ministerial support
- Coordinated media plan
- No contact with media/comments from athletic training staff, hospital staff or med. personnel except through SID
- Meeting with athletes to discuss situation
- No outside discussion of meeting with media
- Contact catastrophic/malpractice insurance providers
- Mercer (Zach Cardoza) 917-716-0649
- Chartis 800-932-4476
- NCAA: American Specialty: 800-245-2744
- Seabury & Smith (malpractice): 800-621-3008
- Complete documentation of events from everyone involved in incident
- Collect and secure all equipment/materials involved
- Construct detailed time line of events related to the incident
- Catastrophic incident stress management as necessary for individuals involved in incident

Crisis Management Guidelines

Emergency Contact Information Card

Emer. Contact	Department/Area	Office	Cell/Pager	After Hours
Jere Morehead	University President	542-1214		
Teresa Houle	UGAA Travel Coordinator	542-3592	201-1178 C	800-876-4842
Anna Randa	Assoc. AD Sports Medicine	542-7892	338-0129 C	
Will Lawler	Ex. Assoc. AD: Compliance	542-9103	205-901-6038 C	
Victor Wilson	VP for Student Affairs	542-3564		
Bill McDonald	Dean of Students	542-7774		
Ron Courson	Sr. Assoc. AD - Spts Med.	542-9060	255-7690 C	
Stephanie Ransom	Deputy Athletic Dir.	542-1306	207-2320C	
Claude Felton	Sr. Assoc. AD/ SID	542-9020	540-4029 C	
Greg McGarity	Director of Athletics	542-9037	207-9408 C	
Thomas Settles	Chaplain	227-9000	614-7550 C	
Karri Hobson-Pape	University Spokesperson	542-8090		
Jack Hu	Provost	542-0415		
Heather Jordan	Dir. Of Student Services	542-3519	308-4247 C	
Fred Reifstec	Head Team Physician	542-8061	202-7384 C	
Charlotte Warren	Counselor	542-4543	919-846-0422 C	
Michael Raeber	University Legal Affairs	542-0006		
David Shipley	Faculty Athletics Rep.	542-5184	201-5348 C	
Jeanne Vaughn	UGAA Insurance Coord.	542-7653	202-2229 C	
Peggy Whitefield	Human Resources Director	542-9259	207-8874 C	
Darrice Griffin	Deputy Director of Athletics	542-9013	347-756-0436 C	
Dan Silk	Chief of Police	542-1032	706-338-2073	



EAP Summary

- Importance of being prepared when emergencies occur cannot be stressed enough
- **Survival may hinge on how well trained and prepared athletic healthcare providers and first responders are**
- Invest organizational “ownership” in emergency plan
- **Review and rehearse**

