

Greensboro Day School

Athletic - Emergency Action Plans/Protocols

The purpose of the Emergency Action Plan (EAP) is to guide athletic personnel, emergency medical services, and Greensboro City Police in responding to emergency situations when they occur.

It is essential that the Athletic Department have a developed emergency plan that identifies the role of each member of the emergency response team, emergency communications, the necessary emergency equipment and the emergency protocol for each sporting venue.

Emergency Personnel

North Carolina Licensed and Nationally Certified Athletic Trainers (LAT, ATC's) are employed by Greensboro Day School to provide leadership in the health care of the student-athlete including the emergency management of any injuries or illnesses during (MS, JV and Varsity) athletic participation, under the direction of the team physicians. (Murphy/Wainer Orthopedics)

Coaches, staff, and supervisors of game management are required to be trained and maintain certification in the prevention of disease transmission (blood borne pathogens). They are also encouraged to maintain certification in first-aid and CPR. These requirements are in keeping with OSHA standards. They are also guidelines established in the NCISAA Handbook. This training should be completed prior to being assigned to work as part of the emergency care team. However, formal training must be conducted for all new personnel within six months of their employment or assignment to the emergency care team. Their role is to provide assistance to the Athletic Trainer as part of the emergency medical team in the event of an emergency. Annual review and update of the EAP is conducted with all athletic personnel so that each member of the emergency care team is aware of their respective role in the event of an emergency.

There shall be at least one trained individual (Emergency Care Team) available for school sanctioned practices, competitive events, conditioning, and skill sessions. The minimal training expectation is, Basic Life Support and Basic First Aid including the prevention of disease transmission (blood borne pathogens). These individuals include the Coaches, Staff Supervisors, Athletic Trainer, or Athletic Training Students. Appropriate emergency first aid steps must be taken in accordance with the level of certification that each trained member of the emergency care team has.

Cardiac Emergency – Use of AED

Call 911 and Notify the Athletic Trainer

There are 10 Automated External Defibrillator (AED's) available on the GDS campus, signs designate locations. An AED is located in each building and the Athletic Trainers carry an AED with them to cover outdoor events. The majority of our Coaches, Staff, and Students are trained in the use of an AED and in Professional Rescuer CPR.

Allergic Response Emergency

Call 911 and Notify the Athletic Trainer

Anaphylaxis - Students with significant allergies are required by NC law to carry to Epinephrine Auto Injectors with them at all times. The Athletic Trainers also carry auto injectors and are on site during athletic practices and games. The majority of Coaches, Staff, and Students are trained in the use of an auto injector as well as CPR and AED use.

Breathing Emergency

Call 911 and Notify the Athletic Trainer

*Respiratory **Distress** such as an Asthma attack should be cared for by an Athletic Trainers or Nurse on campus. If the patient has medications, inhaler or other, they can be administered as needed. The parents of the student athlete will be contacted by the Nurse or Athletic Trainers as needed.

*Respiratory **Arrest** or Choking - The majority of our Coaches, Staff, and Students are trained in the Heimlich maneuver as well as Professional Rescuer CPR.

Mental Health Emergency

POTENTIAL VIOLENCE - MENTAL HEALTH EMERGENCY SITUATION

RECOGNITION

Any 'yes' answer should be considered an emergency:

- Am I concerned the student-athlete may harm himself/herself?
- Am I concerned the student-athlete may harm others? • Am I concerned the student-athlete is being harmed by someone else?
- Did the student-athlete make verbal or physical threats?
- Is the student-athlete exhibiting unusual ideation or thought disturbance that may or may not be due to substance use?
- Does the student-athlete have access to a weapon?
- Is there potential for danger or harm in the future?

MANAGEMENT

If immediate risk to safety:

- Remain calm - maintain calm body language and tone of voice.
- Listen to the student-athlete. Allow him/her to express his/her thoughts. Provide him/her the opportunity to be heard. It's OK to have a moment of silence between you and the student athlete.
- Avoid judging the student-athlete; provide positive support.
- Keep yourself safe - do not attempt to intervene if there is an imminent threat of harm or violence.

- Keep others safe - try to keep a safe distance between the student-athlete in distress and others in the area.
- Alert designated school officials and/or colleagues available at that time of day (i.e. school counselor/nurse, school administrator, etc.). Have the school contact the student-athlete's parents or emergency contact.
- If the student-athlete seems volatile or disruptive, get help from a co-worker or other adult. Do not leave the student-athlete alone, but do not put yourself in harm's way if he/she tries to leave.
- Follow campus and department protocols and policies.
- If you call 911, provide the following information:
 - o Student-athlete's name and contact information.
 - o Physical description of the student-athlete (i.e. height, weight, hair and eye color, clothing, etc.).
 - o Description of the situation and assistance needed.
 - o Exact location of the student-athlete.
 - o If student-athlete leaves the area or refuses assistance, note the direction in which he/she leaves.

NON-VIOLENT - MENTAL HEALTH EMERGENCY SITUATION

- Offer a quiet and secure place to talk
- Show your genuine concern.
- Avoid judging the student-athlete; provide positive support.
- Provide support and a positive tone. Do not try to solve his or her problem; it is not within your scope as an AT.
- Help the student-athlete understand that he or she is not alone - others have been through this too.
- Listen to the student-athlete. Allow him/her to express his/her thoughts. Provide him/her the opportunity to be heard. It's OK to have a moment of silence between you and the student athlete.
- Ask questions that encourage conversation. Asking these important questions will NOT plant the idea in his/her head:
 - o Can you tell me what is troubling you?
 - o Are you thinking of hurting yourself?
 - o Is someone hurting you?
 - o Have you thought about suicide? *(see Table A)
- If the student-athlete is expressing suicidal ideation:
 - o Determine if he or she has formulated a plan.
 - o Emphasize ensuring the athlete's safety, while being aware of your own.
 - o Do NOT leave the person alone.
- Alert designated school officials and/or colleagues available at that time of day (i.e. school counselor/nurse, school administrator, etc.). Have the school call the student-athlete's parents or emergency contact.

- You may offer a positive reinforcement, such as: “It took courage for you to disclose this information to me. And, by telling me, it says you want to do something about what is going on. Let’s get you in contact with someone who specializes in this type of situation, so you can get the care you need.”
- Document and communicate your concerns, and refer to the school counselor. School staff may be aware of past or current circumstances that you are not privy to, including abusive home environment, emerging psychological condition/mental illness, etc.

Table A: [Common misconceptions about suicide](#)

FALSE: People who talk about suicide won’t really do it. Almost everyone who commits or attempts suicide has given some clue or warning. Do not ignore suicide threats. Statements like “you’ll be sorry when I’m dead,” “I can’t see any way out,” no matter how casually or jokingly said, may indicate serious suicidal feelings.

FALSE: Anyone who tries to kill himself/herself must be crazy. Most suicidal people are not psychotic or insane. They may be upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

FALSE: If a person is determined to kill himself/herself, nothing is going to stop him/her. Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

FALSE: People who commit suicide are people who were unwilling to seek help. Studies of suicide victims have shown that more than half sought medical help in the six months prior to their deaths.

FALSE: Talking about suicide may give someone the idea. You don’t give a suicidal person morbid ideas by talking about suicide. The opposite is true - bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

Source: [SAVE – Suicide Awareness Voices of Education](#)

Activation of EMS

One member of the emergency care team will be directed to utilize the emergency communication device (portable two-way radio, cellular phone or stationary hard-wired telephone) to contact the 911 Operator who will then activate EMS. This individual shall be trained in activating EMS. They must be calm, have a full understanding of the emergency, communicate well, and be able to identify the location of the emergency. They also must be familiar with use of the emergency communication devices and where they are located if not on their person.

Directing EMS to the Scene

SEE MAP

The GDS Athletic staff will take on the primary role of activating the EMS system and then directing the local rescue squad to the emergency scene. However, a member of the emergency care team or any member of the athletic staff may go to the appropriate location to assist the GSO Fire/Police in directing EMS to the scene.

Emergency Communications

A cell phone or stationary hard-wired telephone is on-site at each athletic practice and competitive event which allows direct contact with the Athletic Department staff as well as 911 in the event of serious or life-threatening emergencies. In the event that an LAT-ATC is not on-site for an athletic practice or competitive event, the head coach or qualified designee shall have a portable cell phone, or immediate access to a stationary hard-wired telephone for emergency use. When activating EMS via campus telephone, dial 9-911. When utilizing cell phone or non-campus telephone, also contact 911. If you are located at an off campus venue, such as G.A.C., Spears YMCA, GSO College, or other facility, also call 911.

Emergency Equipment

Appropriate emergency equipment must be on-hand at all athletic practices and competitive events. All assigned emergency care personnel should be aware of the location and function of all emergency equipment. Emergency supplies and equipment will include first aid supplies (e.g. dressings, bandages, tape, elastic wraps, etc.), body substance isolation (BSI) materials (protective gloves, gauze, gown, face shield, bleach, neutralizing solution, and spill kit), vacuum splints, and crutches. Training and update on the proper use of said equipment is conducted annually prior to the beginning of the fall academic year for all emergency care personnel. The equipment is checked prior to practices and competitive events for proper function and availability.

Automatic External Defibrillators - AED's

There are 9 AED's located in buildings on campus noted with appropriate signage.

Athletic Trainers have access to 2 additional AED's for use outside at games (in the gator) or court/field side.

Retrieval of Emergency Equipment

Appropriate emergency equipment must be retrieved from the designated area at the athletic venue and brought to the scene by a member of the emergency care team.

Transportation Care

Emergency transportation of an injured/ill student-athlete is provided via the EMS system by contacting the 911 dispatch who will in turn summon an ambulance to the scene of the emergency. An adult individual of the student-athletes choice may provide transportation to a local emergency room for a student-athlete with a non-life threatening injury/illness. A member of the emergency care team may provide transportation to the emergency room only if adequate emergency care coverage is maintained at the athletic venue. A Gator cart is available (on-campus only) for transport of student-athletes with minor injuries/illnesses.

"HOME" sites: Events/contests /practices at Greensboro Day School

MEDICAL EMERGENCIES (breathing cessation, severe bleeding, concussion with loss of consciousness, suspected neck or spinal injury, fracture, dislocation, eye or face injury, heat related illness, any other injury or illness resulting in poor vital signs such as decreased blood pressure, weak pulse, or signs of shock).

- a. Follow the Emergency Action Principles (first aid principles) and provide appropriate care.
- b. Activate the emergency medical system (EMS) by calling 911.
- c. Monitor vital signs.
- d. Calm and reassure the athlete.
- e. Notify an Athletic Trainer as soon as possible.
- f. Complete an Injury/Illness Report and Medical Referral Form and provide follow-up care as necessary.

NON-EMERGENCIES (sprains, strains, concussion [with no loss of consciousness], illness, abrasions, minor cuts, contusions, etc.).

- a. Provide appropriate first aid care.
- b. Notify the Athletic Trainer.
- c. If the Athletic Trainer is unavailable, send the athlete to the appropriate medical care facility.
- d. Complete an Injury/Illness Report and Medical Referral Form as necessary.
- e. Provide follow-up care as necessary.

In the event an athlete is ill or injured and is transported to a hospital/emergency facility while participating in a school sponsored event off campus, the following guidelines should be followed:

- a. Notify the GDS Athletic Department of the athlete's name, a brief description of the injury/illness, and the name and telephone number of the hospital/emergency facility where the athlete has been transported.
- b. The GDS Athletic Department will receive all phone calls from parents or guardians and refer them to the hospital/emergency facility as appropriate.

- c. It is the responsibility of the hospital/emergency facility to notify the athlete's parents or guardians with the latest and most accurate information concerning his/her condition.

NOTE: When a team/program practices or hosts contests at "HOME" sites which are located OFF-CAMPUS, the guidelines outlined above should be followed. Facility EAP's should be in place. In the event of a medical emergency, dial 911 to summon EMS personnel. If injury appears to be non-emergent, make arrangements to have the athlete transported back to the GDS Athletic Trainer for further assessment and treatment as soon as possible but provide necessary first aid immediately on-site.

"Away" sites: Events/contests /practices not at Greensboro Day School

MEDICAL EMERGENCIES

- Follow the Emergency Action Principles (first aid principles) and provide appropriate care.
- Ask for the HOST Athletic Trainer and follow the host institution's Emergency Action Plan.
- If athlete must be transported to an emergency facility, **a coach or adult must accompany the athlete to the facility**. NOTE – A Coach staying with the rest of the team is the priority. In the event that more than one coach is available, an assistant coach or designee is permissible to accompany the injured/ill athlete to the emergency facility.
- Find out what facility they will be going to and then make arrangements to ensure that someone picks up the athlete after the contest ends.
- Notify an Athletic Trainer at GDS as soon as possible.
- Complete an Injury/Illness Report and Medical Referral Form as necessary.

NON-EMERGENCIES (able to return to GDS without immediate medical care)

- Provide appropriate first aid care.
- Return to GDS and follow non-emergency management protocols established for home events.
- Notify an Athletic Trainer at GDS upon returning.
- Complete an Injury/Illness Report and Medical Referral Form as necessary.

MISCELLANEOUS

In the event of hospitalization or surgery, hospital personnel or a GDS Athletic Trainer would notify the athletes' parent(s) or guardian(s) as necessary and appropriate. Medical confidentiality will and must be maintained in all cases.

Any student athlete injured during an athletic practice or game should first attempt to consult the assigned Athletic Trainer prior to reporting the GDS Nurse.

Athletes who have been referred to another health care provider will not be allowed to return to participation until the attending health care provider has given appropriate written clearance and the GDS Athletic Trainers have appropriate documentation on file.

NCISAA Heat Acclimatization Policy

The GDS Athletic Department follows the NCISAA HEAT ACCLIMATIZATION POLICY in determining exercise guidelines for early fall and late spring athletic participation. The use of local forecasts, current heat and humidity, as well as the interpolation of the data by the current Athletic Training staff determines the policy for each given day.

The heat acclimatization period is defined as the initial 14 days of preseason practice. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of official team practice for the season. Any practices or conditioning conducted before this time should not be considered a part of the heat acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all players (including those who arrive at preseason practice after the first day of practice) should follow the 14 day heat acclimatization plan.

Days 1 through 5 of the heat acclimatization period consist of the first 5 days of formal practice. During this time athletes may not participate in more than 1 practice per day.

- A practice is defined as the period of time a participant engages in a coach-supervised, school approved sport or conditioning-related physical activity. Each individual practice should last no more than 3 hours. Warm-up, stretching and cool-down activities are included as part of the 3 hour practice time. For fall sports other than football, a coach may separate the 3 hour practices into smaller time segments not to exceed a total of 3 hours.
- If practice is interrupted by inclement weather, the practice can recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any one day.
- A 1 hour maximum walk-through is permitted during days 1-5 of the heat acclimatization period. However, a 3 hour recovery period should be inserted between the practice and walk-through – or vice versa.
- A walk-through is defined as a teaching opportunity with the athletes not wearing protective equipment (helmets, shoulder pads, etc.) or using sport related equipment (footballs, blocking sleds, etc.). The walk-through is not part of the 3 hour practice period, can last no more than 1 hour per day and does not include conditioning.
- During days 1-2 of the heat acclimatization period, a helmet should be the only protective equipment permitted. During days 3-5, only helmets and shoulder pads should be worn. Contact with blocking sleds and tackling dummies may be initiated. Beginning on day 6, all protective equipment may be worn and full contact can begin.
- Beginning on day 6, double practice days must be followed by a single practice day. On the single practice days, one walk through is permitted, separated from the practice by at least 3 hours. When a double practice day is followed by a rest day, another double practice day is permitted after the rest day.
- On a double practice day, neither practice should exceed 3 hours in duration, and student athletes should not participate in more than 5 hours of practice. Warm-up, stretching, cool-down, walk-through and conditioning are included as part of the practice time. The 2 practices should be separated by a least 3 continuous hours.
- During the preseason heat acclimatization period, if a practice occurs on 6 consecutive days, student athletes should have 1 day of complete rest (no conditioning, walk-through, practices, etc.).
- Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat acclimatization period. For example, an athlete who sits out the 3rd and 4th days of practice during this time (e.g., Wednesday and Thursday) will resume practice as if on day 3 when returning to play on Friday.
- Scrimmages during the heat acclimatization period are considered 1 practice.

NCISAA Wet-Bulb Globe Temperature (WBGT) Practice Guidelines

The NCISAA metric for measuring heat and humidity is the Wet-Bulb Globe Temperature reading.

As a best practice, all member schools should apply the recommendations below.

WBGT Reading	Athletic Activity/Rest Break Recommendations
Under 82.0 °F	Normal activities--Provide at least three separate rest breaks each hour of minimum duration of 3 minutes each during workout.
82.0°F-86.9°F	Use discretion for intense or prolonged exercise; watch at-risk players carefully; Provide at least three separate rest breaks each hour of a minimum of four minutes during each.
87.0 °F–89.9 °F	Maximum practice time is two hours. For Football: Players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: Provide at least four separate rest breaks each out of a minimum of four minutes each.
90.0°F-92.0°F	Maximum length of practice is one hour, no protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.
Over 92.1 °F	No outdoor workouts Cancel exercise Delay practices until a cooler WBGT reading occurs

Administering and Recording Information:

Administration:

- a. The certified athletic trainer on staff will monitor conditions with the WBGT. In situations when an athletic trainer is not on site/available, the athletic director is responsible for identifying a secondary staff member who is trained on the proper procedures and consistently carries out established monitoring criteria.

Data Logs: - The following WBGT data should be recorded:

1. WBGT Temperature
2. Time (Prior to practice, every 30 minutes depending on environmental conditions.)
3. Location
4. Action Taken (if any)

*The NCISAA has provided a sample log to use for this purpose. This log can be found under the Health & Safety tab of the NCISAA website.

Recommendations for hydration and rest breaks:

- a. Rest time should involve both unlimited hydration intake (water or electrolyte drinks) and rest without any activity involved.
- b. For football, helmets should be removed during rest time.
- c. The site of the rest time should be a “cooling zone” and not in direct sunlight.
- d. When the WBGT reading is greater than 86 oF (30 oC): i. Ice towels and spray bottles filled with ice water should be available at the “cooling zone” to aid the cooling process. ii. Cold-immersion tubs must be available for practices for the benefit of any player showing early signs of heat illness.
- e. Pre and post-practice weigh-ins should be conducted if possible especially during the early part of the season. (NOTE: an athlete who is not within 3% of the previous pre-practice weight should be withheld from practice and counseled on the importance of re-hydrating.)

WBGT Guidelines for Game Situations

If the WBGT is above 92 a contest may continue. However, **a pre-event meeting must be held between administrators, Athletic Trainer, officials, and coaches from both teams.** The following actions should be taken and communicated to all those involved:

1. Mandatory breaks as directed by the gameday administrator ie water/rest breaks every 15 min.
2. Communicate the EAP for a heat emergency ie location of readily accessible immersion bath, ice, and instrument to assess core temperature (rectal thermometer)

The following considerations should be evaluated and appropriate actions taken:

1. Moving/delaying the contest to a time of day where conditions will be improved ie evening
2. The presence of trained medical personnel on site. If not, the event should be canceled or postponed
3. Supplies readily accessible to assess core temperature (rectal thermometer) and provide rapid cooling on-site (plenty of ice and an immersion bath). If not, the event should be canceled or postponed

GDS Cold Weather Guidelines

Many factors influence the safety of outdoor activities including temperature, wind chill, condition of play surfaces, and cloud cover/sun. In order to prevent cold weather injury and provide for the safety of students the following protocol will be followed.

Athletes should arrive prepared for outdoor activities with proper attire including coats, hats, and gloves. If the temperature falls below 20 degrees Fahrenheit all outdoor activity will be canceled.

If the National Weather Service issues a Wind Chill Advisory, outdoor activity will be limited.

If the National Weather Service issues a Wind Chill Warning, students will remain indoors.

Students with Asthma or other health conditions which may be exacerbated by cold temperatures should follow the guidelines issued by their health care provider regarding participation in outdoor activities.

EAP in the Event of Lightning

The following steps are modified from those recommended by the NCAA and the National Severe Storms Laboratory (NSSL) in the event of lightning or severe storm warning:

1. A member of the emergency care team (Athletic Trainer, coach, or staff supervisor of event management) is designated to monitor threatening weather conditions and make the decision to remove a team or individuals from an athletic venue or event.
2. Monitoring should include obtaining a weather report prior to a practice or competitive event. Be aware of potential thunderstorms that may form. Be aware of National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as the signs of thunderstorms developing nearby. "watch" means conditions are favorable for severe weather to develop in an area; a "warning" means that severe weather has been reported in an area and for everyone to take proper precautions.
3. System wide announcements will be heard over the loudspeakers:
 - a. Lighting Protocol 1 – Storms are moving into the area and lightning is present. Please move all outdoor activities inside at this time and limit movement between buildings.
 - b. Lightning Protocol 2 – Lightning is unsafe, Please restrict movement from any buildings until further notice

NCISAA Lightning Protocol

1. Each NCISAA member school must have a plan to address inclement weather for players, officials, visitors, and fans. This plan should include:
 - a. Safe locations from the lightning hazard for all venues and communicate these locations.
 - b. Establish a system to warn athletes and spectators of potential lightning danger.
 - c. Designate a weather spotter to monitor conditions.
 - d. Have a plan for safely dismissing student athletes if a contest is suspended.
2. The safety of the student athlete is the direct responsibility of the individual head coach, athletic trainer and/or administrator in charge. It is the home team's responsibility to notify visiting teams and officials of the lightning policy and inform them, ahead of time, about where to seek shelter should there be threatening weather.

3. Enforcement of these standards is the responsibility of the game administrators, athletic trainers and coaches.
4. When a situation arises where any of the above mentioned parties feels the athletes are in danger he/she shall call the officials and the opposing team head coach together and express concern regarding the weather.
5. The administrator in charge and/or officials have the authority to discontinue play until a safe environment is restored.
6. The decision to discontinue and resume play will not be compromised as a result of concerns over travel or time.
7. On-site commercial lightning prediction/detection systems can be used to make decisions for pre-empting and resuming play.
8. Other electronic devices including weather apps are useful tools, but cannot be used as the sole determination for stopping or resuming play.
9. When thunder is heard or lightning is seen, stop activity immediately. At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
10. Seek an enclosed shelter at once (i.e. buildings, buses, restrooms; not dugouts, picnic shelters or trees). Leave equipment out if it cannot be brought in immediately.
11. In the event that either of the above situations occur, allow 30 minutes to pass after the last sound of thunder or sight of lightning that is followed by thunder to resume play.

Air Quality Guidelines

A. **Designate Personnel:** Given the random behavior of wind and air currents, air quality may change quickly. Schools shall designate someone who will monitor the air quality prior to and during outdoor activities. While typically due to wildfires, schools need to also consider non-wildfire situations if the air quality is unhealthy.

B. **Areas With Air Reporting Stations:** The Air Quality Index (AQI) should be monitored throughout the day, and during an event, to have the best data possible to make informed decisions about conducting practices and competitions. School personnel shall review the AQI information for all regions throughout the state on the website at <https://airquality.climate.ncsu.edu/>, the the NCSU AQI, or on the Environmental Protection Agency (EPA) Air Now website at <https://airnow.gov> or *the EPA's Fire and Smoke map* at <https://fire.airnow.gov/> to determine if action is necessary (see chart below). Schools shall regularly review the AQI throughout events to assess deteriorating conditions.

C. If air monitoring equipment is not available, member schools should utilize the 5-3-1 Visibility Index to determine air quality.

5-3-1 Visibility Index: Making visual observations using the 5-3-1 Visibility Index is a simple way to estimate air quality and know what precautions to take. While this method can be useful, you should always use caution and avoid going outside if visibility is limited, especially if you are sensitive to smoke.

Determine the limit of your visual range by looking for distant targets or familiar landmarks such as mountains, mesas, hills, or buildings at known distances. The visual range is that point at which these targets are no longer visible. As a rule of thumb: If you can clearly see the outlines of individual trees on the horizon it is generally less than five miles away. It is highly recommended that schools use pre-determined landmarks that were established on a clear day to determine their visual range.

Ideally, the viewing of any distant targets should be made with the sun behind you. Looking into the sun or at an angle increases the ability of sunlight to reflect off of the smoke, thus making the visibility estimate less reliable.

Be aware that conditions may change rapidly and always use the more conservative of multiple metrics (AQI, 5-3-1 Visibility Index, etc.).

D. **Act:** This chart will help determine the action needed based on the air quality in your area.

Air Quality Index (AQI)	5-3-1 Visibility Index	Required Actions for Outdoor Activities
51 - 100	5-15 Miles	Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise if directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Increase rest periods as needed.
101 - 150	3-5 Miles	Athletes who are unusually sensitive to air pollution should consider indoor activities only. Athletes with asthma should have rescue inhalers readily available and pretreat before exercise if directed by their healthcare provider. All athletes with respiratory illness, asthma, lung or heart disease should monitor symptoms and reduce/cease activity if symptoms arise. Athletes with asthma or other lung diseases, heart conditions or diabetes may need additional rest breaks during practices / contests. Consider rescheduling to a different time and / or an area with a lower AQI. Schools should consider the impact of elevated AQI lasting for multiple days and the impact of prolonged exposure for athletes and staff on multiple practice session days when making decisions. Consider moving practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
151 - 200	1-3 Miles	All outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.
>200	1 Mile	All outdoor activities (practice and competition) shall be canceled or moved to an area with a lower AQI. Move practices indoors, if available. Be aware that, depending on a venue's ventilation system, indoor air quality levels can approach outdoor levels.

Venue Specific Athletics Emergency Action Plan (EAP)

Dillard, Alumni, Auxiliary Gym's – Multi-Sport Venue

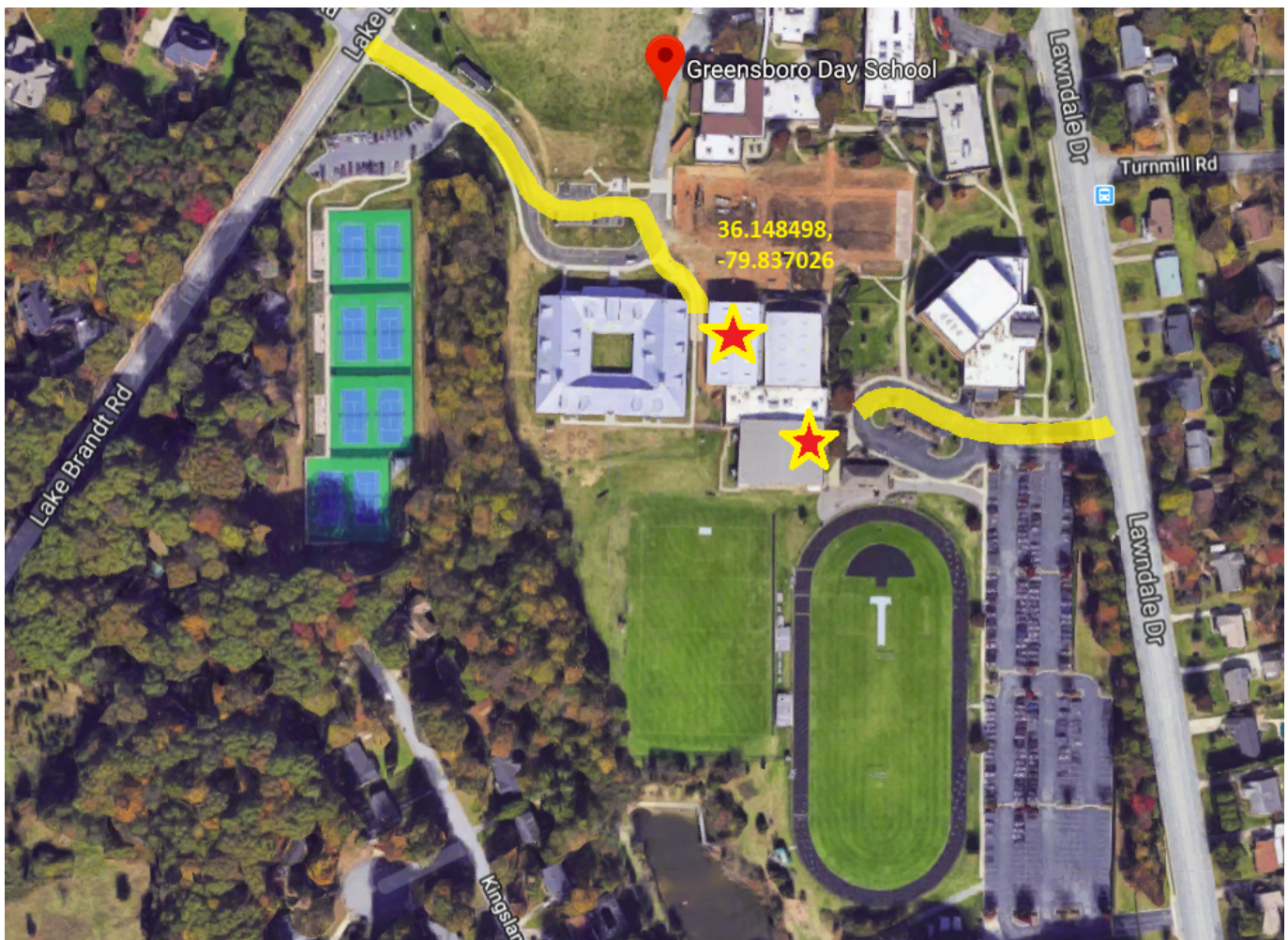
Basketball/Volleyball/Cheerleading/Weight Room

Greensboro Day School

5401 Lawndale Drive - Greensboro, NC 27455
336-288-8590

Lawndale Drive = *Athletic Entrance* ** *Back entrance* = 4618 Lake Brandt Road

Directions to the venue: The Dillard, Alumni, and Auxiliary gyms are adjoining. Approach campus via Lawndale Drive and turn into the Arts/Athletics entrance, highlighted in yellow. Back up to the Main Lobby doors, concrete steps. Walk through the doors, up the steps, across the lobby, Dillard Gym is on the left and Alumni Gym is on your right. Look for athletic personnel to guide you to the scene. An alternate entrance is available via 4616 Lake Brandt Road – Gate access required.



Emergency Personnel: An Athletic Trainer is available for GDS Athletic Team practices and competitive events. For proper supervision, it is the duty of the Coach to notify the Athletic Trainer of any added practice or practice time changes. Out of season practices or pick-up activities must have a Coach present and the Athletic Trainer must be made aware of these activities on the GDS Campus. During internships, a University/College Athletic Training Student should be present only when supervised by an Athletic Trainer.

Emergency Communication: In building, Radio carried by ATC's, or cell phone communication via Head or Asst. Coach.

Emergency Equipment: First aid supplies (team med kit, body substance isolation equipment, breathing devices, vacuum splints, AED, and crutches). The medical kit is stored in the team room or with the coach when not in use.

Roles of Emergency Care Team Members

1. Immediate care of the injured/ill student-athlete: Follow appropriate first aid principles (Emergency Action Plan).
2. Emergency equipment retrieval: Appropriate to the emergency
3. Activation of emergency medical system (EMS) by 911. Provide them with the following information:
 - a. Identify yourself and your role in the emergency
 - b. Specify your location and telephone number (if calling by phone)
 - c. Give name(s) of injured/ill individual(s)
 - d. Condition of victim(s)
 - e. Time of the incident
 - f. Care being provided
 - g. Give specific directions to the scene of the emergency
 - h. Assist Police with directing EMS to scene
 - i. Open appropriate gates
 - j. Designate individual to "flag down" EMS and direct to scene
 - k. Scene control: keep non-emergency medical team members away from the scene

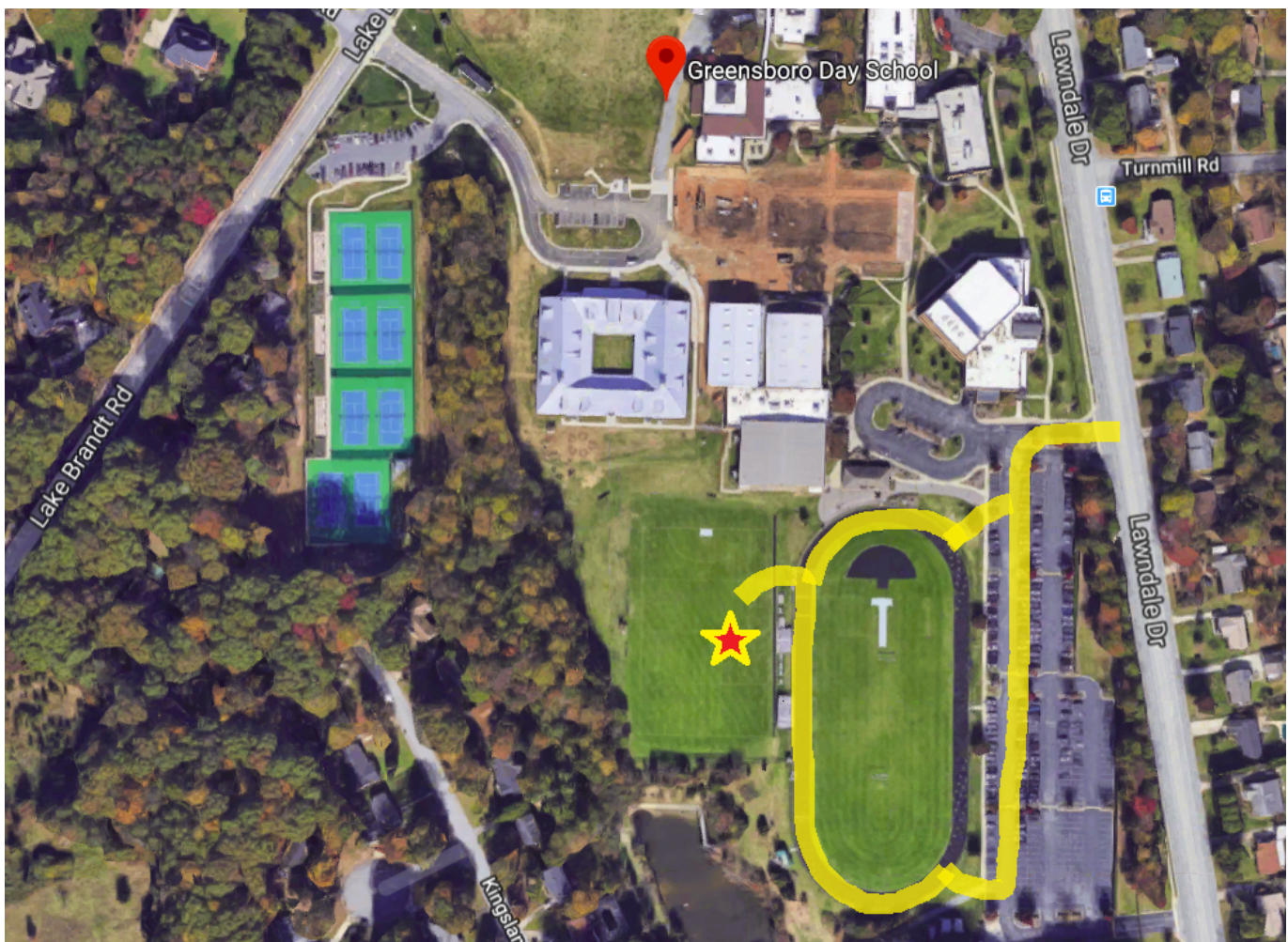
Storm Safety Location: In the event of lightning or severe storm warning, move all individuals to the locker room(s) in the Dillard or Alumni Gymnasiums

Venue Specific Athletics Emergency Action Plan (EAP)

Field Hockey/Lacrosse Venue (White Field)

Greensboro Day School
5401 Lawndale Drive - Greensboro, NC 27455
336-288-8590
Lawndale Drive = *Athletic Entrance*

Directions to the venue: The White Family Field - Approach campus via Lawndale Drive and turn into the Arts/Athletics entrance, highlighted in yellow. EMS access to the field requires opening of chain link gates to the track facility at either the north or south of the track, driving on the track, and then entering the White Family field. Look for athletic personnel to guide you to the scene.



Emergency Personnel: An Athletic Trainer is available for GDS Athletic Team practices and competitive events. For proper supervision, it is the duty of the Coach to notify the Athletic Trainer of any added practice or practice time changes. Out of season practices or pick-up activities must have a Coach present and the Athletic Trainer must be made aware of these activities on the GDS Campus. During internships, a University/College Athletic Training Student should be present only when supervised by an Athletic Trainer.

Emergency Communication: In building, Radio carried by ATC's, or cell phone communication via Head or Asst. Coach.

Emergency Equipment: First aid supplies (team med kit, body substance isolation equipment, breathing devices, vacuum splints, AED, and crutches). The medical kit is stored in the team room or with the coach when not in use.

Roles of Emergency Care Team Members

1. Immediate care of the injured/ill student-athlete: Follow appropriate first aid principles (Emergency Action Plan).
2. Emergency equipment retrieval: Appropriate to the emergency
3. Activation of emergency medical system (EMS) by 911. Provide them with the following information:
 - a. Identify yourself and your role in the emergency
 - b. Specify your location and telephone number (if calling by phone)
 - c. Give name(s) of injured/ill individual(s)
 - d. Condition of victim(s)
 - e. Time of the incident
 - f. Care being provided
 - g. Give specific directions to the scene of the emergency
 - h. Assist Police with directing EMS to scene
 - i. Open appropriate gates
 - j. Designate individual to "flag down" EMS and direct to scene
 - k. Scene control: keep non-emergency medical team members away from the scene

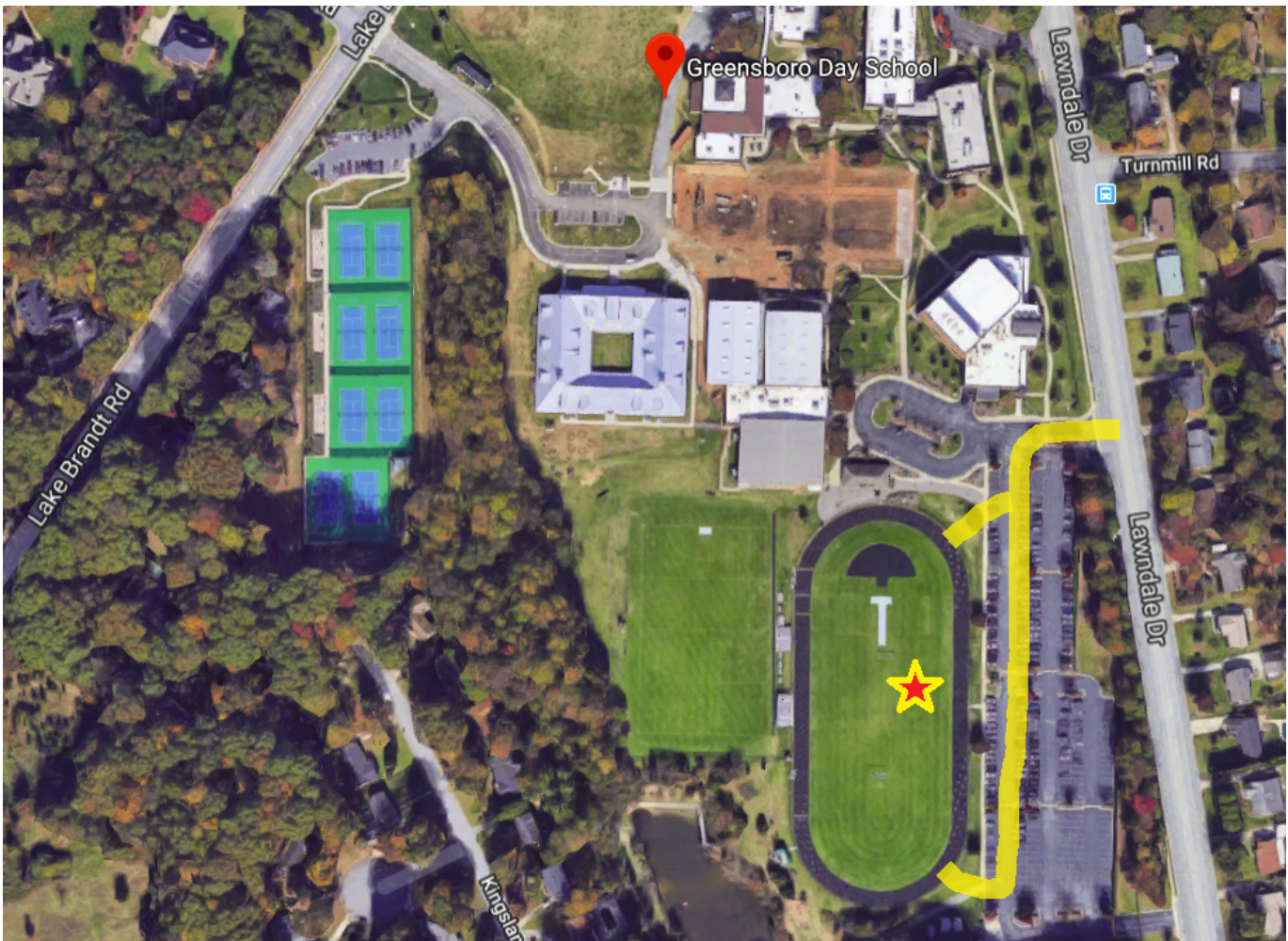
Storm Safety Location: In the event of lightning or severe storm warning, move all individuals to the locker room(s) in the Dillard or Alumni Gymnasiums.

Venue Specific Athletics Emergency Action Plan (EAP)

Soccer/Track & Field Venue (Harris Field)

Greensboro Day School
5401 Lawndale Drive - Greensboro, NC 27455
336-288-8590
Lawndale Drive = *Athletic Entrance*

Directions to the venue: The Harris Family Field - Approach campus via Lawndale Drive and turn into the Arts/Athletics entrance, highlighted in yellow. EMS access to the field requires opening of chain link gates to the track facility at either the north or south of the track and driving on the track. Look for athletic personnel to guide you to the scene.



Emergency Personnel: An Athletic Trainer is available for GDS Athletic Team practices and competitive events. For proper supervision, it is the duty of the Coach to notify the Athletic Trainer of any added practice or practice time changes. Out of season practices or pick-up activities must have a Coach present and the Athletic Trainer must be made aware of these activities on the GDS Campus. During internships, a University/College Athletic Training Student should be present only when supervised by an Athletic Trainer.

Emergency Communication: In building, Radio carried by ATC's, or cell phone communication via Head or Asst. Coach.

Emergency Equipment: First aid supplies (team med kit, body substance isolation equipment, breathing devices, vacuum splints, AED, and crutches). The medical kit is stored in the team room or with the coach when not in use.

Roles of Emergency Care Team Members

1. Immediate care of the injured/ill student-athlete: Follow appropriate first aid principles (Emergency Action Plan).
2. Emergency equipment retrieval: Appropriate to the emergency
3. Activation of emergency medical system (EMS) by 911. Provide them with the following information:
 - a. Identify yourself and your role in the emergency
 - b. Specify your location and telephone number (if calling by phone)
 - c. Give name(s) of injured/ill individual(s)
 - d. Condition of victim(s)
 - e. Time of the incident
 - f. Care being provided
 - g. Give specific directions to the scene of the emergency
 - h. Assist Police with directing EMS to scene
 - i. Open appropriate gates
 - j. Designate individual to "flag down" EMS and direct to scene
 - k. Scene control: keep non-emergency medical team members away from the scene

Storm Safety Location: In the event of lightning or severe storm warning, move all individuals to the locker room(s) in the Dillard or Alumni Gymnasiums.

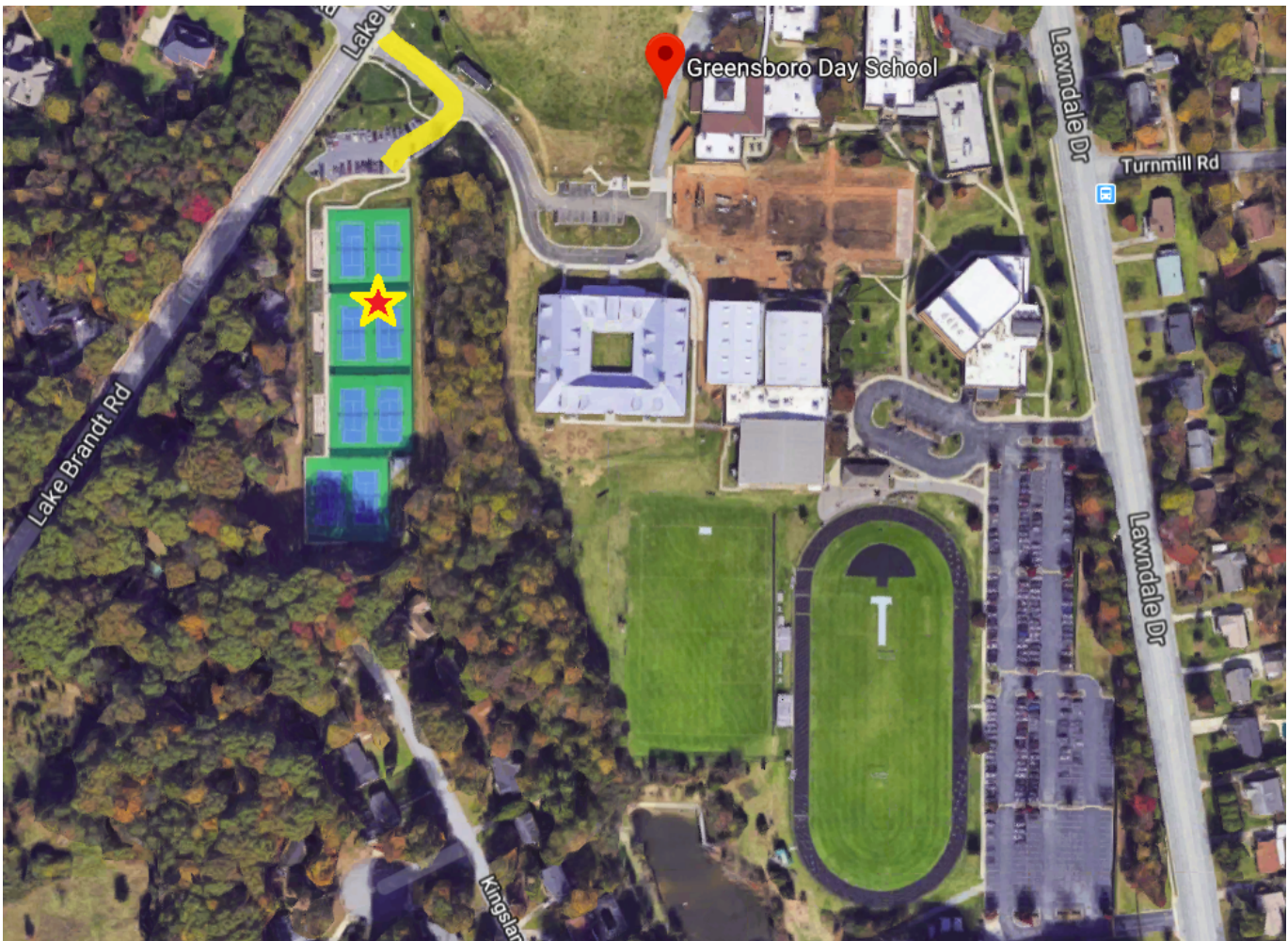
Venue Specific Athletics Emergency Action Plan (EAP)

Tennis Venue (4618 Lake Brandt Rd)

Greensboro Day School
5401 Lawndale Drive - Greensboro, NC 27455
336-288-8590

Back entrance = 4618 Lake Brandt Road

Directions to the venue: The Tennis Facility - Approach campus via Lake Brandt Road and turn into the entrance, highlighted in yellow. Turn right into the Tennis facility. Look for athletic personnel to guide you to the scene.



Emergency Personnel: An Athletic Trainer is available for GDS Athletic Team practices and competitive events. For proper supervision, it is the duty of the Coach to notify the Athletic Trainer of any added practice or practice time changes. Out of season practices or pick-up activities must have a Coach present and the Athletic Trainer must be made aware of these activities on the GDS Campus. During internships, a University/College Athletic Training Student should be present only when supervised by an Athletic Trainer.

Emergency Communication: In building, Radio carried by ATC's, or cell phone communication via Head or Asst. Coach.

Emergency Equipment: First aid supplies (team med kit, body substance isolation equipment, breathing devices, vacuum splints, AED, and crutches). The medical kit is stored in the team room or with the coach when not in use.

Roles of Emergency Care Team Members

1. Immediate care of the injured/ill student-athlete: Follow appropriate first aid principles (Emergency Action Plan).
2. Emergency equipment retrieval: Appropriate to the emergency
3. Activation of emergency medical system (EMS) by 911. Provide them with the following information:
 - a. Identify yourself and your role in the emergency
 - b. Specify your location and telephone number (if calling by phone)
 - c. Give name(s) of injured/ill individual(s)
 - d. Condition of victim(s)
 - e. Time of the incident
 - f. Care being provided
 - g. Give specific directions to the scene of the emergency
 - h. Assist Police with directing EMS to scene
 - i. Open appropriate gates
 - j. Designate individual to "flag down" EMS and direct to scene
 - k. Scene control: keep non-emergency medical team members away from the scene.

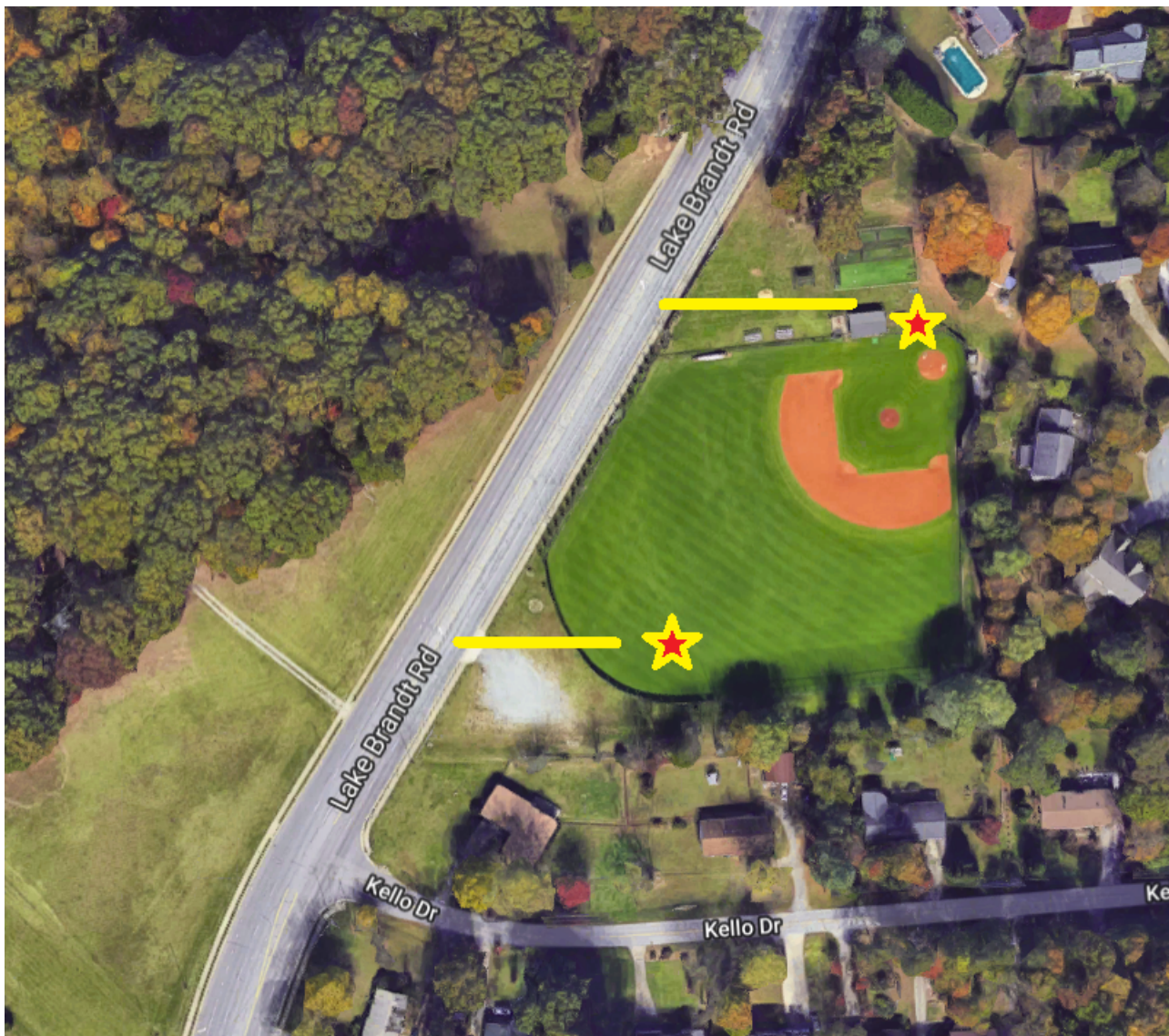
Storm Safety Location: In the event of lightning or severe storm warning, move all individuals to their cars or to the Main Lobby of Dillard Gymnasium.

Venue Specific Athletics Emergency Action Plan (EAP)

Baseball Venue (Elingburg Field) - 5410 Lake Brandt Rd

Greensboro Day School
5410 Lake Brandt Road - Greensboro, NC 27455
336-288-8590

Directions to the venue: The Baseball Facility is located north of the main campus. - Approach campus via Lake Brandt Road and turn into the entrance, highlighted in yellow. Entrance to the field can be from either the outfield or near the dugouts depending on need. Look for athletic personnel to guide you to the scene.



Emergency Personnel: An Athletic Trainer is available for GDS Athletic Team practices and competitive events. For proper supervision, it is the duty of the Coach to notify the Athletic Trainer of any added practice or practice time changes. Out of season practices or pick-up activities must have a Coach present and the Athletic Trainer must be made aware of these activities on the GDS Campus. During internships, a University/College Athletic Training Student should be present only when supervised by an Athletic Trainer.

Emergency Communication: In building, Radio carried by ATC's, or cell phone communication via Head or Asst. Coach.

Emergency Equipment: First aid supplies (team med kit, body substance isolation equipment, breathing devices, vacuum splints, AED, and crutches). The medical kit is stored in the team room or with the coach when not in use.

Roles of Emergency Care Team Members

1. Immediate care of the injured/ill student-athlete: Follow appropriate first aid principles (Emergency Action Plan).
2. Emergency equipment retrieval: Appropriate to the emergency
3. Activation of emergency medical system (EMS) by calling 911. Provide them with the following information:
 - a. Identify yourself and your role in the emergency
 - b. Specify your location and telephone number (if calling by phone)
 - c. Give name(s) of injured/ill individual(s)
 - d. Condition of victim(s)
 - e. Time of the incident
 - f. Care being provided
 - g. Give specific directions to the scene of the emergency
 - h. Assist GSO Fire/Police with directing EMS to scene
 - i. Open appropriate gates
 - j. Designate individual to "flag down" EMS and direct to scene
 - k. Scene control: keep non-emergency medical team members away from the scene.

Storm Safety Location: In the event of lightning or severe storm warning, move all individuals to their vehicles or back to the Main Lobby of Dillard Gymnasium.

Campus Map – Greensboro Day School



Campus Address Information:

A = 5401 Lawndale Drive - Greensboro, NC 27455 (multiple entrances)

B = 4616 Lake Brandt Road – Greensboro, NC 27455

C = 5410 Lake Brandt Road - Greensboro, NC 27455 - - Baseball Field

