

EMERGENCY ACTION PLAN

LOCATION: Youth Sports Office MCAS Iwakuni

Physical Address: Bldg. 1010

MCAS Iwakuni EMS: 0827-79-3322

Evacuation Plan: See physical map on reverse

Who Contacts EMS: MCCS Staff members on site.

Ask another employee or volunteer to wait in parking lot to direct EMS arrival

PATRON INJURY PLAN:

DO NOT move injured parties unless in imminent danger, asses severity
Contact EMS if necessary
Secure the area from bystanders

UNCONCIOUS PATRON PLAN:

DO NOT move injured parties unless in imminent danger
Contact EMS immediately
Provide CPR if necessary until EMS arrives
Secure area from on lookers

HEAT ILLNESS (heat exhaustion, heat cramps, heat stroke) PLAN:

Heat Exhaustion:

- Move to a cooler location
- Lie down and loosen clothing
- Apply cool, wet cloths to as much of body as possible
- Sip water
- If person has vomited and it continues, seek medical attention immediately

Heat Stroke:

- Call 911 immediately – this is a medical emergency
- Move to a cooler environment
- Reduce the person’s body temperature with cool cloths or a cool bath – NOT an ice bath
- DO NOT give fluids

LIFE THREATENING INJURY /CRISIS MANAGEMENT:

Contact EMS

DO NOT move injured parties unless in imminent danger
Evacuate surrounding persons if necessary for safety

Update/involve other staff members on site

DO NOT speak with the media

Fill out incident report, list events as quickly as possible while memory is fresh

Contact Emergency Contact Numbers to inform

EMERGENCY NOTIFICATION NUMBERS:

YOU MUST CONTINUE CALLING THE BELOW NUMBERS UNTIL YOU SPEAK TO A PERSON, VOICEMAIL IS NOT CONSIDERED NOTIFICATION

YOUTH SPORTS COORDINATOR:	AMBER MARCHETTA	253-5777/ 630-809-1012
ATHLETIC DIRECTOR:	JIMI BERTAGNOLI	253-4605/ 406-304-1985
DEPUTY DIRECTOR:	JON PUFAHL	253-6035/ 090-6040-6560

Ironworks Main Gym, Bldg. 1010



EMERGENCY ACTION PLAN

<p>LOCATION: Penny Lake Fields #1 & #2</p> <p>MCAS Iwakuni EMS: 0827-79-3322</p> <p>Who Contacts EMS: MCCS Staff members on site. Ask another employee or volunteer to wait in parking lot to direct EMS arrival</p>	<p>Physical Address:</p> <p>Evacuation Plan: See physical map on reverse</p>
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Penny Lake Fields #1 & #2



EMERGENCY ACTION PLAN

<p>LOCATION: Penny Lake Green Space Fields</p> <p>MCAS Iwakuni EMS: 0827-79-3322</p> <p>Who Contacts EMS: MCCS Staff members on site. Ask another employee or volunteer to wait in parking lot to direct EMS arrival</p>	<p>Physical Address:</p> <p>Evacuation Plan: See physical map on reverse</p>
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Penny Lake Green Space Fields



EMERGENCY ACTION PLAN

<p>LOCATION: Monzen Friendship Field</p> <p>MCAS Iwakuni EMS: 0827-79-3322</p> <p>Who Contacts EMS: MCCS Staff members on site. Ask another employee or volunteer to wait in parking lot to direct EMS arrival</p>	<p>Physical Address:</p> <p>Evacuation Plan: See physical map on reverse</p>
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Monzen Friendship Field



EMERGENCY ACTION PLAN

LOCATION: North Side Ironworks Gym MCAS Iwakuni EMS: 0827-79-3322 Who Contacts EMS: MCCS Staff members on site. Ask another employee or volunteer to wait in parking lot to direct EMS arrival	Physical Address: Evacuation Plan: See physical map on reverse
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North Side Ironworks Gym & Parking Structure



EMERGENCY ACTION PLAN

<p>LOCATION: North Side Track & Field</p> <p>MCAS Iwakuni EMS: 0827-79-3322</p> <p>Who Contacts EMS: MCCS Staff members on site. Ask another employee or volunteer to wait in parking lot to direct EMS arrival</p>	<p>Physical Address:</p> <p>Evacuation Plan: See physical map on reverse</p>
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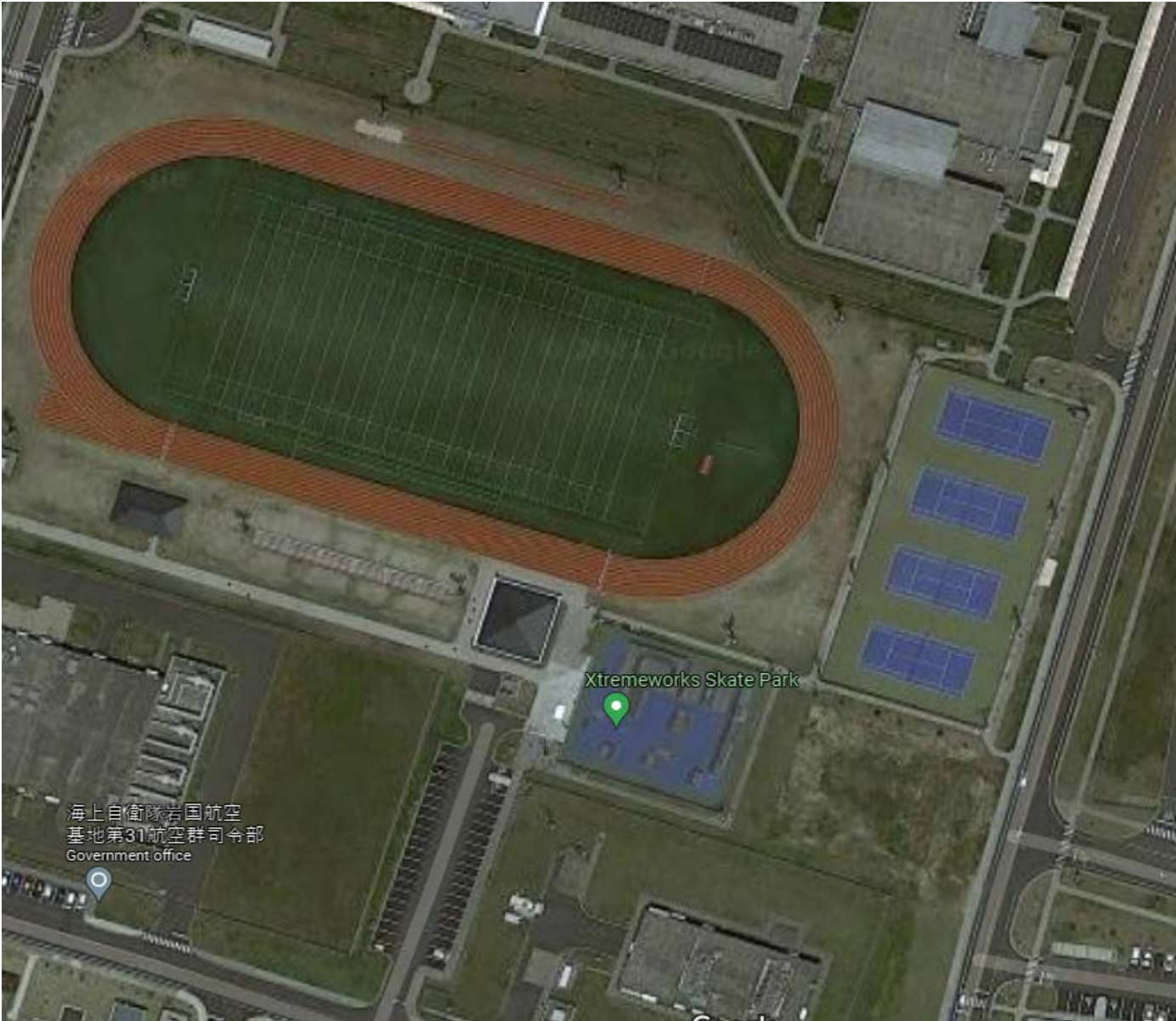
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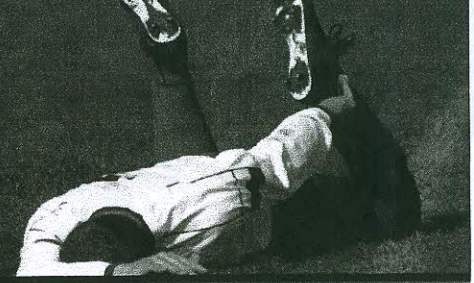
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North Side Track & Field, Tennis Courts



8 AREAS TO EXAMINE WHEN A PLAYER IS INJURED



- PULSE
- RESPIRATION
- TEMPERATURE AND SKIN
- SKIN COLOR
- PUPIL SIZE
- MOVEMENT ABILITY
- PAIN REACTION
- LEVEL OF CONSCIOUSNESS

★ Pulse

Normal Range: 60-80 beats per minute in children;
80-100 beats per minute in adults

- A rapid, weak pulse indicates SHOCK
- Absence of a pulse indicates CARDIAC ARREST

Please note that athletes may have slower pulses than the typical population because of the effects of training.

★ Respiration

Normal: 12-20 breaths per minute in children;
13-17 breaths per minute in adults

- Shallow breathing indicates shock
- Irregular or gasping indicates there is an air obstruction
- Frothy blood from the mouth indicates a chest injury

★ Temperature and Skin Reaction

Normal Temperature: 98.6 F

- Temperature changes are caused by disease or trauma

Skin

- Infection: Hot, dry skin
- Shock: Cool, clammy skin

★ Skin Color

Red	White	Blue
Lack of Oxygen	Shock	Air not being carried adequately
Heat Stroke	Heart Disease	Airway Obstruction
High Blood Pressure		

★ Pupil Size

Injuries can alter the size of pupils:

- Dilated Pupils: May indicate an unconscious athlete
- Unequal Pupils: May indicate neurological problems

However, some people naturally have unequal pupils. If so, it should be noted during a pre-season screening.

★ Movement Ability

Inability to move a muscle part may indicate a serious Central Nervous System (CNS) injury.

★ Pain Reaction

Pain or lack of pain can assist the athletic trainer in making a judgment:

- Immovable body part with severe pain, numbness or tingling indicates a CNS injury
- Injury that is extremely painful, but not sensitive to touch may indicate a lack of circulation

★ Level of Consciousness

Is the injured individual alert and aware? Use the AVPU scale:

Alert: Evaluate the level of alertness

Verbal: Is the person able to respond verbally?

Pain: What is the response to pain?

Unresponsive: The patient does not respond to eye, voice, motor or pain stimulus

National
ALLIANCE
For Youth Sports

Developed by Karen M. Lew, MEd., ATC, LAT
for the National Alliance for Youth Sports

Thunderstorm and Lightning Action Plan

Whenever possible, games will be postponed or cancelled prior to game times. However, when thunderstorms and lightning appear during game times and in the midst of activities, the below guidelines will be followed to ensure the safety of all persons in the open environment.

Thunderstorms

"Flash to Bang" Rule:

When thunder and lightning is in the area use the "Flash to Bang" Rule to determine how close the storm is your activity. Lightning always strikes before the roll of thunder is heard in storms and counting the time between the 'flash' of lightning and the 'bang' of thunder can tell you how far away the storm is from your location. Any storm within six miles, or thirty seconds between 'flash' and 'bang', of your location is considered to present an imminent danger to patrons and persons outside in the open environment.

How to calculate the Flash to Bang:

At the FIRST sighting of lightning, begin counting the seconds until you hear the roll of thunder. If lightning strikes again BEFORE you hear thunder, start counting over again from 'one'.

Stop counting when you hear the bang of thunder.

If the time between the flash of lighting and bang of thunder is 30-seconds or less, it means the storm is within 6 miles of your location. This is considered an imminent danger to persons outside in the open environment.

You must stop play and move all patrons to a safe enclosed area. If no enclosed area is available at your location, people should be advised to sit in their cars with the windows rolled up.

Play will be suspended for 30 minutes once the Flash to Bang has been determined to be within 6 miles. The 20 minute waiting period will restart each time there is a Flash to Bang episode. (ie: you have stopped play because the Flash to Bang was 20 seconds apart; 10 minutes into the waiting period, another Flash to Bang occurs at 15 seconds apart- the 30 minute waiting must start over at this point).

Play may resume when the Flash to Bang is determined to be more than 6 miles from your location (more than 30 seconds apart).

Notify your supervisor of the situation and delay in games once games are stopped; discuss the situation to determine if games should be cancelled or wait to resume play.

Lightning

Lightning is more dangerous than thunder and rain and should be considered an imminent danger to persons in the open environment; even when no thunder is heard. It is possible to have storm conditions with lightning strikes and no thunder.

At the first sight of lightning, all play should be postponed for 30 minutes. The 30 minutes waiting period must start over each time a flash of lightning is seen.

Persons in the open environment should move indoors or to a safe location if an enclosed building is not available such as their car. Person should not attempt to take cover under trees, dugouts, or open pavilions where lightning may still strike.

If an enclosed space is not available in your area, person should assume the "Lightning Safe Position", including crouching on the ground, weight on the balls of the feet, feet together, head lowered and ears covered, do not lie flat on the ground.

First Aide for Lighting Strike Victims

Observe the following basic first aid procedures in managing victims of a lightning strike:

1. Survey the scene for safety.
2. Activate local EMS.
3. Lightning victims do not "carry a charge" and are safe to touch.
4. If necessary, move the victim with care to a safer location.
5. Evaluate airway, breathing and circulation, and begin CPR if necessary.
6. Evaluate and treat for hypothermia, shock, fractures and/or burns.
7. Notify your Supervisor immediately.
8. Complete appropriate paperwork to document the situation.

Adapted from National Athletic Trainers Association (NATA) guidelines

- Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest (regardless of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkened clouds, high winds, and thunder or lightning activity.
- Designate a safe shelter for each venue, such as inside a residential, office or school building, but not dug outs or under trees or bleachers where lightning can still strike. An alternate emergency safe shelter is a car (solid roof, not a convertible) with windows rolled up completely.
- Establish a chain of command that identifies who is to make the call to remove individuals from the field.
- Once activities have been suspended, wait at least 30 minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
- Be more wary of the lightning threat than the rain. Lightning or thunder should be the determining factor in postponing or suspending activities - not the amount of rainfall on the playing field. Even a gentle rain can bring lightning.
- Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered and ears covered) for individuals who feel their hair stand on end, skin tingle or hear "cracking" noises. Do not lie flat on the ground.
- Observe the following basic first aid procedures in managing victims of a lightning strike:
 1. Survey the scene for safety.
 2. Activate local EMS.
 3. Lightning victims do not "carry a charge" and are safe to touch.
 4. If necessary, move the victim with care to a safer location.
 5. Evaluate airway, breathing and circulation, and begin CPR if necessary.
 6. Evaluate and treat for hypothermia, shock, fractures and/or burns.

Also consider:

- There are higher rates of thunderstorm activity (and thus higher lightning casualty rates) in Atlantic seaboard, southwest, southern Rocky Mountains and southern plain states.
- Three quarters of all lightning injures occur between May and September, with July having the most.
- Nearly four-fifths of lightning casualties occur between 10 a.m. and 7 p.m. (when most athletic or recreational activities occur).

Tornado Action Plan

Whenever possible, games and activities will be cancelled before games times if tornados are imminent or highly likely according to local weather reports. However, if a tornado is spotted or suspected during games or activities, the following guidelines will be followed to ensure the safety of all persons.

Warning Signs of Tornadoes

- A sickly greenish or greenish black color to the sky.
- If there is a watch or warning posted, then the fall of hail should be considered a danger sign.
- A strange quiet that occurs within or shortly after a thunderstorm.
- Clouds moving by very fast, especially in a rotating pattern or converging toward one area of the sky.
- A sound like a waterfall or rushing air at first, but turning into a roar as it comes closer, similar to a train.
- Debris dropping from the sky.
- An obvious "funnel-shaped" cloud that is rotating, or debris such as branches or leaves being pulled upwards, even if no funnel cloud is visible

There are two types of tornado conditions: *Tornado Watch and Tornado Warning.*

Tornado Watch

A Tornado Watch means that conditions aboard Camp Lejeune and/or the immediate area are favorable for cyclonic activity; but there has not been a confirmed sighting of a tornado.

Indoor Activities:

Continuous observations should be made to identify if the weather is favorable for a tornado. Contact your supervisor immediately if you suspect or receive reports of a Tornado Watch in your immediate area to arrange the possible cancellation of programs.

Outdoor Activities:

Continuous observations should be made to identify if the weather is favorable for a tornado. Contact your supervisor immediately if you suspect or receive reports of a Tornado Watch in your immediate area to arrange the possible cancellation of programs.

Tornado Warning

A Tornado Warning means that a tornado has been spotted aboard Camp Lejeune and/or the immediate area. In the event that you hear tornado warning on the radio, television, or from authorized personnel, inform all employees and patrons within your facility or area.

Indoor Activities:

Direct all personnel to the innermost center of the building with no windows, doors or glass (this may be a lockerroom, hallway, or office). Lie low with your hands covering the back of your head to prevent injury. Be sure to take a radio or other communication device with you to listen to local weather reports, if possible.

Outdoor Activities:

If a secure, enclosed space is not available within your immediate area, advise staff and patrons to lie in the lowest available area (drainage ditch, etc.) for protective cover. Do not have staff or patrons lie under trees, structures (ie: dugouts, bleachers, etc), or other items that can be blown on them by the tornado.

Adapted from NOAA.gov

Earthquake Action Plan

Earthquakes strike without warning and can last a very brief few seconds, or can go on for several minutes. When an earthquake hits, the ground may pitch and roll, causing debris and items to fall that could harm you or someone else. The below guidelines should be followed in the case of an earthquake:

If you are indoors

If you are indoors when an earthquake strikes, take these three actions:

- DUCK:** Duck under a sturdy desk, doorway, or table. Stay away from windows, glass, tall furniture, unsecured items, hanging objects, and other heavy objects that could cause harm.
- COVER:** Stay under cover until the shaking has stopped. Remain under cover for several minutes in preparation for any aftershocks that may occur; aftershocks can be as violent and last as long as the original earthquake. If no table or desk is available, move to an interior wall and cover your head with your hands and arms.
- HOLD ON:** Hold on to the desk or table; if the it moves with the shaking, move with it to remain covered. Hold your position until the shaking stops and it is safe to move.

If you are outdoors

If you are outside, move to a clear area away from trees, buildings, or downed electrical power lines and poles.

If you are at a sporting event; i.e., stadium, stay in your seat and protect your head with your arms. Do not try to leave the facility until the shaking has stopped.

After an earthquake

- Remain under cover for a few minutes and prepare for the possibility of after-shocks. Aftershocks often cause more damage to buildings already weakened by the initial shock. Plan where you will seek cover in the event of an after-shock.
- Remain calm and assess your situation carefully.
- If your building appears to have significant damage, evacuate to a safe location until emergency personnel advises you of the ability to return to your work location.
- Replace telephone receivers back on the telephone cradle. Replacing the receiver will allow telephone circuits to operate properly. Do not use the telephone for personal calls. Use telephones only to report emergencies.

- Check your work area for injuries and give first aid as appropriate until EMS can be notified or arrives. Do not attempt to move injured persons unless they are in immediate danger.
- Check for fire hazards. Do not smoke or light matches. Do not turn on lights or other electrical circuits until you are certain that there is no risk of gas leaks.
- Do not use elevators. Use stairs or fire escape to exit buildings.
- Turn on a portable radio or TV for instructions and news reports. Cooperate fully with emergency personnel.
- Assist others with special needs.
- Be aware of other possible dangers which may follow an earthquake such as fire, flood, or landslide.
- Follow all emergency instructions and if ordered, evacuate the building in an orderly fashion.

Adapted from California Department of Transportation Earthquake EAP