



EMERGENCY ACTION PLAN

LIMESTONE COLLEGE ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN

The purpose of this document is to provide instructions to members of the Limestone College Athletic Department in the event of a medical emergency regarding student-athletes. A medical emergency is defined as any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Prompt and decisive action needs to be taken to ensure the best care possible is given in a timely manner. All members of the athletic department who work directly with athletes are required to familiarize themselves with this plan. Throughout the year there might be many times in which an athletic trainer or medical professional is not immediately available. This places the coaching staff in the position of being the first responder to provide medical care including cardiopulmonary resuscitation and first aid. **All coaches are required to have and maintain CPR certification during their employment at Limestone College.** At the beginning of each academic year the Athletic Training Department will provide instruction designed to certify individuals in Cardiopulmonary Resuscitation (CPR) and the use of Automated External Defibrillator (AED).

Athletic personnel should review the policy at the beginning of each academic year. Coaches should discuss the policy in detail with the athletic trainer assigned to their sport. An emergency plan exists for all organized practices and competitions, including out of season training, strength training and conditioning workouts. Those with the highest level of health training, such as the Certified Athletic Trainer, Emergency Medical Staff, Strength and Conditioning Staff, or Athletic Training Student are responsible for the emergency plan at a session or event. If a member of the sports medicine or strength training staff is not available at a practice, then the Coach is responsible for the emergency plan. It is important for the safety of the student athletes, game officials, fans and school personnel that the emergency action plan is understood and followed.

Hopefully, potential emergencies will be avoided by thorough physical screenings of an athlete prior to participation in any sport. Also, safe practices, including training techniques, and adequate medical coverage should be taken into consideration. However, accidents and injuries are inherent with sports participation. Therefore, proper preparation on the part of the athletic staff will enable each emergency situation to be managed appropriately. Any questions you have about the emergency action plan should be discussed immediately with Adam Ranns the Assistant Athletic Director of Sports Health.

There are three basic components of this plan: Emergency Personnel, Emergency Communication, and Emergency Equipment. A summary emergency template is provided at the end for your convenience.

I. EMERGENCY PERSONNEL

The type and degree of sports medicine coverage for an athletic event may vary based on factors such as the particular sport or activity, the setting, and the type of training or competition. With the majority of athletic contests and practices, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a Certified Athletic Trainer. Other members of the emergency team may include Strength and Conditioning Staff, Emergency Medical Technicians, Athletic Training Student and Coaches. Roles of these individuals within the emergency team may vary depending on various factors such as number of members of the team, the athletic venue itself, or the preference of the athletic trainer.

Roles within the emergency team include:

- A. Immediate Care of the Athlete (By those with highest level of health training)
- B. Emergency Equipment Retrieval
- C. Activation of Emergency Medical Services
- D. Directions to the Emergency Site (EMS)

A. Immediate Care of the Athlete

The first and most important role is immediate care of the athlete. Acute care in an emergency situation will be provided by the **most qualified individual on the scene**. Individuals with lower levels of medical training should yield to those with more appropriate training. This should be determined in advance of each training session.

B. Emergency Equipment Retrieval

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. Athletic training students, coaches and athletic department personnel are good staff members for this role. Important emergency equipment is noted below.

C. Activation of Emergency Medical Services (EMS)

The third role, EMS activation, should be done as soon as the situation is deemed a "Medical Emergency". Time is the most critical factor. 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, who communicates well, and who is familiar with the location of the sporting event. Steps for activating the Emergency Medical System are stated below.

D. Directions to the Emergency Site

After EMS has been activated, one member of the team should be responsible for meeting the emergency medical personnel as they arrive at the site of the contest, if they are not already there. Depending on ease of access, this person should have keys to any locked gates or doors that may hinder the arrival of medical personnel. An athletic training student, manager or coach may be appropriate for this role.

II. EMERGENCY COMMUNICATION

A. Activation of Emergency Medical System (EMS)

In the event that an emergency occurs, a member of the Emergency Team should promptly contact Emergency Medical Services (EMS). Phone numbers of emergency personnel should be programmed into all Limestone College issue cell phones, or in the medical kit. It is the responsibility of both the certified athletic trainer and coaches to make sure their cell phone is accessible during practice/competition. A back up communication plan should be in effect if there should be failure of the primary communication system.

B. Contacting the Emergency Medical Services (EMS)

1. If EMT's are at the event, then a signal (discussed in advance) should be given to summon them forward.
2. If EMS is not on site call **911**.
3. The following information should be provided to the dispatcher:
 - a. Your name
 - b. Exact location where the injury occurred and where you will meet them
 - c. The number you are calling from
 - d. Number of injured athletes
 - e. The condition of the athlete(s)
 - f. The care being provided
 - g. Make sure that you hang up only after the dispatcher has hung up.
4. Notify someone from the sports medicine staff and Limestone Public Safety. Contact numbers are listed below.
5. As EMS is being dispatched, make sure someone is designated to retrieve any emergency equipment.
6. Have an emergency personnel member serve as crowd control and keep other athletes away from victim.
7. Send someone to meet the ambulance at the designated spot.
8. An emergency personnel member will accompany the injured athlete to the hospital (Gaffney Medical Center). The emergency personnel member should bring medical and/or insurance information with them to the hospital if accessible in a timely manner.

*A synopsis of this is provided for each major practice site and competition sites. Please review it in advance.

III. EMERGENCY EQUIPMENT

The majority of emergency equipment will be under the control of a member of the sports medicine staff (ie: physician, AT) or EMT's. The highest trained provider at the event should be aware of what equipment is readily available at the venue or event. All necessary emergency equipment should be quickly accessible. Appropriate personnel should be familiar with the function and operation of available equipment. The equipment should be in good condition and checked regularly. The highest trained member of the staff should determine in advance the type and manner in which any equipment is at or to be delivered to the site. Unless immediately adjacent to an athletic training room, non-sports medicine staff members should rely on emergency medical services for all equipment. The following is a list of important available equipment and their location:

- Spine board - Spine boarding is the responsibility of the EMT, Physician, and/or Certified Athletic Trainer. Available in EMS trucks and Walt Griffin Athletic Training Room.
- Splints - Available in Walt Griffin and Timken Athletic Training Rooms or on site with the AT which will be handled by AT and athletic training student only.
- Automatic Electronic Defibrillators (AED's) - Available in all EMS and Fire trucks and as well as the following locations at Limestone College:
 - Timken East - Wall Mounted AED located by the Student REC desk
 - Timken Gym - Wall mounted AED located in the Main Lobby
 - Certified Athletic Trainer - Mobile AED with them in the RED STAT PACK
 - Limestone Center Weight Room

- Limestone Public Safety Office
- Limestone College Health Center
- Stevenson Dining Hall
- A.J. Eastwood Library

The closest AED to practice/competition field should be located prior to the start of activity. It is the responsibility of the Certified Athletic Trainer to have a STAT PACK with them while at practice. It is the responsibility of the coaching staff to locate the closest STAT pack if there is not an AT present on their practice field.

EMERGENCY PHONE NUMBERS

| | |
|--|---|
| Emergency number | 911 |
| Limestone College Public Safety | 864-488-8344 |
| Gaffney Medical Center ER | 864-487-1544 (Triage) 864-487-1611 (ER Registration) |
| Spartanburg Regional Emergency Center | 864-560-6089 (Triage) |

***** REMEMBER TO DIAL "9" WHEN CALLING FROM AN ON-CAMPUS PHONE*****

Athletic Training Staff

Assistant Athletic Director for Sports Health / Head Athletic Trainer:

Adam Ranns 864-488-8361 (Office) 864-761-6947 (Cell)

Assistant Athletic Trainers:

Justin Cheek 864-488-8362 (Office) 864-761-6701 (Cell)

Josh Nelson 864-488-4462 (Office) 864-838-2215 (Cell)

Brianne Jones 864-488-8237 (Office) 864-761-6867 (Cell)

Aaron Ellis 864-488-4377 (Office) 864-838-0329 (Cell)

Kia Pierce 864-488-4556 (Office) 864-761-6793 (Cell)

Ardejah Beard 864-488-4384 (Office) 864-492-8914 (Cell)

Administrators

Vice President for Intercollegiate Athletics

Michael Cerino 864-488-4564 (Office)

Senior Associate Athletic Director for Compliance

Dennis Bloomer 864-488-4561 (Office)

Assistant Athletic Director for Sports Performance

Curtis Lamb 864-488-8354 (Office)

Assistant Athletic Director for Athletics Facilities and Operations

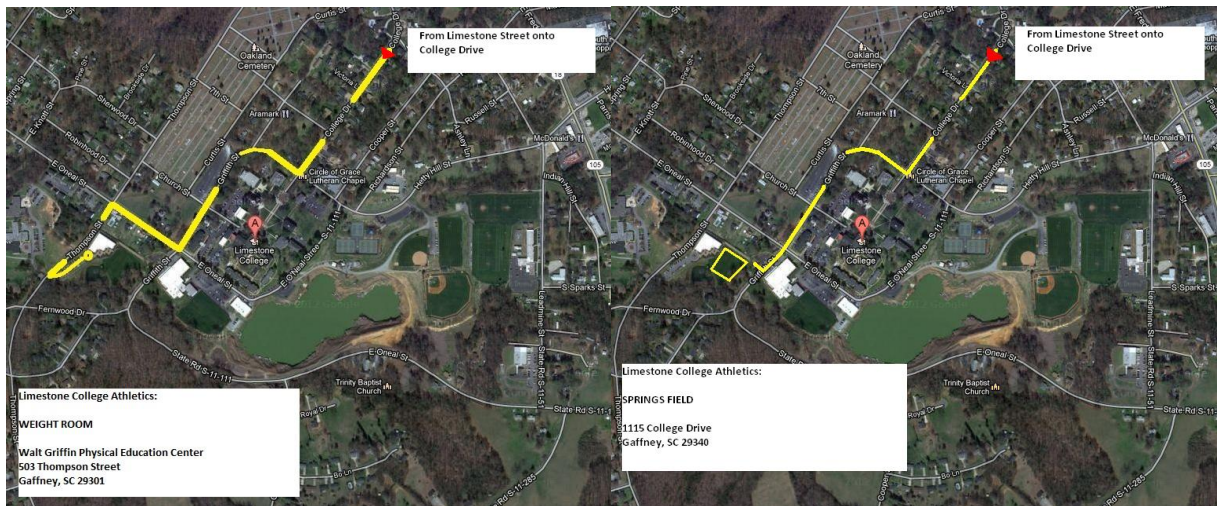
Matt Hayes 864-488-4456 (Office)

IN CASE OF EMERGENCY, DO THE FOLLOWING:

- I. PROVIDE EMERGENCY CARE (First Aid/CPR)
- II. Contact Emergency Medical Services
 - Signal EMT (if on site) or call 911
- III. Provide the following information:
 - Your name
 - Exact location where injured
 - Where you will meet EMS
 - Number you are calling from
 - Number of injured individuals
 - Condition of the injured individuals
 - Care being provided
 - Wait for emergency person to end call
- IV. Send someone to meet EMS
- V. If appropriate, retrieve medical equipment
- VI. Notify the sports medicine staff and Limestone Public Safety
- VII. Control crowd to keep person safe
- VIII. Staff member should accompany individual to emergency room

**EAP Walt Griffin Physical Education Building
ATR/Weight Lifting/Wrestling Practice Room/Springs Field**

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room in the Walt Griffin Physical Education Building.
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **305 Thompson Street Gaffney SC 29340. Turn left onto Limestone St, turn left onto College dr, turn right onto Griffith St, turn right onto East O'Neal St, turn left onto Thompson St, and turn right into the first parking lot at the Walt Griffin PE Building.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Athletic training medical kit and Red/Blue STAT PACK and in the athletic training room.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Lower Practice Field
Soccer and Lacrosse Practice Field**

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **1115 College DR Gaffney SC 29340. Turn left onto Limestone Street, turn left onto College Dr., turn left onto Hetty Hill Dr, and turn right into Saints filed athletic complex. The field is located adjacent to the parking main parking lot.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK on the field. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Turf Game Field
Field Hockey/Lacrosse/Soccer**

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **210 Leadmine Street Gaffney SC 29340. Turn left onto Limestone St, turn left onto College Dr., turn Left onto Hetty Hill Dr, and turn Right onto Leadmine Street. Field access located on the south side parking lot of the Limestone Center located at 210 Leadmine St.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK on the field. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Bob Prevatte Baseball Field Baseball

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **1115 College DR Gaffney SC 29340. Turn left onto Limestone St, turn left onto College Dr., turn Left onto Hetty Hill Dr, and turn right into Saints field athletic complex. The field is located straight through the gate of the main parking lot.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK on the field. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Upper Practice Field Football Practice Field

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. 210 Leadmine Street Gaffney SC 29340. Turn left onto Limestone Street. Turn left onto College Dr., turn Left onto Hetty Hill Dr, and turn Right onto Leadmine Street. Field access located of south side parking lot of the Limestone Center located at 210 Leadmine St.
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK on the field. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Emmie Evans Rector Tennis Center Tennis

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **1115 College DR Gaffney SC 29340. Turn left onto Limestone Street. Turn left onto College Dr., turn Left onto Hetty Hill Dr. Turn right into the Emmie Evans Rector Tennis Center parking lot**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK or in the tennis pavilion. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



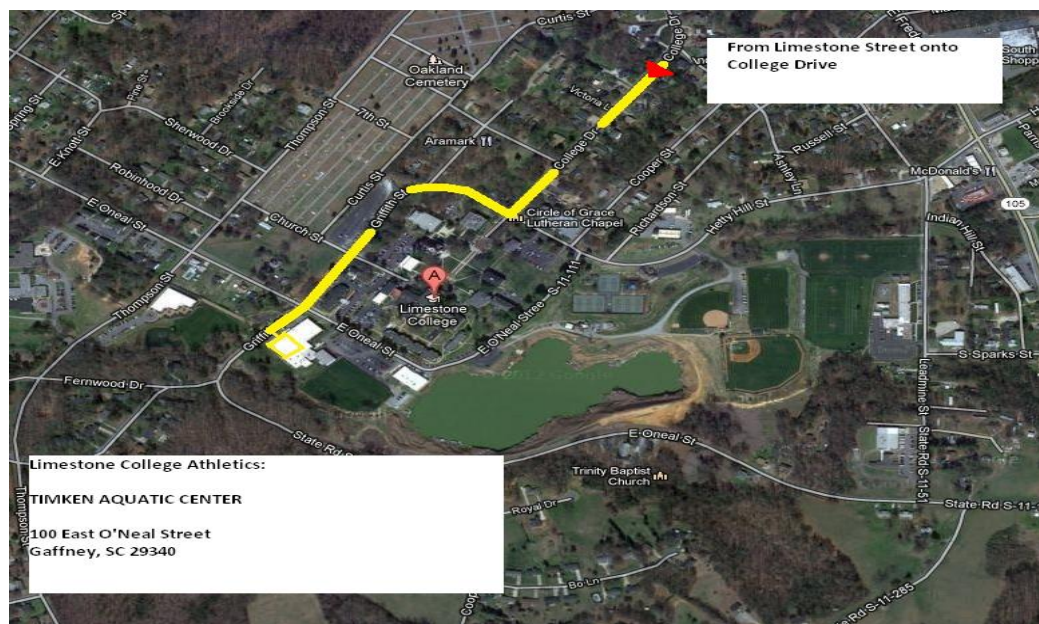
Limestone Center ATR

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. 210 Leadmine Street Gaffney SC 29340. Turn left onto Limestone St., turn left onto College Dr., turn Left onto Hetty Hill Dr., and turn Right onto Leadmine Street. ATR Access is in the side door next to the football field of the Limestone Center Building. The ATR is the first door on the right after entering the building.
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the ATR of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Timken Aquatic Center Swimming

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **100 East O'Neal Street Gaffney SC 29340. Turn left onto Limestone St., turn left onto College Dr., and turn right onto Griffith St. At the 4-way stop sign go straight into the parking lot on the left. Flagger will be waiting.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK or in the ATR of the Timken gymnasium. Spine boarding equipment is located on the pool deck.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Timken Gymnasium West
Basketball/Volleyball/Cheerleading/Dance/Wrestling

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **100 East O'Neal Street Gaffney SC 29340. Turn left onto Limestone St., turn left onto College Dr., and turn right onto Griffith St. At the 4-way stop sign go straight into the parking lot on the left. Flagger will be waiting.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK or in the ATR of the Timken gymnasium.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Timken Gymnasium East
Intermural/Cheerleading/Dance**

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **100 East O'Neal Street Gaffney SC 29340. Turn left onto Limestone St., turn left onto College Dr., and turn right onto Griffith St. At the 4-way stop turn left onto Cory Rd. Turn right into the first parking lot.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK or in the ATR of the Timken gymnasium.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



Babe Ruth Field Softball Complex

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **600 Twin Lakes Rd Gaffney SC 29340. Turn left onto Limestone Street. Turn right onto Hyatt St., turn Left on Overbrook Dr., turn Right on Twin Lakes Rd.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - d. ATR Land Line: 864-488-4019 or Ext 4019
 - e. Adam Ranns: 864-761-6947
 - f. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



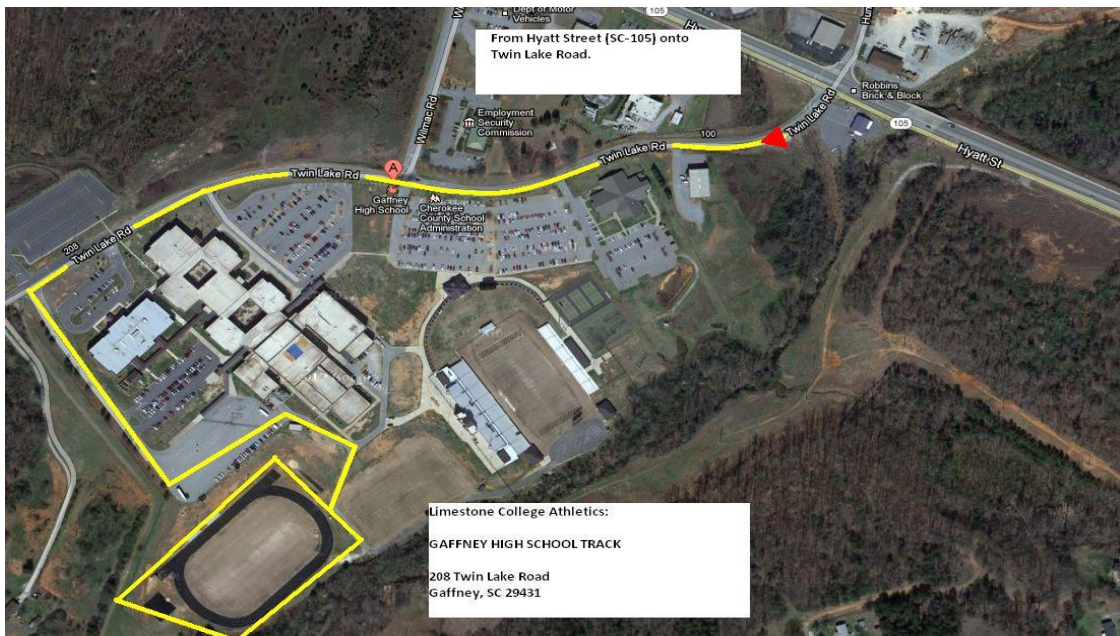
Cherokee National Golf Course

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **442 Cherokee National Hwy Gaffney SC 29341. Turn left onto Limestone St., turn Right onto Floyd Baker Boulevard, and turn right onto Cherokee National Hwy. The Golf course club house will be on the right one mile down the road.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the clubhouse of the golf course.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



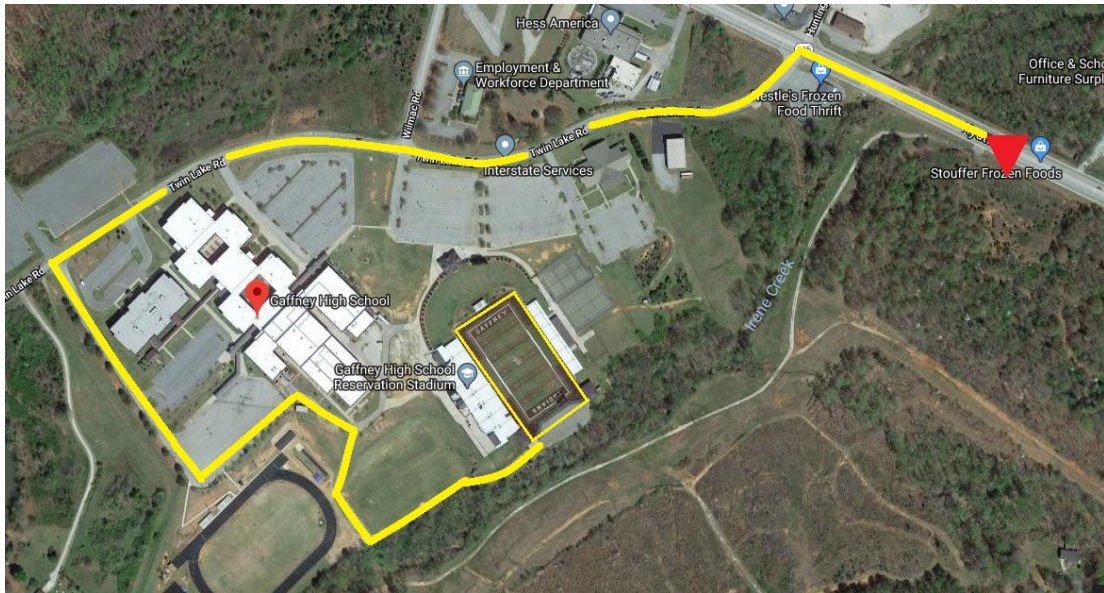
Gaffney High School Track Limestone Track and Field Practice

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **149 Twin Lakes Rd Gaffney SC 29340. Turn left onto Limestone St., turn right onto Hyatt St., turn Left on Overbrook Dr., turn Right on Twin Lakes Rd. The track is located behind the school.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the athletic training medical kit.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital.
Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Gaffney High School Football Stadium
Limestone College Football Games**

1. Immediate care of the athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. **208 Twin Lakes Rd Gaffney SC 29340. Turn left onto Limestone St., turn right onto Hyatt St., turn Left on Overbrook Dr., turn Right on Twin Lakes Rd. The football stadium is on the side of the school.**
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext. 8344
5. Equipment Retrieval: Located in the Athletic training medical kit and Red/Blue STAT PACK on the field. Additional equipment is located in the athletic training room of the Limestone Center.
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Limestone College EAP by Venue
Gaffney Middle School Track
Various Sports Condition**

1. Immediate care of the Athlete
2. Emergency equipment retrieval: located in the athletic training room
3. Activate EMS 911
 - a. State your name
 - b. Exact location where the injury occurred and where you will meet them (flaggers)
 - c. The number you are calling from
 - d. The number of injured athletes
 - e. The condition of the athlete(s)
 - f. Directions to the venue
 - a. 111 Porter Street Gaffney SC 29340. Turn left out of the hospital onto Limestone Street. Turn left onto Fredrick Street. Turn left onto Porter Street. Straight ahead will be Gaffney Middle School Track
 - g. Hang up the phone only after the EMS dispatcher gives you permission.
4. Notify someone from the athletic training staff and public safety office
 - a. ATR Land Line: 864-488-4019 or Ext 4019
 - b. Adam Ranns: 864-761-6947
 - c. Limestone Public Safety: 864-488-8344 or Ext 8344
5. Equipment Retrieval: Located in the ATR of the Limestone Center. On field: AT kit and Red/Blue STAT PACK
6. Designate persons to serve as a crowd controller
7. Send flaggers to meet EMS in the designated spot
8. An emergency personnel member will accompany the injured athlete to the hospital. Emergency personnel should bring medical and/or insurance information with them to the hospital if available.



**Limestone College
Athletic Training Department
Lightening Policy**

The Athletic Training Department follows the recommendations of the NATA Position Statement on Lightening Safety for Athletics and Recreation.

Currently, the Flash-To-Bang Method is utilized to estimate how far away the lightening is occurring. To use the Flash-To-Bang method, count the seconds from time the lightening is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away (in miles) the lightening is occurring. The Lightening Policy of the Athletic Training Department is that by the time the Flash-To-Bang count approaches 30 seconds (6 miles) all individuals should be inside or immediately seek shelter in a Safe Structure.

Limestone College also uses the outside source of DTN Weather Sentry to monitor weather. The Limestone College Athletic Training Staff monitors the weather on a daily basis and is warned when lightning is in a hazardous area. DTN Weather Sentry will notify the athletic trainers of an “All Clear Status” after 30 minutes without lighting in the warning perimeter.

Limestone College has identified Safe Structures for each athletic venue. The primary choice for a Safe Structure is a building with grounding from plumbing and electrical sources. The secondary choice for a Safe Structure is a fully enclosed vehicle with a metal roof and closed windows.

| Athletic Venue | Safe Structure |
|--------------------------------------|--|
| Baseball Complex | Team Vehicles, indoor bathroom facilities, Limestone Center and/or Tennis Pavilion |
| Softball Complex | Team Vehicles |
| Lacrosse/Soccer Practice Field | Team Vehicles, Limestone Center and/or Tennis Pavilion |
| Lacrosse/Soccer Game Field | Team Vehicles, Limestone Center and/or Tennis Pavilion |
| Springs Practice Field | Timken Gymnasium, Walt Griffin PE Center |
| Timken Practice Field | Timken Gymnasium |
| Cherokee National Golf Club | Cherokee National Golf Club House |
| Tennis Courts | Tennis Pavilion |
| Gaffney High School Football Stadium | Locker Rooms |
| Gaffney High School Track | Team Vehicles |
| Gaffney Middle School Track | Team Vehicles |

All athletic contests and/or practices must be postponed immediately and will not be resumed until 30 minutes after the last flash of lightening and/or sound of thunder. The call to suspend and/or resume an athletic contest and/or practice is at the discretion of the Athletic Training Department. Individuals not complying with the recommendations of the Athletic Training Department regarding the immediate cessation of athletic activity will be reported to the Athletic Director.

