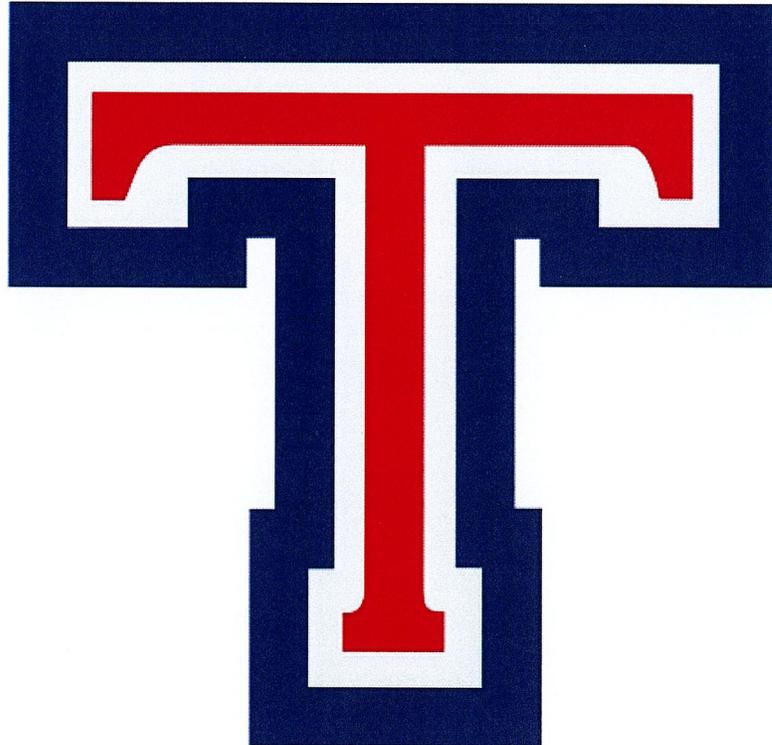


Tesoro High School Athletics



Crisis Management and Emergency Action Plan

Updated 8/2024
Tesoro High School
1 Tesoro Creek Road
Las Flores, CA 92688
949-234-5310

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TESORO HIGH SCHOOL AED LOCATIONS

AED Locations (Appendix B)

AED specific training is provided in conjunction with CPR/First Aid training. Tesoro High School

currently has six (8) AEDs in the following locations:

- **Health Office** (located within)
- **Athletic Training Room** (or with the athletic trainer, when on campus)
- **Main Gym** (located on inside wall near storage room)
- **Stadium** (located on outside of electrical building on west-home side)
- **Pool Deck** (located on outside wall near coaches' office)
- **Lower Athletic Field** (located on blue storage bin outside softball outfield fence)
- **Baseball Field** (located on the backstop)
- **900 Hall** (located by room 903)

Emergency Personnel

An Athletic Trainer will be on site for select practices and events or in direct communication with coaching staff. Emergencies during practices/games not covered, EMS should be contacted immediately.

Emergency Equipment

AED will be located with the athletic trainer, as well as on the scoreboard side of the stadium field, near the stands. Medical kit and splints will be with the athletic trainer. If an athletic trainer is not present, AED can be accessed on the upper field, and medical kits/splints are available in the athletic training room, inside the boys locker room.

When to Activate the EAP

- Any loss of consciousness
- Possible spine injury
- Heat Stroke
- Open fracture, compound fracture, displaced fracture
- Difficulty or absent breathing or pulse
- Uncertainty of if you have a medical emergency

Emergency Procedures:

- 1) Check the scene
 - a) Is it safe for you to help?
 - b) What happened?
 - c) How many victims are there?
 - d) Can bystanders help?
- 2) Instruct coach to call 911
-Provide the following information
 - a) Who you are
 - b) General information about the injury or situation
 - c) Where you are (Provide: name, location of downed athlete, address, telephone #, number of individuals injured, type of injury that has occurred, treatment given, specific directions*).
 - d) Any additional information- security, student athletic training aide, and an administrator will meet EMS at the gate to let them onto the track/field
 - e) *STAY ON THE PHONE, BE THE LAST TO HANG UP*

- 3) Perform emergency CPR/First Aid- implemented by ATC
 - a) Check airway/breathing/circulation, level of consciousness, and severe bleeding.
 - i. If an athletic trainer is present he/she will stay with the athlete and provide immediate care.
 - ii. If an athletic trainer is not present, most qualified coaches (training/certifications) will stay with the athlete and provide immediate care.
 - b) Instruct coach or athletic training student aide to GET AED!!
- 4) Designate coach, or security depending on event, to control crowd
- 5) Contact the Athletic Trainer if not present on scene
- 6) Meet ambulance and direct to appropriate site
 - a) Open Appropriate Gates/Doors
 - b) Designate an individual to "flag down" and direct to scene- this will be done by athletic training student aide, coach, and/or school administrator
 - c) Control injury site, limit care providers etc.
- 7) Assist ATC and/or EMS with care as directed
 - a) Retrieve Necessary Supplies/Equipment
- 8) Emergency contact for the injured athlete will be notified if not present at the event
- 9) Document event and debrief (Appendix D)

DIRECTIONS FOR EMERGENCY VEHICLES/PERSONNEL

Address: 1 Tesoro Creek Rd, Las Flores, CA 92688
949-234-5310

To Titan Stadium:

Enter off of Oso Parkway, take the hill down until you hit the fire lane, follow the fire lane to the field, and enter onto the track through the gate on the right

To Baseball, Lower Baseball and Softball Fields:

Enter off of Oso Parkway, take the hill down, make the first turn-in on the right side and follow the road down to the lower parking lot, go through the gate and stop at the area just past the baseball field; ambulance is not easily able to get down to lower fields, so stretcher/EMS will need to exit at the stopping point

To Tesoro Gymnasium:

Enter off of Oso Parkway, take the hill down and make the second right turn-in, stay to the right and enter the drive thru, stopping right outside the gym doors

To Tesoro Pool Deck/Tennis Courts:

Enter off of Oso Parkway, take the hill down and make the second right turn-in, stay to the right and enter the drive thru, stopping right outside of tennis courts

Shelter in Place and Lockdown Emergencies

SHELTER IN PLACE

Ex: Some type of danger outside like a wild animal, air quality issue, lightening or other extreme weather, dangerous person in the area (not on campus)

1. An administrator will make the following announcement over the intercom:
“Teachers, please shelter in place.”
2. You should sweep students close to your room inside.
3. LOCK your doors and CONTINUE TEACHING.
4. Athletes on the field should go to the gym or nearest enclosed building.
5. Keep students in your room (even if the bell rings!) until you hear an “all clear” announcement. No bathroom/water/locker/misc breaks during this time.

LOCKDOWN

Ex: Imminent threat to student safety (shooter)

1. An administrator will make the following announcement over the intercom:
“Teachers, this is a lockdown.”
2. DO NOT attempt to sweep students into your classroom.
3. Students locked out of class/Athletes on the field should find a hiding spot (refer to DEE video)
4. Shut and LOCK your door.
5. Turn off the lights, cover windows, barricade the door(s).
6. Silence/turn off all cell phones; screen down on the floor.
7. DO NOT talk
8. Goal is to make the room seem empty to the threat - get kids away from windows.
9. Keep students in the room until you hear an “all clear” announcement.

EVACUATION (Appendix C)

Ex: Earthquake, fire (depending on where it is), toxic fumes, gas leak

** In case of earthquake, take cover under desk, wait for announcement or until shaking stops before evacuating

WHEN EVACUATING:

1. Make sure all students leave the classroom.
2. Lead your class to your designated spot on the field by following the evacuation route for your classroom (map in folder).
3. Bring pole, clipboard, ROLLBOOK and folder that contains all emergency forms.
4. Affix GREEN tag on door(s).
5. If you have any injured student who cannot be moved, assign a student leader to take the pole/clipboard/folder and lead the class to the field. Stay with the injured student and put RED tag on the door(s).

REMEMBER:

1. If evacuation is necessary and it's before school, during passing period, tutorial, or lunch, tell students to locate their second period teacher on the field.
2. *LOCK* your door(s) during a drill. Leave your doors *UNLOCKED* during an actual emergency. Students should leave backpacks in the classroom.
3. Once you get down to the field, take roll and fill out a Missing Person Form found in your folder. Have students *SIT* down in your designated spot.
4. Give the missing person form to the student runner (orange vest).
5. Listen for a release to return to class or further instructions.

LIGHTNING POLICY – A SIGNIFICANT THREAT TO SPORTS

Lightning is of particular significance to the sports and recreation sector because most events are held outdoors and often in wideopen areas with limited shelters.

Compounding the open area issue is the fact that it can take considerable time to clear the large number of fans and participants from these open areas. For example, often the courses played on the PGA Tour are so large and filled with so many spectators that it can take more than 30 minutes to successfully clear people from danger.

It is not surprising, therefore, that 45 percent of injuries due to lightning in the United States each year occur at sports and recreation events.



Cloud to Ground Lightning

This type of lightning, the most dangerous, accounts for approximately 20 percent of lightning occurrence. It is the result of the connection between the negative charge at the base of the cloud and a positive charge at the ground.

Out Of The Blue

The most dangerous type of cloud-to-ground lightning is positive lightning, a net transfer of a positive charge from the cloud to the ground. While some positive lightning strikes reach the ground directly beneath the cloud, many emanate from the top of the storm (positive region), travel horizontally – sometimes more than ten miles away – and then veer downwards, striking an object on the ground (negative region). This strike is far from the storm and often appears, literally, from blue sky – hence the term ‘bolt from the blue.’ Because of the distance traveled, these positive lightning strikes tend to have five to ten times the voltage of a conventional lightning strike, increasing the probability of fire ignition or damage to infrastructure.

Positive lightning can move in the direction of the storm track or backward to the area that had already experienced the storm, or to either side. Regardless of strike location relative to the storm, it strikes many miles from its origin

thunderstorm cloud. For this reason, there continues to be lightning danger when thunderstorms have passed but are still in the region, and waiting 30 minutes or more after rain ends before resuming outdoor activities is recommended.

Lightning Safety Solutions - “Flash to bang” timing

The ‘flash-to-bang’ method is sometimes used to determine how far away lightning is when real-time lightning detection is not available. This method involves counting the time lapse between observing a lightning flash and hearing the associated thunder – the “one Mississippi, two Mississippi” approach. This method assumes sound travels approximately one mile every five seconds; accordingly, thunder heard within 30 seconds of lightning signals a storm to be within six miles – a point at which authorities commonly initiate field evacuation.

FOR THIS REASON, WE RECOMMEND DOUBLING THE 30-SECOND / MILE RULE TO 60-SECOND / 12 MILES.

This ‘no-technology’ lightning safety solution has several drawbacks, making it a last-resort method for determining the location of lightning:

- Six miles is a conservative but not safe distance, as we know positive lightning can strike as far as ten miles from the thunderstorm.
- If the storm is fast moving, the 30-second threshold probably doesn’t provide ample time to safely clear a sports area crowded with spectators.
- Studies have shown that local geography and atmospheric conditions can bend sound waves upward so that they miss the ground – invalidating the 30-second measurement.
- Storms with a high flash rate can make it very difficult to correlate thunder with the appropriate flash.

Best Practice: *establish an alert system*

Adequate alerting allows the time and resources needed to clear the sports or recreation area and get spectators to safety. Large crowds and venues such as golf courses that cover a large area require additional clearing effort and longer alert lead time. (Note: our experience is that it can take up to 30 minutes to clear the course during a major golf event.)

- Warning alerts for suspension of play are commonly issued when lightning is detected at a minimum distance of eight miles (ten-mile minimum for golf events).
- Resume-play alerts are typically issued 30 minutes after the last lightning strike has occurred. Most thunderstorms travel around 25 mph, which means that after 30 minutes, the thunderstorm will be about 10 to 12 miles away from the area, minimizing the risk for a “bolt out of the blue.”

Best Practice: *taking shelter in a safe location*

What is *safe*... In a large, enclosed building:

- Away from windows
- Away from electronics and appliances
- Enclosed metal vehicle
- Crouched at lowest point if caught outdoors
- Away from windows

What is *Unsafe*...

- Dugouts, stands, under trees, near tall objects, near power lines, close to water In pools
- Open, higher ground near metal objects, canopies and tents, picnic areas
- Smaller open shelters

EXTREME HEAT GUIDELINES

The state of California has passed legislation mandating that all CIF after school practices and contest follow a WBGT measurement. Use the chart below to determine a program’s ability to practice (or type/length of practice) and/or participate in a CIF contest:

Fig. 4

Cat 3	Cat 2	Cat 1	Activity Guidelines
<82.0°F <27.8°C	<79.7°F <26.5°C	<76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2°-86.9°F 27.9°-30.5°C	79.9°-84.6°F 26.6°-29.2°C	76.3°-81.0°F 24.6°-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1°-90.0°F 30.6°-32.2°C	84.7°-87.6°F 29.3°-30.9°C	81.1°-84.0°F 27.3°-28.9°C	Maximum practice time is 2 h. For Football: Players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1°-91.9°F 32.2°-33.3°C	87.8°-89.6°F 31.0°-32.0°C	84.2°-86.0°F 29.0°-30.0°C	Maximum practice time is 1 h. For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1°F ≥33.4°C	≥89.8°F ≥32.1°C	≥76.3°-81.0°F ≥24.6°-27.2°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Tesoro’s athletic trainer has a WBGT device to get an accurate measurement. Also, please use this link to forecast WBGT readings:

<https://digital.weather.gov/?zoom=7&lat=35.28787&lon=-79.36779&layers=F000BTTTFTT®ion=0&element=8&mxmz=true&barbs=false&subl=TTTTTT&units=english&wunits=nautical&coords=latlon&tunits=localt>

PROCEDURES FOR TREATING AN ATHLETE WITH HEAT ILLNESS

It is important to know the difference between heat stroke and heat exhaustion. Heat stroke is considered a medical emergency, and therefore will require the EAP to be enacted. In the case

of suspected heat stroke, there is a small pool located in the athletic training room that can be easily turned into an ice bath for immersion.

Heat stroke typically will present with the athlete feeling faint or dizzy, nausea/vomiting, and with a body temperature below 104F.

Heat stroke typically presents as feeling faint/dizzy, possible loss of consciousness, headache, confusion, nausea/vomiting, and a body temperature of of over 104F.

Treatment of heat exhaustion:

1. Move athlete to a cooler environment.
2. Cool the athlete using cold towels and ice.
3. Provide fluids/water for consumption.

Treatment of heat stroke:

1. Enact the EAP; call 911
2. move athlete to a cooler environment.
3. Begin full body cooling via cold water immersion.
4. Transport to hospital.

Appendix A

EMERGENCY PHONE NUMBERS

2024-2025

THS Main Office: (7:00 AM to 4:00 PM) 949-234-5310

THS Administration

- Ernie Bucher (Athletic Director) ext. 45314
- April Engelken (Assistant Principal) ext. 45380
- Paul Weir (Assistant Principal) ext. 45312
- Bill Busenkell (Assistant Principal) ext. 45332
- Petra Davis-Johnson (Activities Director) ext. 45313
- Ken Ezratty (Principal) ext. 45320

THS Nurse's Office (School hours only) ext. 15009

THS Certified Athletic Trainer

- Madison Rosenbaum

Fire / Medical Emergency (OCFA) 911

Orange County Sheriff's Department (OCSD) 911
● Non-Emergency (949) 770-6011

Poison Control 800-222-1222

AED's on Campus

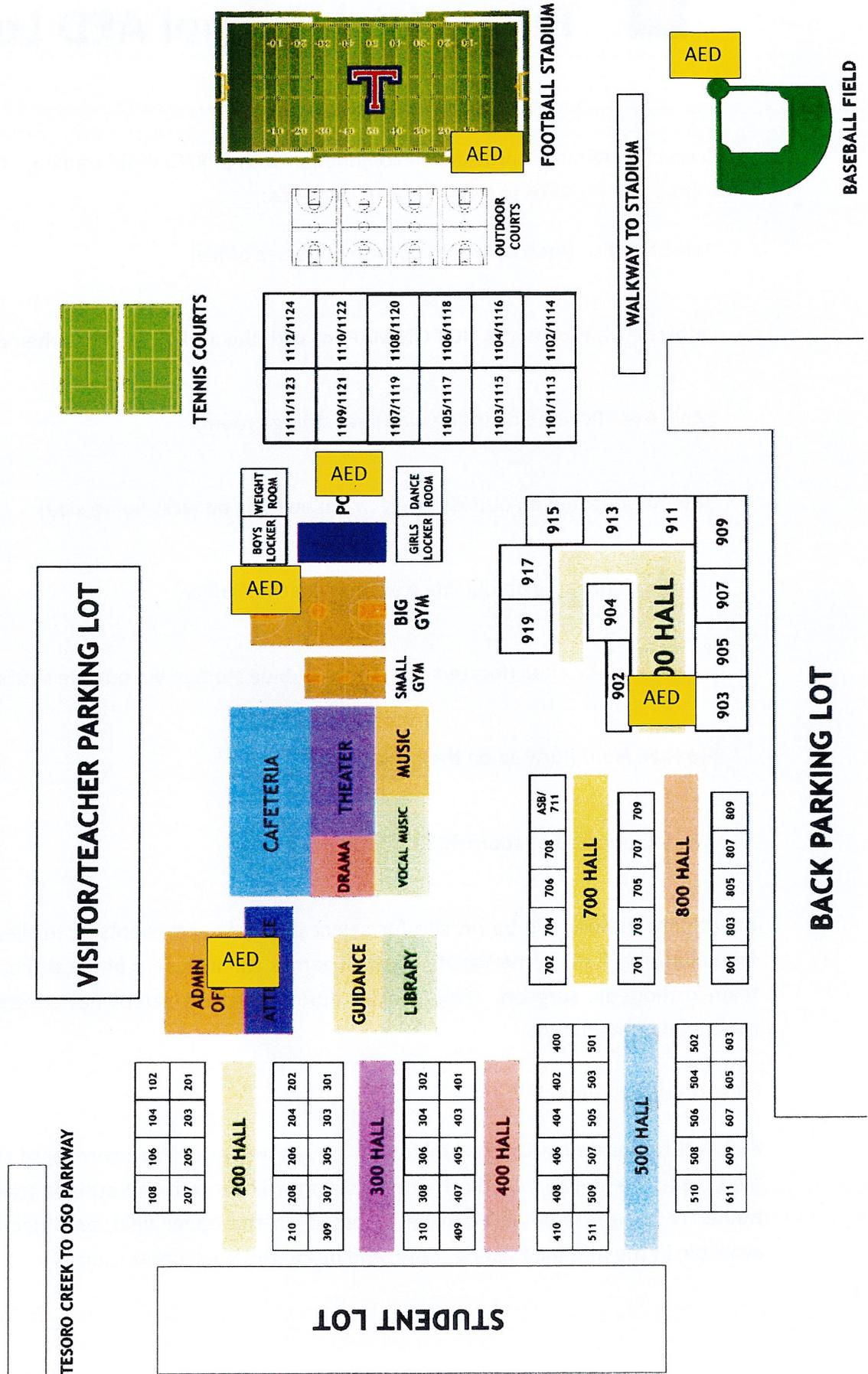
updated 3-24-23

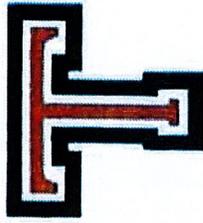
An AED can also be found on the exterior of the blue bin outside of softball's outfield fence.



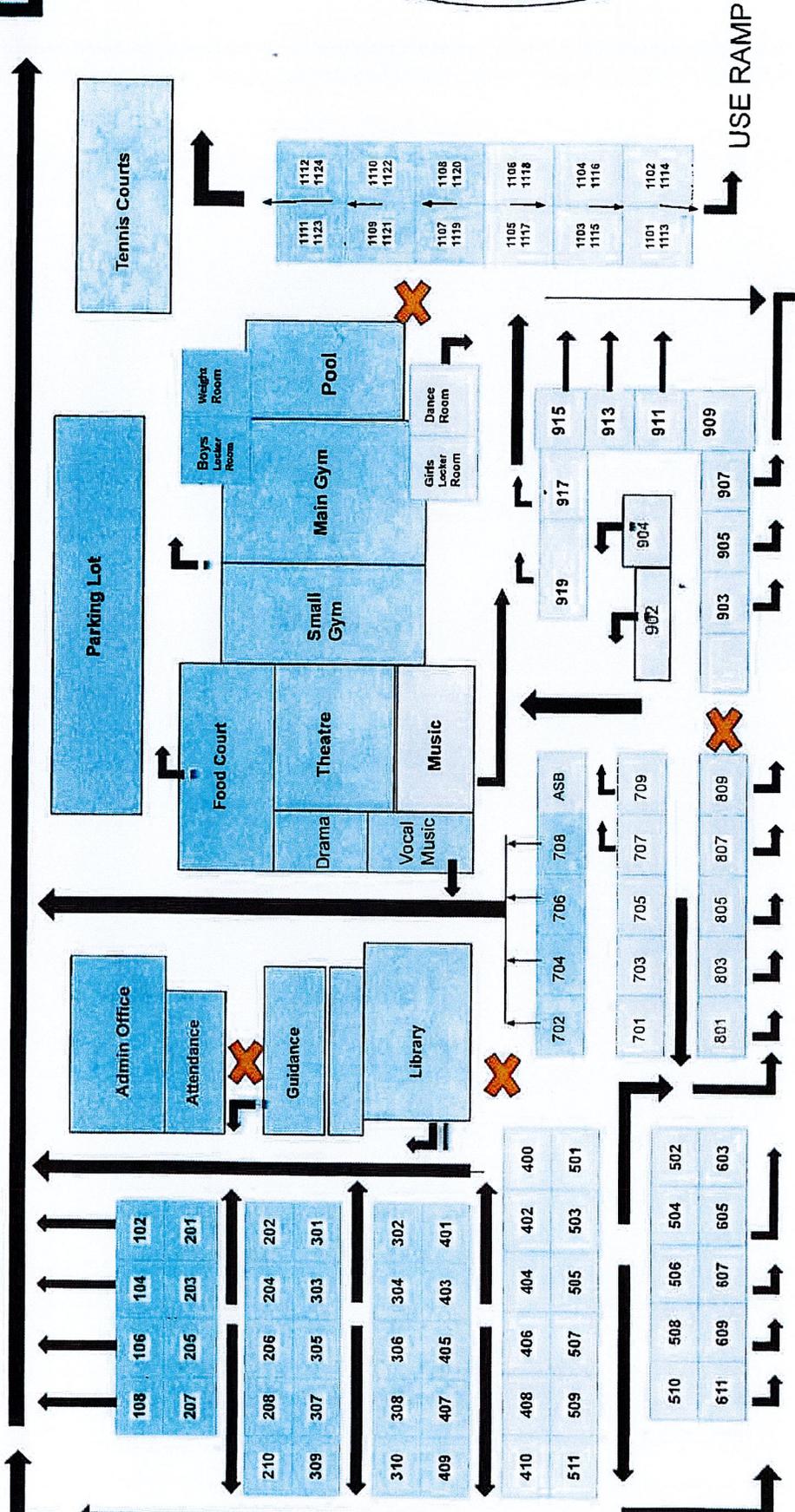
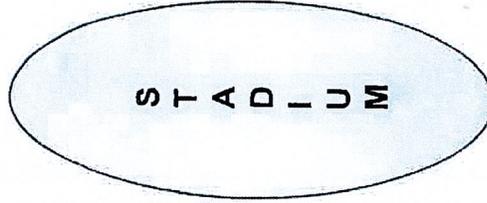
TESORO HIGH SCHOOL

1 TESORO CREEK RD
LAS FLORES, CA 92688
(949) 234-5310





1 Tesoro Creek
 Las Flores, CA 92680
 (949) 234-5310



USE PARKING LOT ENTRY

EMERGENCY EVACUATION MAP

This report is done in anticipation of litigation for the ultimate transfer to defense counsel and with the intent that it remains confidential. The school employee either witnessing the accident or supervising at the time should complete, get an administrator's signature, and submit this form within 24 hours to the District Insurance Office. No copies are to be kept at the site. **IN CASE OF SERIOUS INJURIES, CALL AND REPORT IMMEDIATELY: District Insurance (949)234-9405 Fax(949)487-0671.**

Reset



**Capistrano Unified School District
CONFIDENTIAL STUDENT ACCIDENT REPORT**

School:		Address:		Tele:	
Injured's Name:			Grade:		Age:
Injured's Address:				Tele:	
Where did accident occur:			Date:		Time:
Describe how accident occurred:					
Employee in charge of injured at the time of accident:					
Title:			Was employee present?		
Was any school rule or safety rule violated: <input type="checkbox"/> Yes <input type="checkbox"/> No			If yes, please explain:		
Witness(es): Name:			Address:		
Name:			Address:		
APPARENT NATURE OF INJURY:			INJURED PART OF BODY:		
Other:			Other:		
<input type="checkbox"/> Abrasion	<input type="checkbox"/> Fracture	<input type="checkbox"/> Sprain/Strain	<input type="checkbox"/> Head	<input type="checkbox"/> Forehead	<input type="checkbox"/> Neck
<input type="checkbox"/> Contusion	<input type="checkbox"/> Puncture	<input type="checkbox"/> Dislocation	<input type="checkbox"/> Eye	<input type="checkbox"/> Face	<input type="checkbox"/> Nose
<input type="checkbox"/> Internal	<input type="checkbox"/> Concussion	<input type="checkbox"/> Laceration	<input type="checkbox"/> Arm	<input type="checkbox"/> Wrist	<input type="checkbox"/> Hand
<input type="checkbox"/> Dental	<input type="checkbox"/> Heat/Burn	<input type="checkbox"/> Respiratory	<input type="checkbox"/> Leg	<input type="checkbox"/> Knee	<input type="checkbox"/> Foot
				<input type="checkbox"/> Shoulder	<input type="checkbox"/> Back
				<input type="checkbox"/> Mouth	<input type="checkbox"/> Teeth
				<input type="checkbox"/> Finger	<input type="checkbox"/> Hip
				<input type="checkbox"/> Ankle	
List first aid procedures used:				By Whom:	
Was blood or other body fluid present: <input type="checkbox"/> Yes <input type="checkbox"/> No					
Was the Responder exposed to blood or bodily fluid: <input type="checkbox"/> Yes <input type="checkbox"/> No					
Exposure reported to:					
Person notified of student injury(Name Relationship):					
Disposition of injured person: <input type="checkbox"/> Class <input type="checkbox"/> Doctor <input type="checkbox"/> Hospital <input type="checkbox"/> Home					
If injured person left school, to whom released:					
Name and attitude of anyone contacting school:					
Remarks:					
School accident insurance purchased: <input type="checkbox"/> Yes <input type="checkbox"/> No				Name of Insurance:	
Follow up:					
Report completed by:(Signature)				Position:	
Report Approved by (Administrator):				Date:	

For your protection California law requires the following to appear on this form, "It is unlawful to: (a) present or cause to be presented any false or fraudulent claim for payment of a loss under a contract of insurance; (b) prepare, make or subscribe any writing with intent to present or use the same, or allow it to be presented or used in support of such claim. Every person who violates any provision of this section is punishable by imprisonment in the State Prison not exceeding 3 years or by fine not exceeding \$1000 or by both.



Capistrano Unified School District 911 LOG

Name: _____ Birthdate: _____ School: _____

Date of Incident: _____ Time: _____

Description of Incident (including staff involved and location): _____

Action Taken: _____

Condition of Student After Incident: _____

Student Released to: Parent _____ EMS _____ Other _____

Transported to: _____ Hospital. Accompanied to ER by _____

Reported Submitted By: Name: _____ Title: _____

Date: _____ Time: _____

The following individuals were notified (After Principal/Designee Notification):

1. Parent/Guardian - Date: _____ Time: _____
2. Other (please list) - _____ Date: _____ Time: _____

A REPORT MUST BE COMPLETED FOR EACH 911 CALL AND FAXED/SCANNED TO THE DISTRICT OFFICE, HEALTH SERVICES AT lmckuin@capousd.org or (949) 248-9717 AND TO INSURANCE PROGRAMS AT (949) 487-0671.

Reviewed by District Nurse: _____

Reviewed by: _____ District Nurse
Date: _____

Reviewed by: _____ Executive Director
Date: _____