

# Emergency Action Plan (EAP)



## Niagara Wheatfield Central School District Athletic Department

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**Emergency Action Plan (EAP)**  
**Niagara Wheatfield Central School District Athletic Department**  
**Niagara Wheatfield High School / Edward Town Middle School**

*Updated August 13, 2024*

## **Emergency Personnel and Chain of Command:**

1. School Physician (Athletics)
2. Attending Physicians
3. Emergency Medical Technician (EMT) or Paramedic
4. Certified Athletic Trainer (ATC)
5. Coaches

## **Immediate Care of Ill or Injured Athlete:**

1. Attempt should be made to contact – ATC Joe Lojewski, cell 814-806-4343 or ATC covering event.
2. In the event ATC is unavailable, the coach should use skills learned in first aid, CPR, and AED training to make EMS decision and provide injure care. If determined necessary, send assistant coach or player to phone 911 and report back to you.
3. Team member or assistant coach familiar with types and location of emergency equipment (ATC's/Team medical kit, AED, Ice, etc.) should be sent to retrieve such equipment.

**(Refer to AED locations on page 5)**

4. Each team shall carry emergency information regarding athlete's pertinent medical history (Coaches portion of Parent Card/Asthma Action Plan/Allergy Action Plan) as well as name and number of parent or guardian to contact in the event of an emergency.
5. It is the primary responsibility of the athlete to have his or her appropriate medical devices such as inhalers, glucose monitors etc. present at all practices and games.

## **Activation of Emergency Medical System (EMS):**

911 callers should be prepared to report:

1. Stay calm at all times
2. Do not hang up until instructed by operator to do so
3. Provide the operator with:
  - a. Callers name and title
  - b. Where the person is calling from - communicate the exact location of the situation

### **BE SPECIFIC**

- i. If indoors - give the specific room or area
    - ii. If outdoors - give the specific athletic field and its location
  - c. Nature of injury or situation
  - d. First Aid already administered
  - e. Approach route: Indoors - Where to best enter the school - Entrance & Door Number
  - f. Advise that someone will be waiting outside the entrance to guide them to the area
4. After contacting 911, send someone go get the AED.
  5. Immediately after contacting 911, contact parent/guardian, if they are not already present. Number can be found on FinalForms medical profile (Remember that most athletes of the school are minors and the wishes of the parents must be respected as long as it does not jeopardize the medical stability of the athlete, ex. Where to transport the athlete).

Coaches: Remember, only to move the athlete when you are certain there are no head/neck injuries. If in doubt, **DO NOT MOVE** the athlete. **DO NOT** remove or unstrap helmet if head/neck injury (if necessary, remove facemask only).

## **Directions of EMS to Scene:**

1. Open appropriate gates and locked doors prior to events.
2. Designate individual to flag down EMS and escort them to emergency.
3. Designate individual to clear emergency scene. Only emergency providers should be in immediate area.

## **Emergency Transportation Protocol:**

A parent /guardian/head coach or supervision coach will ride with the injured athlete to the hospital or find an appropriate substitute such as the medical staff member present, in charge of the situation.

1. Non-EMS Transportation: Contact parent immediately and notify them of situation (use info from parent card). Then notify Athletic Director and inform him/her of situation.  
**See Emergency contact numbers**
2. EMS Transportation: Contact parent immediately and notify them of situation (use info from parent card). Notify Athletic Director and inform him/her of situation.  
**See Emergency contact numbers**

## **Following Situation:**

1. Fill out accident report as soon as possible and hand in to Certified Athletic Trainer or school.
2. Contact parent or guardian to debrief them regarding situation and to discuss athlete's current state.
3. Contact Athletic Director to debrief him regarding situation and discuss athlete's current state.
4. Refer all media related requests to Athletic Director.

## **Emergency Contact Numbers:**

<b>Emergency Services:</b>	Call 911	
	Tri-Community Ambulance Services	716-731-2604
	Sanborn Fire Company	716-731-4616
	Lewiston Fire Company #2	716-297-0050
<b>Athletic Trainer:</b>	Joe Lojewski	814-806-4343 Cell 716-215-3618 Office
<b>Athletic Director:</b>	Matt McKenna	716-215-3616 Office 716-215-3129 Desk 716-906-4543 Cell
<b>School Physician:</b>	Dr. Michael Freitas	716-204-3287 Office

## Venue Directions & AED Locations

**Turf Field:** Located behind the high school. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and follow to next stop sign, passing by the school on the right hand side. Turn right and follow to next stop sign. Turn left into bus parking lot and continue to the right hand side behind the tennis courts. **(AED located between locker rooms of Terry Harvey Field)**

**High School Gym:** Located in the Athletics wing of the school. Enter parking lot and proceed to traffic circle. Enter building and turn left, proceed to first hallway and turn right. Continue down hallway passing by cafeteria. At the end of the hallway turn left, gym is located on your right hand side through brown double doors. **(AED located at the entranceway of the F-wing, towards the athletic offices. An AED map is directly outside the gym facing the cafeteria)**

**Middle School Gym:** Located in Athletics wing of middle school. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and proceed to next stop sign, shortly after stop sign, on right hand side will be MS gym doors. **(AED located outside of the gym in the school hallway)**

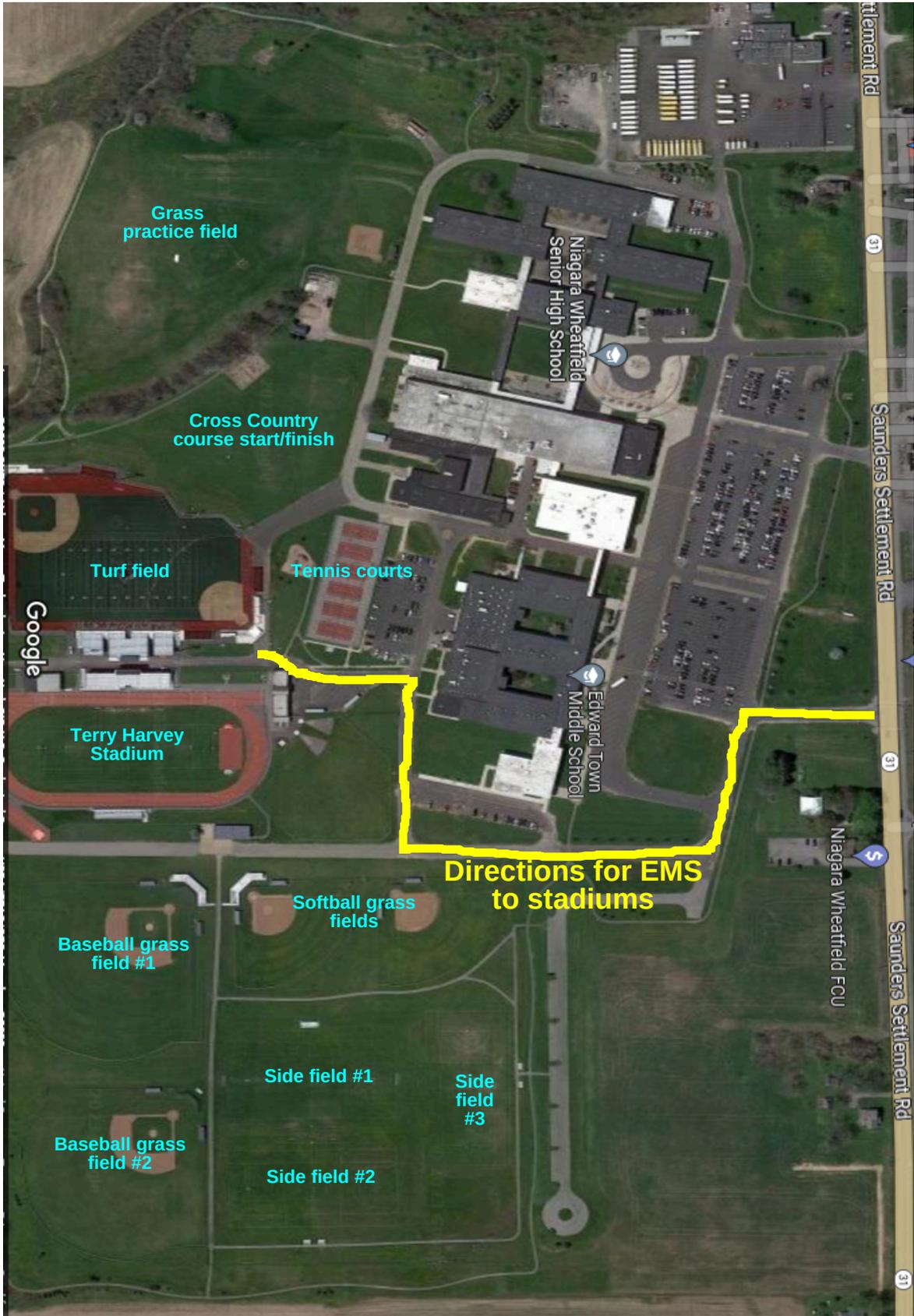
**Ace Cacciatore Wrestling Room:** Located in the Athletics wing of the school. Enter parking lot and proceed to traffic circle. Enter building and turn left, proceed to first hallway and turn right. Continue down hallway passing by cafeteria. At the end of the hallway turn left, and continue to end of hallway past gym located on right hand side. End of the hallway turn right and then immediately left. Small gym/wrestling room located on the right hand side of the hallway. **(AED located outside the wrestling room at the entranceway of the F-wing)**

**Terry Harvey Field:** Located behind Edward Town Middle School. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and follow to next stop sign, passing by the school on the right hand side. Turn right and follow to next stop sign. Turn left into bus parking lot and proceed to gates adjacent to tennis courts. Proceed through the gates passing the football field/stands on your left. Enter the football field through gates on far side of bleachers. **(AED located between locker rooms of Terry Harvey Field)**

**Pool:** Located in the back of Niagara Wheatfield High School. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and proceed to next stop sign, passing by the school on the right hand side. Turn right and follow to next stop sign. Proceed straight through stop sign (passing tennis courts on the left hand side) toward traffic circle. Turn left at traffic circle and follow road around a slight right curve to silver pool doors located on right hand side. **(AED located at the entranceway of the F-wing)**

**Soccer/Lacrosse Grass Fields:** Located adjacent to Edward Town Middle School. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and proceed by passing Edward Town Middle School on the right hand side. Gate to enter fields is on the left between softball fields. **(AED located in the soccer shed facing the grass fields)**

**Softball and Baseball Grass Fields:** Located adjacent to Edward Town Middle School. Enter parking lot at light. Turn left at stop sign and follow to the end. Turn right and proceed by passing Edward Town Middle School on the right hand side. Gate to enter fields is on the left between softball fields. **(AED located in the soccer shed)**



**Directions for EMS to stadiums**

Grass practice field

Cross Country course start/finish

Turf field

Terry Harvey Stadium

Tennis courts

Niagara Wheatfield Senior High School

Edward Town Middle School

Softball grass fields

Baseball grass field #1

Baseball grass field #2

Side field #1

Side field #2

Side field #3

Settlement Rd

31

Saunders Settlement Rd

31

S

Saunders Settlement Rd

31

Niagara Wheatfield FCU

Google

## **Site Addresses**

Niagara Wheatfield High School - 2292 Saunders Settlement Road Sanborn, NY 14132

Edward Town Middle School - 2292 Saunders Settlement Road Sanborn, NY 14132

Colonial Village Elementary School - 1456 Saunders Settlement Road Niagara Falls, NY 14305

West Street Elementary School - 5700 West Street Sanborn, NY 14132

Errick Road Elementary School - 6839 Errick Road North Tonawanda, NY 14120

Tuscarora Indian School - 2015 Mt. Hope Road Lewiston, NY 14092

# Thunder and Lightning / Extreme Weather Policy

## NYSPHSAA THUNDER & LIGHTNING POLICY

### Applies to regular season through NYSPHSAA Finals:

1. Thunder and Lightning / Extreme Weather necessitates that contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning.
  - a. With your site administrator, set up a plan for shelter prior to the start of any contest.
  
2. When thunder is heard and/or when lightning is seen, the following procedures should be adhered to:
  - a. Suspend play and direct participants to go to shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, car).
  - b. Do not permit people to stand under or near a tree; and have all stay away from poles, antennas, towers and underground watering systems.
  - c. After thunder and/or lightning have left the area, wait 30 minutes after the last boom is heard or strike is seen before resuming play or competition.
  
3. In the event of Thunder and Lightning / Extreme Weather, which may include high winds, tornado, hail or an impending storm, coaches of outdoor teams should direct their athletes to a secure designated area until further notice. Coaches shall make sure that all players are accounted for and that they will remain with the team.
  - The following teams shall use the Terry Harvey Field House locker rooms or Edward Town Middle School Gymnasium as the designated sites. A Determination shall be made based on the event where to shelter Athletes/Coaches and Parents.
    - o JV & Varsity Football
    - o JV & Varsity Lacrosse
    - o JV & Varsity Soccer
    - o JV & Varsity Baseball
    - o JV & Varsity Softball
    - o Track and Field
  - Modified sports
    - If teams are playing on the side grass fields, they should report to Edward Town Middle School Gymnasium.
    - Parents will either be directed to seek shelter in their vehicle or Edward Town Middle School depending on the weather related event.  
Contact Bob Dobson 716-983-0509 to have custodians open at the Middle School.



## WIND CHILL PROCEDURES

**Administration of Wind Chill Procedures:**

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
<b>REQUIRED</b>	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

**Special Note:** Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010  
Updated July 27, 2016



## HEAT INDEX PROCEDURES

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator on the field will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com). Schools may also use a Wet Bulb Globe Temperature Indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using **Weather Bug app**, to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) or Wet Bulb indicator 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb indicator 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
<b>REQUIRED</b>	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart when using **Wet Bulb Globe Temperature Indicator**, to take the appropriate actions:

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. <u>For Football</u> : 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. <u>For All Sports</u> : 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. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : 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	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010  
Updated May 3, 2023

## Resources

Thunder and Lightning Policy: National Athletic Trainer's Association Position Statement: Lightning Safety for Athletics and Recreation. 2000JAT 35(4) 471-477

Wind Safety: NYSPHSAA Heat Index/Wind Chill Procedures

<http://www.nysphsa.org/safety/HeatChillProcedures.asp>

Heat Safety: NYSPHSAA Heat Index/Wind Chill

Procedures.<http://www.nysphsa.org/safety/HeatChillProcedures.asp>

National Athletic Trainer's Association Position Statement: Exertional Heat Illness 2002 JAT 37(3) 329-343

Head Injury Safety (Concussion): NWCSA Concussion Management Policy

Asthma/Allergy Action Plans: National Athletic Trainer's Association Position

Statement: Management of Asthma in Athletes. 2005 - IAT 30(3) 224-245