



EMERGENCY ACTION PLAN

FORT ZUMWALT SOUTH JUNIOR BULLDOGS FOOTBALL & CHEER CLUB ("JBFCC")

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EMERGENCY ACTION PLAN ("EAP")

Thank you, football stakeholders, for your commitment to your football community and to the safety of all participants, coaches, officials, spectators, and staff involved with your program.

Having an Emergency Action Plan (EAP) is a crucial step to making sure that everyone involved in your program knows what to do, who to call, and the steps to take when faced with a situation that can impact someone's health and safety. An Emergency Action Plan does not prevent injuries or situations from happening, but it can help those involved be prepared in the event of an occurrence and allows for a greater effort in attaining the best possible outcome.

The following USA Football EAP template document provides a breakdown of commonly necessary and useful information to have when considering an EAP for your league. Please fill out the EAP template with the appropriate information that is applicable to your community and league. The document allows for 'fill in the blank' use to create a personalized and comprehensive Emergency Action Plan for your league.

Please note:

1. This document is simply a template to help you get started in creating an Emergency Action Plan for your league. Please revise, remove, add items as deemed fit for your league's situation.
 - a. Consider if there are any needs for your league to provide the EAP in a language other than English. (i.e. – Spanish)
2. An Emergency Action Plan should be venue specific – you should have one for **EACH** location your league holds practices or competitions.
3. The "EAP template" will provide you with the name of the section where the information should be placed and the page numbers prior to entry of information. Please note that the page numbers can and will change as you start to put in your information into this template.
 - a. Designate a person to check the page numbers line up with your table of contents before distributing for use. As we know, in an emergency, time is of the essence. Incorrect page numbering could hinder care.

We hope that your league, team, and community will find this Emergency Action Plan template to be useful in assisting with the creation process. Please contact USA Football at support@usafootball.com with any questions you may have.

DISCLAIMER: This emergency action plan is not to be considered medical or legal advice. Further, this template is provided as a courtesy by USA Football to leagues, teams, and communities to serve as a catalyst for creation of specific EAPs tailored to your needs. This EAP template is not a comprehensive list of any and all needs. All content is for informational purposes, and USA Football and the Junior Bulldogs Football & Cheer Club ("JB FCC") make no claim as to accuracy, legality, or suitability. USA Football nor the JB FCC shall not be held liable for any errors, omissions or for damages of any kind.

EAP CHECKLIST

The following is a list of what is included in this Emergency Action Plan ("EAP"). All these items are standard EAP recommendations from USA Football that the JBFCC incorporated into its provisions.

'Who is involved' list

This should include the names and contact information of all individuals involved in the EAP creation, approval, and revisions.

Documentation of EAP changes

Have a place to document any changes that are made to the EAP outside of the original review and approval period.

Phone Tree

Include names and numbers of key League members and local resources, such as EMS.

Venue Map

This should be updated for EACH location – remember, an EAP is necessary for every location your league practices or competes in.

Where to find Medical Equipment (i.e. an AED, medical kit, etc.)

It is recommended to provide a list of what is included in your team/league medical kit, go through it with each person that is responsible for its use (time is of the essence in an emergency), and check the kit monthly to restock any needs.

AED Maintenance checklist

Regular maintenance on the league/team AED is recommended; partner with local EMS, as necessary.

Medical Emergency Plan of Action

Weather Emergency Plan of Action

Heat & Hydration Plan

Non-Medical Emergency Plan of Action

Mental Health & Abuse/Prevention

Acknowledgement Page for signature

All who review, approve, and should have knowledge of the EAP sign off in this section that they have read and understand the EAP and where to find it.

EMERGENCY ACTION PLAN

OVERVIEW INTRODUCTION

An emergency, non-medical, or weather situation may arise at any time during the JBFCC's practices and/or games that could involve an athlete, coach, official, spectator, or bystander. Immediate, thoughtful action must be taken to ensure the best possible outcome.

Being that emergencies may occur at any time and during any activity, all league personnel must be prepared. It is recommended to develop an Emergency Action Plan (EAP) that may be accessed and implemented immediately when necessary and that provides appropriate standards of emergency care.

An EAP is venue specific – ensure that your league has thought through this and provided the proper documentation for **EACH** location teams play or practice.

With careful safe practice and training techniques in place, scenario run-throughs and effective communication, many potential emergencies may be avoided; however, incidents (both medical and non-medical) and injuries are inherent with sports participation.

Components of an Emergency Action Plan

Emergency Action Plan (EAP):

- 1) Emergency Personnel
- 2) Emergency Communication
 - a) An updated phone tree and local EMS numbers
- 3) Emergency Equipment
- 4) Roles of First Responder
- 5) Venue Directions with a Map
- 6) Emergency Action Plan Checklist for Non-Medical Emergencies

Emergency Personnel

The immediate first responder in an emergency situation during a teams practice or competition is generally going to be a member of the coaching staff, a parent(s), or person(s) acting in a volunteer role. Thus, it would be prudent to familiarize every member of the league with the EAP (where it is located and how to use it). Further, League Leadership may consider conducting a post-event meeting with those involved in an emergency incident within 48 hours – to ensure that the incident has been properly documented and reviewed.

For more information on Jr. GAC's league standards on CPR, AED machine, and/or First-Aid certification, please consult with the league's policy.

Emergency Communication

Communication is key to a quick, efficient emergency response. Establishment of a phone tree to ensure all relevant parties are notified may streamline the process and eliminate confusion.

During practices and games, there will be a designated person with access to a working telephone line or other device. Ensure there is a back-up communication method prepared in case there is a failure of the primary communication (i.e., cell phone service or power outage). At every athletic venue, outdoor or indoor, it is important to know the location of a working telephone. Please see page 7 for emergency communication guidelines and phone tree for the JBFCC.

Medical Emergency Transportation

If at any time a situation is deemed an emergency where medical transportation is required, see page 9 for the venue map and Ambulance/Emergency vehicle entry point(s). A person will be ready at this entry point to allow for easy, quick access and clear directions to the scene.

Non-Medical Emergencies

For non-medical emergencies (weather, fire, active shooter, etc.), see subsequent pages in the EAP. Weather situations are addressed starting on page 15; fire situations are addressed starting on page 20; an active shooter situation is addressed starting on page 22.

Staff Education

- 1) Each season, every coach will receive a copy of the updated Emergency Action Plan (EAP).
 - a) Each coach will review and provide their signature to confirm they have read through and had time to voice any questions/concerns.
- 2) A copy of the updated EAP will be in each team's medical kit, which should be kept with a coach onsite at every practice and game.
- 3) A copy of the updated EAP will be available on the JBFCC website (if applicable).
 - a) Parent(s) and Guardian(s) will be made aware of where to locate the EAP at the pre-season meeting.
 - b) Parent(s) and/or Guardian(s) will sign a waiver stating that they know where to find the EAP on the JBFCC website and who to contact with questions.

Conclusion

Investment in an effective Emergency Action Plan (EAP) can mitigate chaos in the moment and could save a life. Involving the coaches as well as parents and local EMS personnel to collaborate can reduce delay in response and increase effectiveness.

The emergency action plan **should be reviewed at least once a year** with all league personnel and local EMS. Through development and implementation of the emergency plan, JBFCC helps ensure that all participants will have the best care provided if emergency does arise.

PERSONNEL INVOLVED IN DEVELOPMENT OF EAP

The following individuals were involved with the creation of this Emergency Action Plan and should be contacted if any questions or concerns arise about its use.

Names/Contacts:

Prentice Henderson (President): 314-695-3362;
phenderson@fz.k12.mo.us

Chris Patrick (Vice President): 314-750-2920;
cp9973@yahoo.com

Larry Eller (Treasurer): 248-766-7117;
llellerjr@yahoo.com

Katie Buydos (Cheer Director): 314-560-9494;
katiebuckley@hotmail.com

Jelani Bush (Football Director): 314-637-0638;
jkbush28@yahoo.com

Matt Buydos (Secretary): 314-288-8437;
mattbuydos@yahoo.com

Mike Underwood (Equipment Director): 314-477-8859;
mikeunderwood22@gmail.com

Rachel Ehlers (Communications Director): 618-570-9925;
rachelehlers@wsdr4.org

Dana Eller (Concessions Director): 586-944-6175;
dana4244@gmail.com

Michael Aleliunas (Player Health & Safety Director): 847-477-4450;
aleliunasm@yahoo.com

DOCUMENTATION OF RECENT CHANGES

As ANY changes to the EAP are made, please list the change made, page(s) affected, date change was made, and who made the change along with their initials.

CHANGE(S) MADE (Be as specific with details as possible for tracking)	PAGE(S) AFFECTED	DATE CHANGE WAS MADE	NAME OF WHO MADE CHANGE	INITIALS

PHONE TREES FOR THE JBFCC

League Leadership, Directors of Player Safety, and other league safety personnel should keep this document up to date and readily available.

EMERGENCY CONTACT NUMBERS:

EMS TYPE	NAME OF PRIMARY CONTACT (if applicable)	PHONE NUMBER
IN AN EMERGENCY SITUATION, CALL 9-1-1 IMMEDIATELY		
Ambulance (Non-Emergency)		636-344-7600
County Emergency Management	Available all hours	636-949-3023
St. Charles County Health Dept.		636-949-7400
St. Charles County Poison Control		800-222-1222
O'Fallon Fire Protection		636-272-3493
St. Peters Fire Protection		636-970-9700
O'Fallon Police Department		636-240-3200
St. Peters Police Department		636-278-2222
Progress West Hospital		636-344-1000
Barnes-Jewish St. Peters Hospital		636-916-9000

JB FCC PHONE NUMBERS:

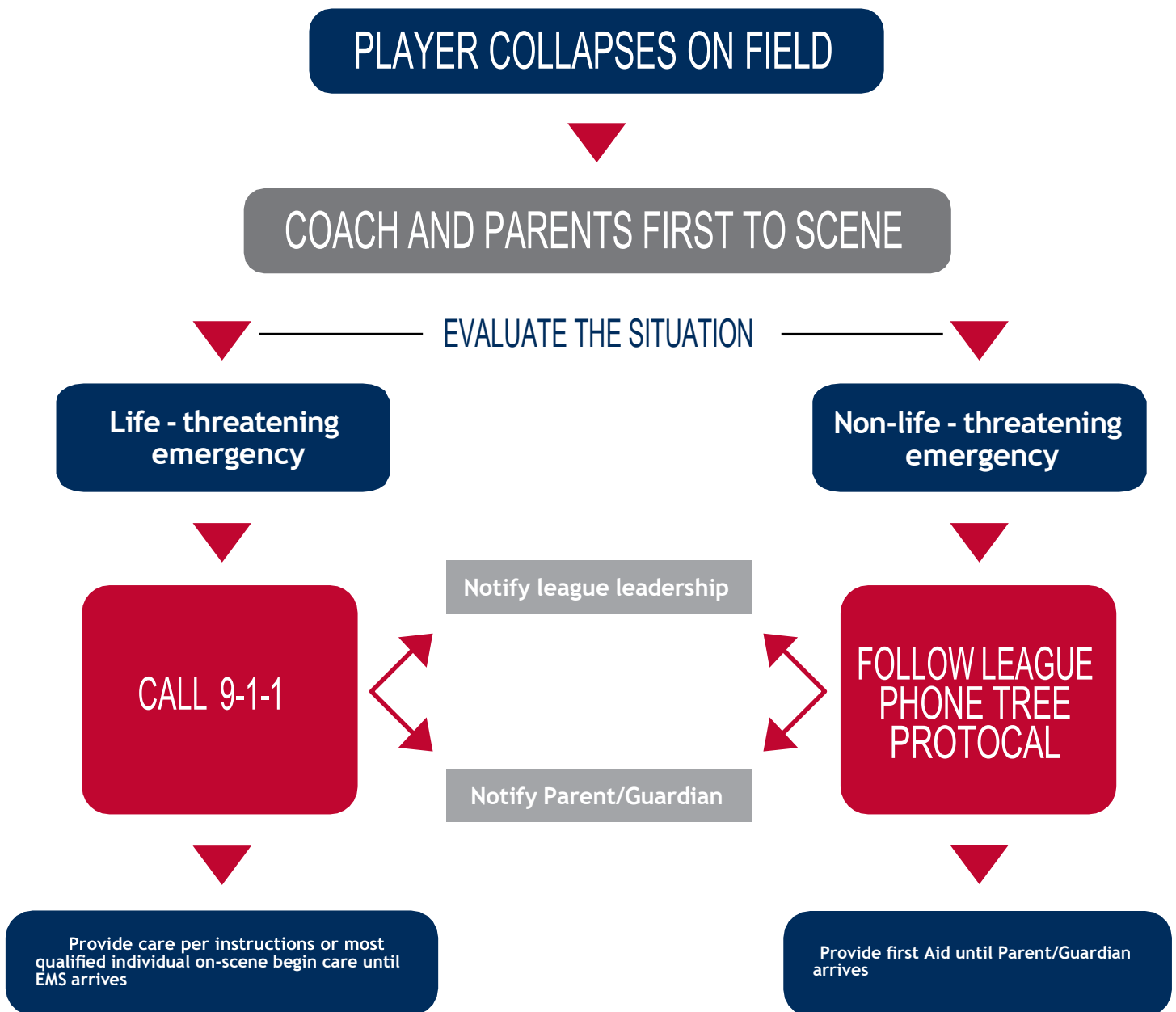
NAME	TITLE (League affiliation title)	PHONE NUMBER
IN AN EMERGENCY SITUATION, CALL 9-1-1 IMMEDIATELY		
Prentice Henderson	President	314-695-3362
Chris Patrick	Vice President	314-750-2920
Jelani Bush	Football Director	314-637-0638
Katie Buydos	Cheer Director	314-560-9494
Michael Aleliunas	Player Health & Safety Director	847-477-4450

HOW TO USE PHONE/DECISION TREE

SAMPLE SCENARIO

During practice, a player suddenly collapses on the field. The first person to the player is a coach or parent that stayed to watch practice. The player's guardian is not on scene. What would you do in this situation?

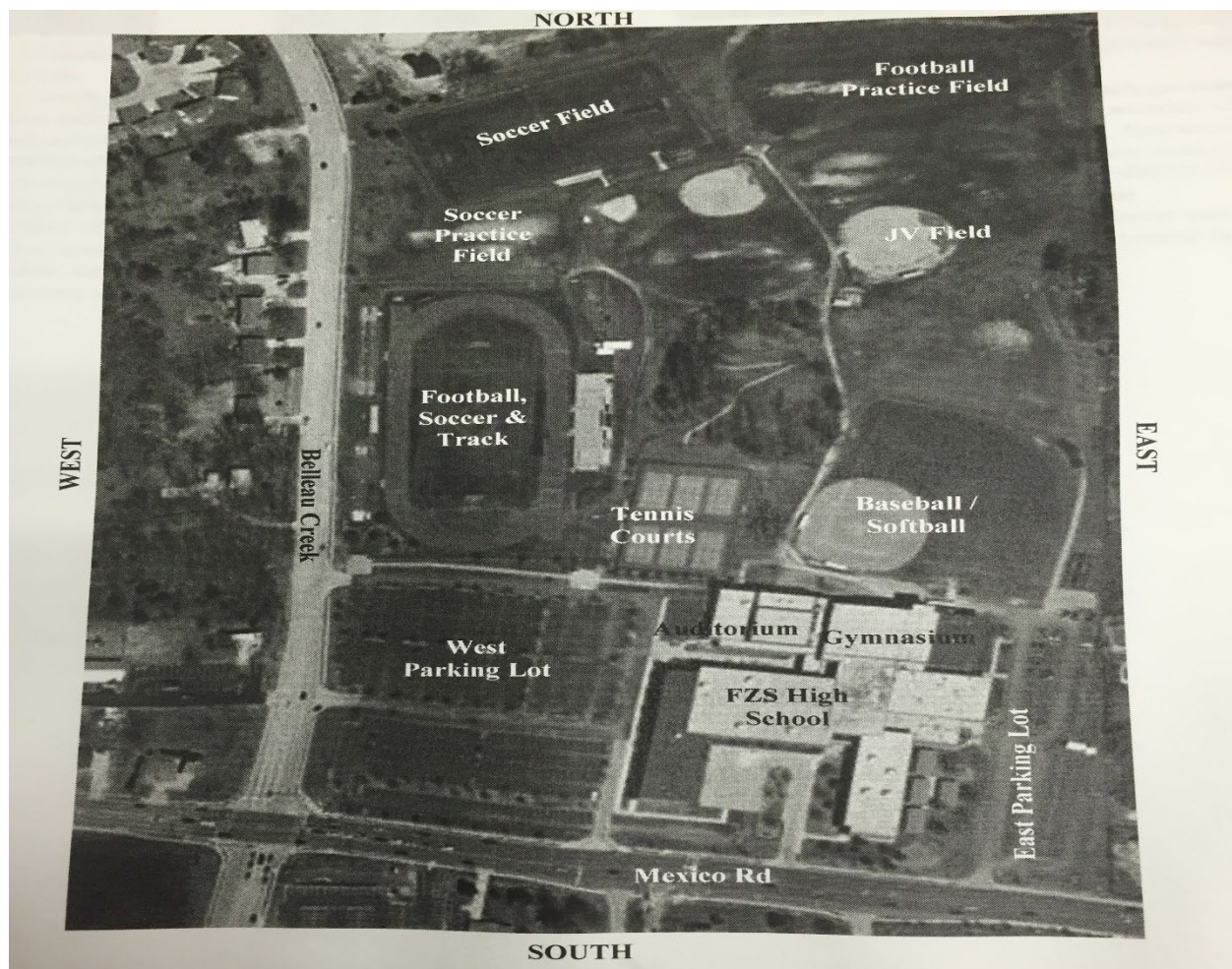
Use the guide below to make the most effective decision:



FORT ZUMWALT SOUTH HIGH SCHOOL FOR JBFCC FIELD MAP

Considerations

- AED machine is typically with the trainer or field representative on the sidelines during sporting events. Fort Zumwalt South (FZS) High School also has one in the main foyer of the school near the concession stand and women's restroom. There is also one kept in the nurse's office as well as in the main office.
- Rally point for all outdoor weather events will be in the FZS High School Commons area.
- Rally point for all events requiring evacuation will be the farthest spot in the parking lot nearest Belleau Creek Road or Mexico Road. Please allow for emergency vehicles to enter the property, as necessary.



EMERGENCY EQUIPMENT LOCATIONS FOR THE JBFCC

Emergency Equipment:

AED

- Located on sideline with the trainer or field representative
- Please see earlier in the document for other places where one is kept
 - Nearest phone: Coaches' cell phones
- Airhorn or Megaphone
- For weather emergencies or when needing to get attention of people quickly

First Aid Supplies and Ice bath (if applicable)

- Location for access in case of need
- Coaches and Director of Player Safety should be aware of this.

Rescue Inhaler (note who it belongs to)

- Parent/Guardian are responsible for providing to their player who has an inhaler and is responsible for bringing the inhaler with them to all practices/games.
- Coach has been made aware of potential need and who can provide.

Epi Pen (note who it belongs to)

- Parent/Guardian is responsible for providing to their player who has an inhaler and is responsible for bringing the inhaler with them to all practices/games.
- Coach has been made aware of potential need and who can provide.

MEDICAL KIT ITEMS

The following is a list of suggested items a league should have in their medical kit, in the event EMS is not available.

What to consider including in a medical kit:

- **Disposable gloves of various sizes**
 - Be mindful if the person being treated has a latex allergy.
- **Bandages of various sizes**
 - Be mindful if the person being treated has any adhesive or latex allergy.
- **Gauze**
- **Athletic tape**
- **Pre-wrap**
- **Co-ban/Power flex**
- **Ace bandage**
- **Triple Antibiotic**
- **Rubbing alcohol wipes**
- **Pads and tampons**
- **Sterile eye drops**
- **Single-use ice pack**
 - Be mindful if the person being treated has a cold intolerance illnesses.
- **Scissors**
- **Safety pins**
- **Hair-ties**
- **Medications** (*only for adult leagues - DO NOT provide minors with medication without parental/guardian consent*)
 - Tylenol (*be mindful that not everyone can take NSAIDS like Motrin*)
 - Tums
 - Benadryl for allergic reactions
- **Instructions for use if any products provide them.**
 - DO NOT assume everyone knows how to use each item in the medical kit.

FORT ZUMWALT SOUTH HIGH SCHOOL

AED LOCATION AND MAINTENANCE

For more information on AEDs, please visit USA Football's official partner.  **defibtech**
A Wilson Kidzden Company

The AED machine at Fort Zumwalt South High School is kept in the athletic training facility on the windowsill. However, it's maintained on the sidelines with the trainer or field representative during the sports event. Fort Zumwalt South (FZS) High School also has one in the main foyer of the school near the concession stand and women's restroom. There is also one kept in the nurse's office as well as in the main office.

AED MAINTENANCE CHECKLIST:

NAME	DATE (M/D/Y)	AED NUMBER	PASS/FAIL VISUAL CHECK	POWERS ON	CONTAINS ADULT AND PEDIATRIC PADS	INITIALS OF INSPECTOR
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	
			YES / NO	YES / NO	YES / NO	

MEDICAL EMERGENCY PLAN

JBFCC

Refer to the JBFCC phone tree for any relevant phone number needs.

Considerations:

- Document any relevant information about the injury, scene, and people involved.
- If a minor – call their parent/guardian immediately, if they are not on scene.
- If this person has a disability or known illness, be sure to notify EMS when 9-1-1 is called and they arrive on-scene.
- If possible, check the athlete for a medical card or jewelry.
- If they have equipment (i.e. wheelchair, crutches, pump, glasses, etc.) try to gather and send with them, if EMS ask.
- If it is NOT taken by EMS, make sure someone they trust gets the items or knows who to ask for them.
- If this person does not speak English as a first language, be sure to notify EMS when 9-1-1 is called and they arrive.
- Communicate with the athlete and EMS staff as calmly and clearly as possible.
- Follow up with the JBFCC Board and/or Player Health & Safety Director or Player Safety to make sure the injury and incident report are correctly logged and any subsequent follow up requirements are done.

PLAN OF ACTION - MEDICAL EMERGENCY

- 1) Most medically qualified person, as designated by the League, may be selected to conduct care and decision making.
 - a. This person will act as the primary voice to delegate tasks such as calling 9-1-1, retrieving the AED or medical kit, sending someone to meet EMS, etc.
- 2) Check the scene.
 - a. Is it safe to help the injured person? (i.e. no known contaminants, no active threat)
- 3) Assess medical status of injured person.
 - a. Is the person breathing? Conscious? Have a pulse?
 - b. If **NO**, the lead caregiver will instruct someone to call 9-1-1. Be sure to **LOOK PERSON DIRECTLY IN THE EYES** that is being asked to do so and make sure they begin the call!
 - This step can help to reduce panic and to eliminate the possibility of multiple people calling to explain the situation to EMS at once.
- 4) If deemed necessary by those at the scene, lead caregiver may begin to perform emergency CPR/First Aid
- 5) If the injured person has severe bleeding, the lead caregiver may ask for another individual to assist with bleeding control.
 - a. Use gloves from the medical kit, when possible.
 - b. Stay calm, cool, and collected.
- 6) Lead caregiver may instruct someone to get AED.
 - a. Refer to your league policies and procedures on CPR, AED, and First Aid certification requirements.
 - b. Communicate clearly and patiently instructions for retrieval
- 7) Lead caregiver or other qualified person may instruct an individual(s) to control crowd if deemed necessary
 - a. Could involve clearing space around the injured person for caregiver(s) to work.
 - b. Communicate clearly with bystanders – be patient and do not escalate the situation.
- 8) A person deemed responsible (during pre-season meetings) should contact League Leadership, if they are not on scene.
 - a. If the injured person is a minor, this person should also contact parent/guardian, if they are not on scene.
- 9) Instruct individual who called 9-1-1 to meet ambulance and EMS vehicles to direct them quickly and efficiently to the appropriate site.
- 10) Assist with care as necessary once EMS arrives, as instructed by EMS personnel.
 - a. EMS will instruct on how they'll take over the scene. Do not argue or hinder care in any way once they give instructions.
- 11) If the injured person is a minor, their parent/guardian or coach must accompany them to hospital.
 - a. Minor should be accompanied at all times.
- 12) Document the event as soon as possible by completing the incident and injury form (ideally within 48 hours).

WEATHER EMERGENCY PLAN

JB FCC

PLAN OF ACTION - WEATHER EMERGENCY

Refer to the JB FCC phone tree for any relevant phone number needs. If an injury occurs during a weather emergency – refer to the MEDICAL EMERGENCY section of the JB FCC Emergency Action Plan.

Considerations:

- Weather Emergencies to consider
 - Thunderstorm Watch/Warning; Tornado Watch/Warning, High Winds/Fire, Flooding, Blizzard
- Make sure all league members know the difference between a weather WATCH vs WARNING. The determination between a WATCH and a WARNING is made by a meteorologist, not a member of the JB FCC or Jr. GAC.
 - A weather “**Watch**” is issued when severe weather is possible in and near the named area because the conditions are favorable; however, it does not necessarily mean that the weather will actually occur, only that it is possible.
 - A weather “**Warning**” indicates that severe weather is actually occurring or is imminent in the warning area. When a “warning” is issued, immediate action should be taken to ensure safety.
- Communicate calmly and clearly to all impacted (coach, team, players, parent(s)/guardian(s), officials)
- If there is a person(s) with a disability, designate a person (coach, league leader, or parent/guardian if a minor) to assist them to safety.
 - This instruction also applies to those that may not use English as a first language.
- Consider a phone app that can track lightning and other severe weather conditions.
 - Do not assume everyone will understand how to use this option – if your league chooses to use this option, make sure coaches/parents & guardians/officials/players know how to use and understand properly.
- Consider having an airhorn or megaphone at larger competitions, to gain a crowd’s attention more effectively.

For more on general weather safety:

<https://www.weather.gov/>

National Weather Service (St. Charles County)
12 Missouri Research Park Dr., St. Charles, MO 63304
636-441-8467 (24 hours)

Lightning Plan:

General Rule: if there is lightning within 6-10 miles, the field(s) should be cleared for 30 minutes. The JBFCC will follow the general guidelines within this document unless the Jr. GAC's league policy document states otherwise.

- 1) If there is an eminent weather threat based upon weather forecasts or communications, teams should consider cancelling or rescheduling practice.
 - Same for League Leaders for games and competition.
- 2) Coaches monitor the weather using JBFCC approved app (The Weather Channel) and/or follow the National Weather Service at www.weather.gov.
- 3) Once lightning is within 6–10 miles of practice/competition area, coaches will notify players, parent(s)/guardian(s), officials, and any other staff that lightning is in the area and there is a high chance that the fields will need to be cleared.
 - Ensure that anyone with a disability is assisted, safely, to shelter.
 - This also applies to those that may not use English as a first language.
- 4) If there is lightning within 6-10 miles- teams, officials, parent(s)/guardian(s), and any other staff should clear the field for 30 minutes.
 - Designated personnel will assist in clearing the field(s) and direct all participants to the predetermined evacuation area.
 - Consider the following areas during a lightning storm: indoors (restrooms, locker-rooms, etc.) or in vehicles.
- 5) Each time there is a lightning strike within six miles or less, the 30-minute clock re-starts until the lightning threat has passed or resolved.
 - A designated person will continue to monitor the lightning and set a timer for 30 minutes after lightning has cleared the 6–10 mile radius.
- 6) To resume activities, lightning safety experts recommend waiting 30 minutes after both the last sound of thunder and after the last flash of lightning is at least 6–10 miles away and moving away from the venue. League officials may consider resuming play if field conditions are safe and free from debris.

***For more information on Lightning Emergencies:**

<https://www.weather.gov/safety/lightning-sports>

Tornado:

When a **WATCH** is issued by the local weather authority, be aware that a threat could be coming.

- Consider cancelling or rescheduling the team's practice/competition.
- If a watch is issued while in a practice or competition, a designated league member should monitor the weather via a league approved weather app on their phone or radio.

When a **WARNING** is issued by the local weather authority or sound of sirens or other means, seek indoor shelter immediately.

- If an immediate threat occurs during a practice or competition, a designated league member (coach, League Leader, Director of Player Safety, etc.) should announce the field(s) need to be cleared immediately.
 - Communicate clearly and give directions on where the evacuation shelter areas are.
 - Ensure that anyone with a disability is assisted, safely, to shelter.
 - This suggestion also applies to those that may not use English as a first language.

Considerations:

- Having a plan in place to evacuate to a room constructed with reinforced concrete, brick (i.e. restrooms or any closest building), if available. The Fort Zumwalt South High School Commons area is the rally point for weather-related events.
- Staying away from outside walls and windows.
 - Covering any exposed windows and openings.
- Using arms to protect head and neck areas while placing themselves as close to the floor as possible.
- Remaining sheltered until the threat is announced to be over.
- Tracking threat via radio, phone message/app, or alert siren.
- When the threat has cleared, the designated league member (i.e. coach, league leader, JBFCC leader, official/referee, etc.) will announce an "ALL CLEAR".

(*During a tornado, there may be a high likelihood of debris, fallen electrical lines, and other safety hazards. Never touch a fallen electrical line or remove debris if it is not safe. If in doubt, call your local EMS. Notify League Leadership, if they are not present. There is a chance for devastation that could cause emotional distress for some. If a situation arises, refer to the MEDICAL EMERGENCY section of the JBFCC Emergency Action Plan.)

***For more information on Tornado Emergencies:**

<https://www.weather.gov/safety/tornado>

HEAT/HYDRATION EMERGENCY PLAN

JBFCC

Heat & Hydration

Refer to the JBFCC phone tree for any relevant phone number needs. If an illness occurs during a weather-related emergency – refer to the MEDICAL EMERGENCY section of the JBFCC Emergency Action Plan.

USA Football suggest every league follow heat acclimatization protocols, which may be found in the USA Football National Practice Guidelines, to ensure the safety of all athletes. It is prudent to monitor heat index before and during practices/competitions, in case a cancellation or reschedule is necessary to keep participants safe.

Considerations:

- Coaches should consider allowing hydration breaks as frequently as a player needs and allow them to drink as much water or sport drink as they like.
 - Sports drinks may be best for use during intense exercise that is greater than 60 minutes or during intense exercise in the heat.
- Ensure all league members know the signs of heat illness by providing resources related thereto.
 - Heat syncope, Heat Stroke, Dehydration.
 - Resources can be found on USA Football's website at reference below.
 - Contact EMS for additional information and training on these conditions
- Consider having a 'cooling station' at practices/competitions in intense heat.
 - i.e. water stations, cooling tub or kiddie pool, ice.
- Contact your local EMS or Director of Player Safety for any questions or concerns on heat and hydration.

***Follow the links below for approved USA Football resource on Heat and Hydration:**

<https://guides.usafootball.com/5593/51790/index.html>

https://assets.usafootball.com/documents/Heat_Hydration_Resources.pdf

<https://usafootball.com/resources-tools/coach/practice-guidelines/>

NON-MEDICAL EMERGENCY PLAN

JBFCC

Refer to the JBFCC phone tree for any relevant phone number needs. If an injury occurs during a non-medical emergency – refer to the MEDICAL EMERGENCY section of the JBFCC Emergency Action Plan.

Considerations:

- Not all emergencies are medical emergencies.
- The JBFCC has identified some basic non-medical emergency situations with high-level guidelines to address them as best as possible.
- Be mindful if there are any persons involved in your league with a disability and ensure there is a plan in place to assist them.
- Non-medical emergencies can become medical emergencies. People may become distressed, sudden evacuation may cause injury, etc. If a medical emergency arises during the situation at hand, please refer to the JBFCC EAP section on MEDICAL EMERGENCY and consult with established phone tree for relevant needs.

FIRE EMERGENCY PLAN

JBFCC

FIRE EMERGENCY

***Note - Do not consider fighting the fire unless:**

- The Fire Department has been notified.
- The fire is small and is not spreading to other areas.
- Fire is blocking or hindering the nearest exit or escape route.
- The fire extinguisher is in working condition and personnel are trained to use it.

In the case of INDOOR Fire:

- When a fire is discovered, immediately activate the nearest fire alarm (if installed).
- In some cases, the alarm may sound before the fire has been discovered. A designated league member (i.e. coach, league leader, board member, etc.) should announce immediate evacuation of the premise.
 - Immediately designate someone to call 9-1-1 and another to meet evacuees at the meeting point; leverage an airhorn or megaphone (as necessary) to gain the crowd's attention more effectively.
 - Tell evacuees to leave all items behind and move quickly.
 - ***ONLY FIGHT THE FIRE IF THE PREVIOUSLY MENTIONED CONSIDERATIONS ABOVE HAVE BEEN MET***
- Communicate calmly and clearly to all impacted participants (coach, team, players, parent(s)/guardian(s), officials) on what the exit plan is and where they should be evacuating to (i.e. a meeting point at a park or parking lot)
 - If there is a person(s) with a disability, designate a person (coach, league leader, or parent/guardian if a minor) to assist them to safety.
- Once all participants have safely made it to the meeting point, ensure that 9-1-1 has been called and wait for EMS to arrive.
 - A designated league member (coach, league leader, board member, etc.) should be prepared to direct EMS, if necessary.
 - DO NOT allow any person(s) to re-enter the evacuated premises.

- Monitor the meeting point scene for anyone showing signs of distress or injury.
 - If an injury occurs, refer to the MEDICAL EMERGENCY section of the JBFCC EAP and notify EMS on scene.
- Contact a JBFCC Board Member if one is not present at the time of the incident.

In the case of OUTDOOR Fire:

- When a fire is discovered, a designated league member (i.e. coach, league leader, board member, etc.) should immediately be made aware of the location.
- The designated league member will announce an immediate evacuation of the premises to a pre-determined location away from the affected area.
 - Immediately designate someone to call 9-1-1 and another to meet evacuees at the meeting point; leverage an airhorn or megaphone (as necessary) to gain the crowd's attention more effectively.
 - Tell evacuees to leave all items behind and move quickly.
- Communicate calmly and clearly to all impacted participants (coach, team, players, parent(s)/guardian(s), officials) on what the exit plan is and where they should be evacuating to (i.e. – a meeting point at a park or parking lot away from the affected area)
 - If there is a person(s) with a disability, designate a person (coach, league leader, or parent/guardian if a minor) to assist them to safety.
- Once all participants have safely made it to the meeting point, ensure that 9-1-1 has been called and wait for EMS to arrive.
 - A designated league member (coach, league leader, board member, etc.) should be prepared to direct EMS, if necessary.
 - DO NOT allow any person(s) to re-enter the evacuated premises.
- Monitor the meeting point scene for anyone showing signs of distress or injury.
 - If an injury occurs, refer to the MEDICAL EMERGENCY section of the [League Name] EAP and notify EMS on scene.
- Contact a JBFCC Board Member if one is not present at the time of the incident.

***For more information on Fire Safety:**

<https://www.usfa.fema.gov/prevention/>

ACTIVE SHOOTER PLAN

JBFCC

Refer to the JBFCC phone tree for any relevant phone number needs. If an injury occurs during an Active Shooter emergency – refer to the MEDICAL EMERGENCY section of the JBFCC Emergency Action Plan.

Considerations:

- Contact 9-1-1 IMMEDIATELY
 - Either you complete this action or ensure a trusted adult does.
 - Try to give the most detailed description you can of the shooter.
 - This ensures EMS can quickly respond to the situation accordingly and keep victims safe.
- Ensure the phone tree is ready and available to quickly activate.
- Never feel that you must be a hero.
 - Every situation is different, and each person has a ‘fight or flight’ response – until you are in that scenario, you cannot determine what your response will be.
- If you or anyone involved in your league are ever in this type of scenario, consider seeking out someone you trust or a professional to talk about it with.
 - Missouri Department of Mental Health Distress Helpline: 800-985-5990
 - Compass Health Network Crisis Hotline: 800-833-3915 (24 hours)

***For more information on Active Shooter Emergencies:**

https://www.dhs.gov/xlibrary/assets/active_shooter_booklet.pdf

ACTIVE SHOOTER EMERGENCY

We acknowledge that this is a highly situational occurrence, and no situation is ever the same. Knowing your environment and having planned escape routes ahead of time are important and can ensure every person can safely get away. Contacting 9-1-1 immediately is critical to ensuring first responders arrive quickly and resolve the threat.

Ultimately, there are three fundamental choices people have: run, hide, fight.

1) Run

- Identify the location(s) of the threat.
- Quickly escape from the threat (i.e. through nearest windows, stairs, doors).
- Leave belongings behind (excluding a cell phone, when possible, to contact 9-1-1).

2) Hide

- Move quickly into a hiding place.
 - Block entry to hiding place and lock or barricade doors (if possible)
 - Hide in area out of shooter's view (avoid open areas or a place with many windows)
- Silence all mobile communication devices (i.e. phones, watches, etc.)
- Instruct everyone in the hiding place to remain quiet.
- ONLY leave your hiding place if instructed by EMS that has clearly identified themselves.

The last option is FIGHT:

*To fight is never recommended, though it is understandable that some people will decide (instinctively or not) to take this risk. Understand that this is a risk – you are putting your life in potentially grave danger. If you decide to fight, a commitment has been made to be seen though until the threat is neutralized.

3) Fight

- Commit to decisive and aggressive action.
 - Your goal is to incapacitate the shooter.
- Fight until the threat is neutralized or EMS that has clearly identified themselves calls for you to stop.

MENTAL HEALTH/ ABUSE & PREVENTION

JB FCC

It is vital to take into consideration not only the physical sport health of your participants, but also their mental wellness and safety overall. USA Football recommends that leagues seek out local mental health, as well as abuse and prevention resources to add to their EAP. Make the resources readily available to those in need.

It is also recommended to teach all of your staff what to look for in situations of mental health crisis, as well as abuse signs; remember, abuse can be mental, physical, and verbal. The signs are not always obvious or apparent, but there are many resources and teachings that will provide your league useful tools in what to look and listen for, that will keep participants safe on and off the field.

For more resources and information on this topic, visit <https://uscenterforsafesport.org/>

Mental Health Assistance Services

Compass Health Network (Health Access/Disaster Hotline)

888-237-4567 (7am to 7pm; Monday – Friday)

Compass Health Network (Crisis Hotline)

800-833-3915 (24 hours)

Compass Health Network (Behavioral Health Response)

800-355-5407 (24 hours)

CenterPointe Hospital

800-355-5407 (24 hours)

SSM Health Behavioral Health Urgent Care

314-344-7200

Suicide & Crisis Hotline

Dial 988

FZS JUNIOR BULLDOGS FOOTBALL & CHEER CLUB ("JBFCC") EMERGENCY ACTION PLAN

APPROVAL, VERIFICATION & ATTESTATION PAGE

This document has been read and reviewed by the JBFCC Board of Directors.

President: _____

Date Reviewed and Approved: _____

Vice President: _____

Date Reviewed and Approved: _____

Football Director: _____

Date Reviewed and Approved: _____

Cheer Director: _____

Date Reviewed and Approved: _____

Player Health & Safety Director: _____

Date Reviewed and Approved: _____

I certify that I have reviewed the **JBFCC Emergency Action Plan ("EAP")** for review. I know where to find the EAP during the season and who to contact with any concerns.

Player's Name: _____

Parent/Guardian (if a minor): _____

Date: _____



usafootball.com