

EMERGENCY ACTION PLAN

State Cross Country Championships Gans Creek Cross Country Course

Emergency Personnel:

Physician Certified Athletic Trainer, Coaches and Administration Staff.

Emergency Communication:

The Certified Athletic Trainers and/or Coach carry cellular telephones. Because the facility is located at a neutral site and is spread over the entirety of the cross country course, administration staff and medical staff will have access to two-way radios for emergency communication.

Emergency Equipment:

Arranged ahead of time for EMS to be on site at all times that racing is taking place. Supplies and equipment brought to the Gans Creek Cross Country Course for races include A.E.D.'s, taping and bracing supplies, and general trauma and wound care kits.

- Immediate evaluation and care of the more seriously injured or ill student-athletes.
- Activation of emergency medical system (EMS).
- 911 call (provide name, address, telephone number; number of individuals injured, condition of injured, first aid treatment, specific directions and other information as requested).
- Return to play decision-making on the injured student-athlete.
- Physician/Hospital referral of the injured student-athlete.
- Contacting the parent(s) of the injured student-athlete.

Roles of Administrative Staff/Coaches

- Direct EMS personnel (ambulance) to scene.
- Unlock and open gates for entrance to Gans Creek Cross Country Course.
- Designate individual to "flag down" EMS and direct to scene, if not already on site.
- Area control: limit area to sports medicine personnel and move bystanders (including players) away.
- Ensure parking lot is clear and accessible to emergency personnel.

Documentation

- Documentation of incident completed within 24 hours.

Venue Directions:

- Exit off of Highway 63 via the Discovery Pkwy. exit.
- Discovery Pkwy will turn into E. Gans Rd.
- The Gans Creek Cross Country Complex will be on your left.
- Address: 3350 E. Gans Road, Columbia, MO 65201

GANS CREEK CROSS COUNTRY COURSE EVACUATION PROCEDURE

INCLEMENT WEATHER

- In the event of heavy rain, hail, lightning, etc., all persons should get off the Cross Country course as quickly as possible and take cover in their personal vehicle.
- In the event of a tornado, all persons out on the Cross Country course should stay away from trees and metal objects and take cover in a low lying area. Do not try to outrun a tornado.

EMERGENCY OR DISASTER

- In the event of an emergency or disaster, all persons on the Cross Country course should remain calm and get off the course as quickly as possible, getting as far away from the affected area as possible.

COMMUNICATION

- Any necessary information will be announced over the loud speaker on the course as well as in the awards area. Staff will also keep in touch and communicate via radio and/or cell phone.