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 4-17-19

UNIFORM ROTATION CYCLE: GARRARD COUNTY HIGH SCHOOL									
SCHOOL YEAR 2016-2017	SCHOOL YEAR 2017-2018	SCHOOL YEAR 2018-2019	SCHOOL YEAR 2019-2020	SCHOOL YEAR 2020-2021	SCHOOL YEAR 2021-2022	SCHOOL YEAR 2022-2023	SCHOOL YEAR 2023-2024		
FOOTBALL	BOYS BASKETBALL	GIRLS SOCCER	BOYS SOCCER						
GIRLS BASKETBALL	GIRLS TENNIS	BASEBALL	CHEERLEADING						
VOLLEYBALL	BOYS TENNIS	ARCHERY	SOFTBALL						
ARCHERY	CROSS COUNTRY	BOWLING	ARCHERY						
BASS FISHING	ARCHERY	BASS FISHING	BOWLING						
BOWLING	BASS FISHING	BOYS GOLF	BASS FISHING						
BOYS GOLF	BOWLING	GIRLS GOLF	BOYS GOLF						
GIRLS GOLF	BOYS GOLF	TRACK	GIRLS GOLF						
	GIRLS GOLF								
SCHOOL YEAR 2020-2021									
SCHOOL YEAR 2021-2022									
SCHOOL YEAR 2022-2023									
SCHOOL YEAR 2023-2024									
FOOTBALL	BOYS BASKETBALL	GIRLS SOCCER	BOYS SOCCER						
GIRLS BASKETBALL	GIRLS TENNIS	BASEBALL	CHEERLEADING						
VOLLEYBALL	BOYS TENNIS	ARCHERY	SOFTBALL						
ARCHERY	CROSS COUNTRY	BOWLING	ARCHERY						
BASS FISHING	ARCHERY	BASS FISHING	BOWLING						
BOWLING	BASS FISHING	BOYS GOLF	BASS FISHING						
BOYS GOLF	BOWLING	GIRLS GOLF	BOYS GOLF						
GIRLS GOLF	BOYS GOLF	TRACK	GIRLS GOLF						
	GIRLS GOLF								

Each team will receive a new uniform every four years with the exception being the teams that order each year (archery, bowling, bass fishing and cost breakdown will be: the team will pay 50% of the uniform cost, 25% will be paid from the Athletic Director account at central office, and 25% paid from the ticket revenue account.

Teams may request to purchase uniforms out of cycle due to excessive wear or damage. This request must be approved by the athletic director or

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Uniform Rotation Policy: My signature signifies both knowledge and adherence to the uniform rotation plan set forth for Garrard County High School.

Archery—Heather Rab— [Signature]

Baseball—CJ Lynn— [Signature]

Softball—Todd Montgomery— [Signature]

Boys Basketball—Ryan Young— [Signature]

Girls Basketball—Jared Prewitt— [Signature]

Bass Fishing—Tony Miracle— [Signature]

Bowling—Yoly Acosta— [Signature]

Cheerleading—Danielle Roy— [Signature]

Cross Country—Shannah Garner— [Signature]

Football—Bret Baierlein— [Signature]

Boys Golf—Jimmie McCulley— [Signature]

Girls Golf—Sherrie Johnson— [Signature]

Boys Soccer—Louis Kluesener— [Signature]

Girls Soccer—Brett DeShon— [Signature]

Boys Tennis—Leonard Harrison— [Signature]

Girls Tennis—Christy Flowers— [Signature]

Boys Track—Rob Lyon— [Signature]

Girls Track—Rob Lyon— [Signature]

Volleyball—Samantha Hensley— [Signature]

GERC Members: Kalem Grasham, District Title IX Coordinator: [Signature]

David Hoskins, AD, School Title IX Coordinator: [Signature]

Michael Anderson, Principal: [Signature]

Tammy Ellis, Bookkeeper: [Signature]

Sydney Arnold, GCHS Counselor: [Signature]

Bridget Moss, Parent Representative: [Signature]

Katy Pozzuto, Student-Athlete: [Signature]

Aidan Foley, Student-Athlete: [Signature]

GARRARD COUNTY HIGH SCHOOL

TRAVEL AND PER DIEM POLICY

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1. All travel must be approved by the Principal or Athletic Director.
2. Overnight and out-of-state travel must have special approval by the Garrard County Board of Education.
3. The Garrard County Board of Education will cover the cost of transportation to regular season games/matches.
4. School bus vs Van or other board supplied vehicle:
If a team has more than 10 athletes the coach will request a school bus and driver from the transportation department of the Garrard County School System.
If a team has 10 or fewer athletes the coach may request a board of education vehicle (van, suburban, or car) to transport students. The coach must submit all paperwork required by the board of education and be approved to transport student-athletes.
5. School bus vs Charter bus:
All teams will use regular school buses during regular season play. A team may request a charter bus during post season play if the team is traveling more than 50 miles each way.
6. Hotel/Motel/Condo:
Teams must stay in hotels with interior corridors. .
Condos have to be approved by the District Title IX Coordinator.
Teams may spend up to \$150 per room, per night for lodging.
Four student-athletes will be assigned to each room.
7. Meals:
The cost of team meals will be paid from the activity account of the team.
Teams must follow these guidelines per meal/per athlete:
Limits: Breakfast-\$10, Lunch-\$15, and Dinner \$20.

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Travel and Per Diem Policy: My signature signifies both knowledge and adherence to the travel and per diem policy for Garrard County High School.

Archery—Heather Rau-- [Signature]

Baseball—CJ Lynn-- [Signature]

Softball—Todd Montgomery-- [Signature]

Boys Basketball—Ryan Young-- [Signature]

Girls Basketball—Jared Prewitt-- [Signature]

Bass Fishing—Tony Miracle-- [Signature]

Bowling—Yoly Acosta-- [Signature]

Cheerleading—Danielle Roy-- [Signature]

Cross Country—Shannah Garner-- [Signature]

Football—Bret Baierlein-- [Signature]

Boys Golf—Jimmie McCulley-- [Signature]

Girls Golf—Sherrie Johnson-- [Signature]

Boys Soccer—Louis Kluesener-- [Signature]

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Girls Tennis—Christy Flowers-- [Signature]

Boys Track—Rob Lyon-- [Signature]

Girls Track—Rob Lyon-- [Signature]

Volleyball—Samantha Hensley-- [Signature]

GERC Members: Kalem Grasham, District Title IX Coordinator: [Signature]

David Hoskins, AD, School Title IX Coordinator: [Signature]

Michael Anderson, Principal: [Signature]

Tammy Ellis, Bookkeeper: [Signature]

Sydney Arnold, GCHS Counselor: [Signature]

Bridget Moss, Parent Representative: [Signature]

Katy Pozzuto, Student-Athlete: [Signature]

Aidan Foley, Student-Athlete: [Signature]

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Awards Banquet:

All sports award banquets for the student-athletes of Garrard County High School shall occur on the campus of Garrard County Schools. (The cafeteria at GCHS or GMS or the auditorium at GMS.)

All athletic banquet food shall be pot-luck style. The school will furnish the meat and drinks and the parents will provide side dishes and desserts.

Banquet Awards:

Awards presented to student-athletes at GCHS awards banquets shall be between \$15 and \$20.

The number of awards presented will be equitable for like teams.
(Baseball/Softball, Boys Basketball/Girls Basketball, etc)

GARRARD COUNTY HIGH SCHOOL

PUBLICITY

SUPPORT GROUP ASSIGNMENTS:

GCHS Cheerleaders will perform at all home football games.

GCHS Cheerleaders will perform at all basketball games vs district opponents.

GCHS Band will perform at all home football games.

GCHS Band will perform at all home basketball games vs district opponents.

The local radio station will carry all football and basketball games on a delayed basis.

WRITTEN REGULATIONS FOR RECOGNITION:

Any athlete who has been named to an all-area, all-district, all-region, or all-state team will have his/her picture taken and placed in the hallways of GCHS for the remainder of that school year with the accomplishment listed.

Any basketball player who scores 1,000 points in his/her career will have their name and the number of points he/she scored placed on a banner in the game gym at GMS.

Any team who wins a regional championship, state runner-up, or state championship will have the year of the championship added to the banners located inside the gym at GMS. Once these banners are filled new banners will be purchased and added.

Any team picture that will be displayed must first have the approval of the site-based council at GCHS. Any team picture and any accessories required to hang it must be purchased by that team or an outside organization. The use of general school funds cannot be used for this purpose.

LOCKER ROOM ASSIGNMENTS
GARRARD COUNTY HIGH SCHOOL

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FOOTBALL: FIELDHOUSE LOCATED BEHIND GCHS AND FRIDAY NIGHT HOME GAMES MURPHY FIELDHOUSE LOCATED AT THE GAME FIELD.

BOYS SOCCER: MURPHY FIELDHOUSE, LOCATED AT THE BOTTOM OF THE SOCCER FIELD.

GIRL'S SOCCER: MURPHY FIELDHOUSE, LOCATED AT THE BOTTOM OF THE SOCCER FIELD.

VOLLEYBALL: LOCKER ROOM LOCATED INSIDE THE GYM AT GMS, ENTER THE GYM FROM THE LOBBY AND THE FIRST LOCKER ROOM ON THE RIGHT (NEXT TO THE GIRLS BASKETBALL COACHES OFFICE).

CROSS COUNTRY: THE BOYS AND GIRLS PHYSICAL EDUCATION LOCKER ROOMS LOCATED IN THE GYM AT GMS.

CHEERLEADING: WILL USE THE FACILITIES LOCATED AT LANCASTER ELEMENTARY.

ARCHERY: WILL USE FACILITIES LOCATED AT PAINT LICK ELEMENTARY.

GOLF: LOCKER ROOMS ARE LOCATED AT THE VENUES.

GIRLS BASKETBALL: LOCKER ROOM LOCATED INSIDE THE GYM AT GMS, ENTER THE GYM FROM THE LOBBY THE SECOND LOCKER ROOM ON THE RIGHT.

BOYS BASKETBALL: LOCKER ROOM LOCATED INSIDE THE GYM AT GMS, ENTER THE GYM FROM THE LOBBY, THE SECOND LOCKER ROOM ON THE LEFT.

BOWLING: FACILITIES ARE LOCATED AT THE VENUE.

BASEBALL: MURPHY FIELDHOUSE

SOFTBALL: MURPHY FIELDHOUSE (THEY ALSO USE THE LARGE ROOM IN BACK OF THE BUILDING LOCATED JUST ABOVE THE SOFTBALL FIELD).

TRACK: LOCKER ROOMS IN THE GYM AT GCHS ARE ASSIGNED TO THE TRACK TEAM.

BASS FISHING: LOCKER ROOMS LOCATED INSIDE THE GCHS GYM.

BOY'S TENNIS: LOCKER ROOM AT GMS, SAME LOCKER ROOM AS BOY'S BASKETBALL.

GIRL'S TENNIS: LOCKER ROOM IN THE GYM AT GMS, SAME LOCKER ROOM AS GIRLS'S BASKETBALL.

ATHLETIC STORAGE ASSIGNMENTS:

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FOOTBALL: HELMETS, SHOULDER PADS, AND UNIFORMS ARE STORED INSIDE THE FIELDHOUSE LOCATED AT GCHS, OTHER GEAR STORED AN EXTERIOR BUILDING BEHIND THE FIELDHOUSE.

BOYS SOCCER: EXTERIOR BUILDING LOCATED AT THE NORTHERN END OF THE SOCCER FIELD.

GIRLS SOCCER: EXTERIOR BUILDING LOCATED AT THE NORTHERN END OF THE SOCCER FIELD.

VOLLEYBALL: CABINETS WITH LOCKS LOCATED IN THE VOLLEYBALL LOCKER ROOM.

CROSS-COUNTRY: STORAGE IS LOCATED AT GCHS, FIRST SMALL ROOM INSIDE ROOM 122.

CHEERLEADING: STORAGE IS LOCATED AT GCHS, FIRST SMALL ROOM INSIDE ROOM 122.

ARCHERY: EXTERIOR BUILDING LOCATED AT PAINT LICK ELEMENTARY.

BOYS GOLF: STORAGE LOCATED AT GCHS, FIRST SMALL ROOM LOCATED INSIDE ROOM 122.

GIRLS GOLF: STORAGE LOCATED AT GCHS, FIRST SMALL ROOM LOCATED INSIDE ROOM 122.

BOYS BASKETBALL: STORAGE INSIDE THEIR LOCKER ROOM. .

GIRLS BASKETBALL: STORAGE INSIDE THEIR LOCKER ROOM.

BASEBALL: ROOMS ATTACHED TO THE DUGOUT, SPORTS ZONE, AND MURPHY FIELDHOUSE.

SOFTBALL: ROOM INSIDE CONCESSION BUILDING AND SPORTS ZONE.

BOYS TENNIS: STORAGE SPACE PROVIDED IN THE GYM AT GMS, INSIDE THEIR LOCKER ROOM.

GIRLS TENNIS: STORAGE SPACE PROVIDED IN THE GYM AT GMS, INSIDE THEIR LOCER ROOM.

BOYS TRACK: CLOSET INSIDE THE GYM AT GCHS.

GIRLS TRACK: CLOSET INSIDE THE GYM AT GCHS.

BOYS BOWLING: EQUIPMENT STORAGE AT THE FACILITY.

GIRLS BOWLING: EQUIPMENT STORAGE AT THE FACILITY.

BASS FISHING: STORAGE LOCATED AT GCHS, SECOND ROOM INSIDE ROOM 122.

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TENNIS COURT USAGE SCHEDULE

The tennis courts are available to each team on the following schedule. The girl's team will have practice from 3:30-5:30 daily. The boy's team will practice from 5:30-7:30 daily.

Coach Flowers, our girls coach, lives in Lexington and teaches at Garrard Middle School it is easy for the girls and coach to practice at this time.

Coach Harrison, our boys coach, works at Marksbury Farms and does not get off work until 5. He cannot begin practice until 5:30.

If either coaches schedule, especially Coach Harrison, changes we will look at alternating the practice schedules to be more accommodating to the boy's program.

EMERGENCY ACTION PLAN

Garrard County High School

Athletic Field at GCHS

In order to provide the best and most effective care in event of an emergency, this Emergency Action Plan (EAP) has been constructed so as to be able to create an effectual chain of events should an emergency situation occur. By having a pre-constructed EAP, there is a greater potential for successful action to be taken during an emergency, life-threatening or otherwise. It should be noted that it is the goal of the certified athletic trainer (ATC), coaches, athletic director(s), and other members who may be present during the emergency to control the situation. All EAP information should be discussed and ran through annually with all required personnel. Any changes that may happen must be addressed immediately and trained through with any individual who may come into an emergency situation, including, but not limited to, the athletic training staff, coaches, athletic directors, and other athletic personnel. EAPs should also include responsibilities of each team member as well as how to perform them and for accommodations in the event of need for transport.

Chain of command

In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

Jennifer Mason (ATC) ---(859) 314-3727

David Hoskins (Athletic Director)---(859) 339-8267

Jerry Perry (Head Football Coach)---(859) 319-4879

Brett Deshon (Head Girl's Soccer Coach)---(606) 510-1408

Louis Kluesener (Head Boy's Soccer Coach) --- (859) 304-1198

Jared Prewitt (Head Girl's Basketball Coach)---(859) 339-9861

Ryan Young (Head Girl's Basketball Coach)---(606) 669-5628

Todd Montgomery (Head Softball Coach)---(859) 351-7352

CJ Lynn (Head Baseball Coach)---(859) 516-1499

Ambulance, Fire, Police --- 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

An athlete that is not breathing

Loss of consciousness

Any suspected neck or back injury

Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

Etc.

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies (splints, gauze, gloves, etc.), keys to access the athletic training room (ATR), a cell phone to call emergency medical personnel, and an AED.

Location of AEDs

On the high school campus, AEDs can be located in the main high school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the head coach's office by the head coach's desk.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightning is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors as well, but may venture at their own risk.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County High School campus has two buildings in which athletics may be conducted in or near. In the high school itself, the best area of safety in the event of a tornado is found in the I'M NOT SURE BUT I ASSUME IT'S A BATHROOM OF SOME SORT? I HAVEN'T BEEN IN THE HIGH SCHOOL ENOUGH WITH ANY SPORT TO REALLY KNOW. I KEEP PICTURING THE MIDDLE SCHOOL INSTEAD. OOPS. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice field to the high school is not an option. In this situation, shelter should be sought in the shower area of the bathroom across from the ATR. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

Extreme Heat

During spring, summer, and fall practices and games, there is a likelihood for extreme heat that runs the risk of heat related illness. In heat, there are also specifications for water breaks in activity as well as what protective gear can be worn, such as in football. The guidelines set forth by the KHSAA are as follows:

Heat index under 95 degrees Fahrenheit

Activity should progress as normal, full protective equipment. Water should be accessible, as should cool towels should an athlete desire one to cool down with. Temperature can be rechecked every 30 minutes in event of temperature rise

Heat index between 95-99 degrees Fahrenheit

Water must be made available and mandatory water breaks must occur every 30 minutes for 10 minutes at a time. Padding and protective equipment should be removed whenever athlete is not directly involved in activity or general competition. Heat index should be checked and monitored every 30 minutes

Heat index between 100-104 degrees Fahrenheit

Water must be made available and mandatory every 30 minutes for 10 minutes in duration. Uniform changes should be made for all sports to allow athletes to

remove items if possible and appropriate by defined standards. Time outdoors should be reduced with an indoor practice facility considered. For sports that require protective padding, remove all padding and protective gear. If the sport requires the protective gear, postpone practice until later in the day when the heat index has returned to a safe level. Heat index should be assessed every 30 minutes.

Heat index over 104 degrees Fahrenheit

All sports must cease outdoor activity and move to an air conditioned facility if practice is to be continued.

Hostile individual/armed gunman

If a hostile individual is seen/suspected on campus, the police should be notified immediately by contacting 911. Upon calling, be able to give as much detail as possible of the scene, including a description of the suspect, where they were headed, and any other details you are able to provide. If a situation occurs in front of you, clear the area, call the police department, and obtain ID's from all individuals involved or who witnessed the altercation. If you are unable to speak, 911 should still be called with the service being used highly cautiously. At this time, there is no text to 911 service available in Garrard County, but EMS is still to be notified.

Procedures for locations

A diagram of the facility is provided, with the key as follows:

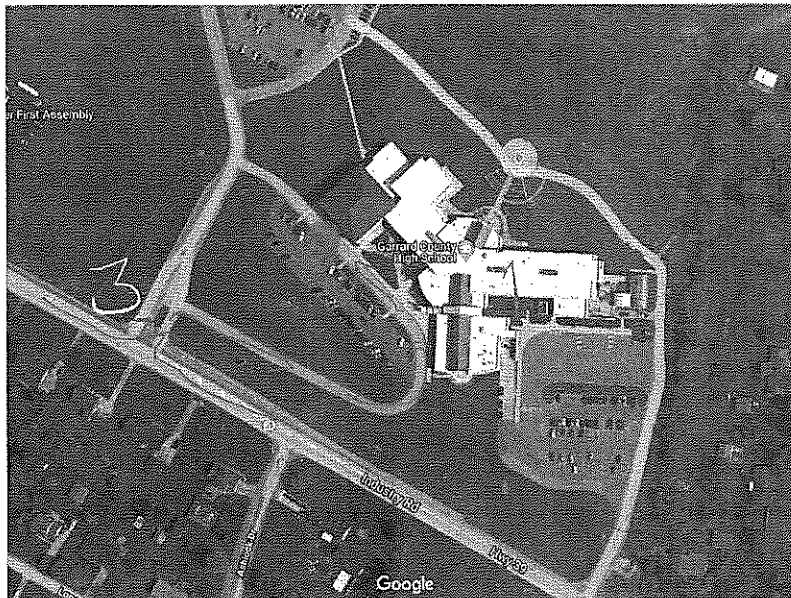
1. Main high school building
2. Football field house
3. Main entrance to school campus
4. Roadway to field house on back of campus
5. Parking area for field house
6. Football practice field(s)

Blue lines=main building suggested EMS traffic flow

Green lines= field house suggested EMS traffic flow

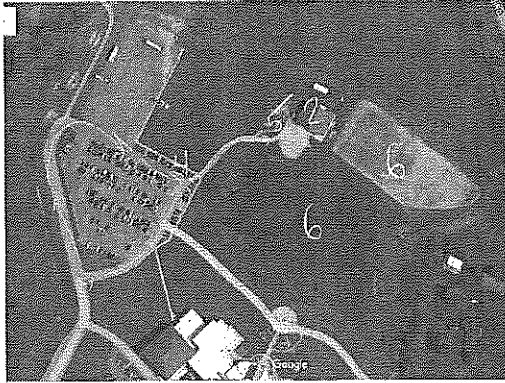


Main High School building



In the event of emergency at the main high school building, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the main high school building, located at 599 Industry Rd, Lancaster, KY. The ATC will designate someone to go meet the emergency personnel and direct them towards the gymnasium at the front of the building, noted by the blue area in the diagram. Upon arrival, the doors at the back of the gym, leading to the outdoors, will be opened for EMS to easily gain access to the athlete requiring EMS.

Football Field House



In the event of emergency at the football field house, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the football field house, located at 599 Industry Rd, Lancaster, KY, behind the main parking lot on the campus. The ATC will designate someone to go meet the emergency personnel and direct them towards the rear of the high school campus to where the field house is located, and then direct them to park in front of the structure. If athlete is on the practice field, EMS will be directed to them, outside on the field. If athlete is inside the field house, EMS will be directed to the rear of the building, where access can be granted through the door to the weight room of the building, as this pathway leads to this best accessibility for the potential of a stretcher to be used.

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EMERGENCY ACTION PLAN

Garrard County High School Athletics

Site: Lancaster Elementary-Softball Field

In order to provide the best and most effective care in event of an emergency, this Emergency Action Plan (EAP) has been constructed so as to be able to create an effectual chain of events should an emergency situation occur. By having a pre-constructed EAP, there is a greater potential for successful action to be taken during an emergency, life-threatening or otherwise. It should be noted that it is the goal of the certified athletic trainer (AT), coaches, athletic director(s), and other members who may be present during the emergency to control the situation. All EAP information should be discussed and ran through annually with all required personnel. Any changes that may happen must be addressed immediately and trained through with any individual who may come into an emergency situation, including, but not limited to, the athletic training staff, coaches, athletic directors, and other athletic personnel. EAPs should also include responsibilities of each team member as well as how to perform them and for accommodations in the event of need for transport.

Chain of command

In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

- Jennifer Mason, ATC (Athletic Trainer)—(859) 314-3727
- David Hoskins (Athletic Director)—(859) 339-8267
- Jerry Perry (Head Football Coach)—(859) 319-4879
- Brett Deshon (Head Girl's Soccer Coach)—(606) 510-1408
- Louis Kluesener (Head Boy's Soccer Coach) — (859) 304-1198
- Jared Prewitt (Head Girl's Basketball Coach)—(859) 339-9861
- Ryan Young (Head Boy's Basketball Coach)—(606) 669-5628
- Todd Montgomery (Head Softball Coach)—(859) 351-7352
- CJ Lynn (Head Baseball Coach)—(859) 516-1499
- Yoly Acosta (Head Bowling Coach)—(859) 329-8649
- Shannah Garner (Head Cross Country Coach)— (859) 339-0862
- Robert Lyon (Head Track Coach)—(859) 303-1974
- Tony Miracle (Head Bass Fishing Coach)—(859) 661-2779
- Heather Rau (Head Archery Coach) —(859) 333-8467
- Danielle Roberts (Head Cheer Coach)— (859) 216-2874
- Leonard Harrison (Head Boy's Tennis Coach)— (859) 230-5005
- Ambulance, Fire, Police — 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

An athlete that is not breathing

Loss of consciousness

Any suspected neck or back injury

Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

NOTE: There may be other situations that may require EMS assistance. The persona initially responding to the situation should exercise best judgement and err on the side of caution. If unsure, call EMS

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies, keys to access the athletic training facility (ATF), a cell phone to call emergency medical personnel, and an AED.

A list of the emergency medical supplies required include

Gloves

Gauze

SAM splint

Tourniquet

ACE wrap

Athletic tape

Self-adhesive wrap

Sphygmomanometer

Stethoscope

Pen light

NOTE: other supplies may be required, particularly for non-emergencies. Those should stay in bag to assist in those situations

Location of AEDs

On the middle school campus, AEDs can be located in the main middle school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the weight room in an AED box on the wall.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightening is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors

as well, but may venture at their own risk. In order for play to be resumed and personnel to return to the field, the situation must be cleared by the athletic trainer in conjunction with referees certified by the KHSAA.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County Middle School campus has one building and multiple fields in or on which athletics may be conducted in or near. In the middle school itself, the best area of safety in the event of a tornado is found in the foreign language hallway and classes. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice/playing field to the middle school is not an option. In this situation, shelter should be sought in the coaches office or in the back laundry/storage room. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

Extreme Heat

During spring, summer, and fall practices and games, there is a likelihood for extreme heat that runs the risk of heat related illness. In heat, there are also specifications for water breaks in activity as well as what protective gear can be worn, such as in football. As a participant in KHSAA sanctioned sporting events, Garrard County High School is required to follow the guidelines set forth by the KHSAA. These guidelines are as follows:

Heat index under 95 degrees Fahrenheit

Activity should progress as normal, full protective equipment. Water should be accessible, as should cool towels should an athlete desire one to cool down with. Temperature can be rechecked every 30 minutes in event of temperature rise

Heat index between 95-99 degrees Fahrenheit

Water must be made available and mandatory water breaks must occur every 30 minutes for 10 minutes at a time. Padding and protective equipment should be removed whenever athlete is not directly involved in activity or general competition. Heat index should be checked and monitored every 30 minutes

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Hostile individual/armed gunman

If a hostile individual is seen/suspected on campus, the police should be notified immediately by contacting 911. Upon calling, be able to give as much detail as possible of the scene, including a description of the suspect, where they were headed, and any other details you are able to provide. If a

situation occurs in front of you, clear the area, call the police department, and obtain ID's from all individuals involved or who witnessed the altercation. If you are unable to speak, 911 should still be called with the service being used highly cautiously. At this time, there is no text to 911 service available in Garrard County, but EMS is still to be notified.

Procedures for locations

To access campus:

A diagram of the facility is provided, with the key as follows:

1. Main middle school building
2. Football field house
3. Garrard Educational Center
4. Lancaster Elementary School
5. Main entrance to school campus
6. Roadway to soccer and softball fields
7. Parking area for soccer and softball fields
8. Football field
9. Soccer field
10. Softball field
11. Baseball field

Blue lines=main building suggested EMS traffic flow

Yellow lines=GEC building suggested EMS traffic flow

Red lines= soccer/softball fields suggested EMS traffic flow

White lines= LES suggested EMS traffic flow

Commented [SA1]: I would strongly suggest providing driving directions to each access point:
Example (I made up the road names)
Coming from Northbound _____ (road name):
1. From the beginning of Main Street driving North, main entrance to school is approximately 3.4 miles on right of state road 52.
2. After turning into main entrance, drive straight to stop sign
3. Turn left at stop sign onto Athletics Drive
4. Baseball field parking lot is on right past first building

EMERGENCY ACTION PLAN

Garrard County High School

Fieldhouse, including weight room at GCHS

In order to provide the best and most effective care in event of an emergency, this Emergency Action Plan (EAP) has been constructed so as to be able to create an effectual chain of events should an emergency situation occur. By having a pre-constructed EAP, there is a greater potential for successful action to be taken during an emergency, life-threatening or otherwise. It should be noted that it is the goal of the certified athletic trainer (ATC), coaches, athletic director(s), and other members who may be present during the emergency to control the situation. All EAP information should be discussed and ran through annually with all required personnel. Any changes that may happen must be addressed immediately and trained through with any individual who may come into an emergency situation, including, but not limited to, the athletic training staff, coaches, athletic directors, and other athletic personnel. EAPs should also include responsibilities of each team member as well as how to perform them and for accommodations in the event of need for transport.

Chain of command

In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

Jennifer Mason (ATC) ---(859) 314-3727

David Hoskins (Athletic Director)---(859) 339-8267

Jerry Perry (Head Football Coach)---(859) 319-4879

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Louis Kluesener (Head Boy's Soccer Coach) --- (859) 304-1198

Jared Prewitt (Head Girl's Basketball Coach)---(859) 339-9861

Ryan Young (Head Girl's Basketball Coach)---(606) 669-5628

Todd Montgomery (Head Softball Coach)---(859) 351-7352

CJ Lynn (Head Baseball Coach)---(859) 516-1499

Ambulance, Fire, Police --- 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

An athlete that is not breathing

Loss of consciousness

Any suspected neck or back injury

Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

Etc.

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies (splints, gauze, gloves, etc.), keys to access the athletic training room (ATR), a cell phone to call emergency medical personnel, and an AED.

Location of AEDs

On the high school campus, AEDs can be located in the main high school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the head coach's office by the head coach's desk.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightning is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors as well, but may venture at their own risk.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County High School campus has two buildings in which athletics may be conducted in or near. In the high school itself, the best area of safety in the event of a tornado is found in the I'M NOT SURE BUT I ASSUME IT'S A BATHROOM OF SOME SORT? I HAVEN'T BEEN IN THE HIGH SCHOOL ENOUGH WITH ANY SPORT TO REALLY KNOW. I KEEP PICTURING THE MIDDLE SCHOOL INSTEAD. OOPS. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice field to the high school is not an option. In this situation, shelter should be sought in the shower area of the bathroom across from the ATR. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

Extreme Heat

During spring, summer, and fall practices and games, there is a likelihood for extreme heat that runs the risk of heat related illness. In heat, there are also specifications for water breaks in activity as well as what protective gear can be worn, such as in football. The guidelines set forth by the KHSAA are as follows:

Heat index under 95 degrees Fahrenheit

Activity should progress as normal, full protective equipment. Water should be accessible, as should cool towels should an athlete desire one to cool down with. Temperature can be rechecked every 30 minutes in event of temperature rise

Heat index between 95-99 degrees Fahrenheit

Water must be made available and mandatory water breaks must occur every 30 minutes for 10 minutes at a time. Padding and protective equipment should be removed whenever athlete is not directly involved in activity or general competition. Heat index should be checked and monitored every 30 minutes

Heat index between 100-104 degrees Fahrenheit

Water must be made available and mandatory every 30 minutes for 10 minutes in duration. Uniform changes should be made for all sports to allow athletes to

remove items if possible and appropriate by defined standards. Time outdoors should be reduced with an indoor practice facility considered. For sports that require protective padding, remove all padding and protective gear. If the sport requires the protective gear, postpone practice until later in the day when the heat index has returned to a safe level. Heat index should be assessed every 30 minutes.

Heat index over 104 degrees Fahrenheit

All sports must cease outdoor activity and move to an air conditioned facility is practice is to be continued.

Hostile individual/armed gunman

If a hostile individual is seen/suspected on campus, the police should be notified immediately by contacting 911. Upon calling, be able to give as much detail as possible of the scene, including a description of the suspect, where they were headed, and any other details you are able to provide. If a situation occurs in front of you, clear the area, call the police department, and obtain ID's from all individuals involved or who witnessed the altercation. If you are unable to speak, 911 should still be called with the service being used highly cautiously. At this time, there is no text to 911 service available in Garrard County, but EMS is still to be notified.

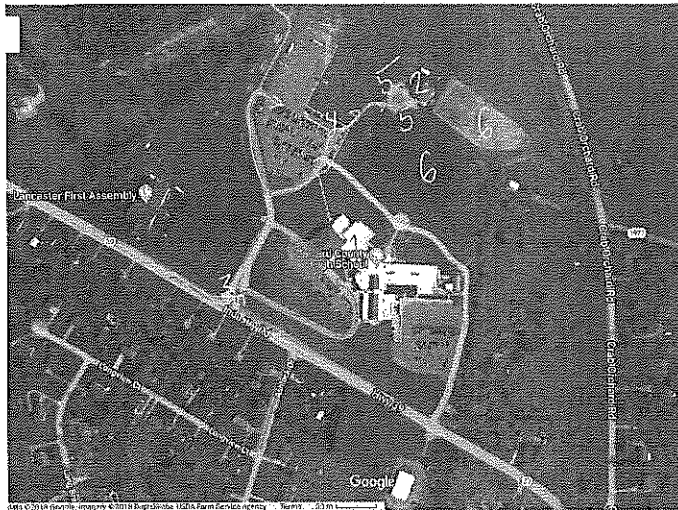
Procedures for locations

A diagram of the facility is provided, with the key as follows:

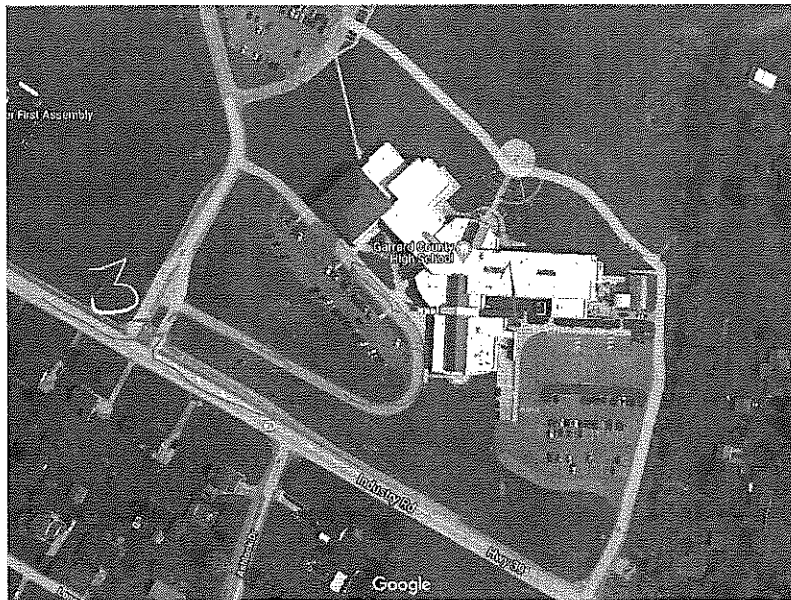
1. Main high school building
2. Football field house
3. Main entrance to school campus
4. Roadway to field house on back of campus
5. Parking area for field house
6. Football practice field(s)

Blue lines=main building suggested EMS traffic flow

Green lines= field house suggested EMS traffic flow

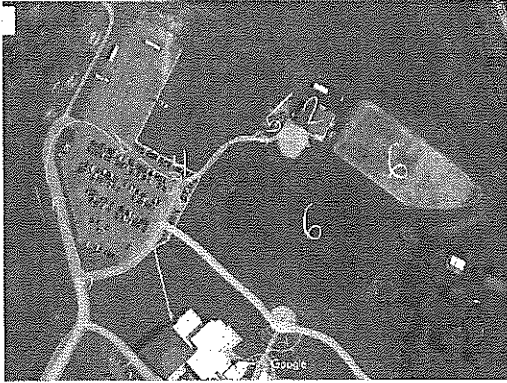


Main High School building



In the event of emergency at the main high school building, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the main high school building, located at 599 Industry Rd, Lancaster, KY. The ATC will designate someone to go meet the emergency personnel and direct them towards the gymnasium at the front of the building, noted by the blue area in the diagram. Upon arrival, the doors at the back of the gym, leading to the outdoors, will be opened for EMS to easily gain access to the athlete requiring EMS.

Football Field House



In the event of emergency at the football field house, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the football field house, located at 599 Industry Rd, Lancaster, KY, behind the main parking lot on the campus. The ATC will designate someone to go meet the emergency personnel and direct them towards the rear of the high school campus to where the field house is located, and then direct them to park in front of the structure. If athlete is on the practice field, EMS will be directed to them, outside on the field. If athlete is inside the field house, EMS will be directed to the rear of the building, where access can be granted through the door to the weight room of the building, as this pathway leads to this best accessibility for the potential of a stretcher to be used.

EMERGENCY ACTION PLAN

Garrard County High School Athletics

Site: Garrard Middle School --Baseball Field

In order to provide the best and most effective care in event of an emergency, this Emergency Action Plan (EAP) has been constructed so as to be able to create an effectual chain of events should an emergency situation occur. By having a pre-constructed EAP, there is a greater potential for successful action to be taken during an emergency, life-threatening or otherwise. It should be noted that it is the goal of the certified athletic trainer (AT), coaches, athletic director(s), and other members who may be present during the emergency to control the situation. All EAP information should be discussed and ran through annually with all required personnel. Any changes that may happen must be addressed immediately and trained through with any individual who may come into an emergency situation, including, but not limited to, the athletic training staff, coaches, athletic directors, and other athletic personnel. EAPs should also include responsibilities of each team member as well as how to perform them and for accommodations in the event of need for transport.

Chain of command

In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

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Robert Lyon (Head Track Coach)---(859) 303-1974
Tony Miracle (Head Bass Fishing Coach)---(859) 661-2779
Heather Rau (Head Archery Coach) --- (859) 333-8467
Danielle Roberts (Head Cheer Coach)--- (859) 216-2874
Leonard Harrison (Head Boy's Tennis Coach)--- (859) 230-5005
Ambulance, Fire, Police --- 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

- An athlete that is not breathing
- Loss of consciousness
- Any suspected neck or back injury
- Athlete possessing an open fracture
- Severe bleeding that cannot be stopped
- Severe heat exhaustion or suspected heat stroke

NOTE: There may be other situations that may require EMS assistance. The persona initially responding to the situation should exercise best judgement and err on the side of caution. If unsure, call EMS

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies, keys to access the athletic training facility (ATF), a cell phone to call emergency medical personnel, and an AED. A list of the emergency medical supplies required include

- Gloves
- Gauze
- SAM splint
- Tourniquet
- ACE wrap
- Athletic tape
- Self-adhesive wrap
- Sphygmomanometer
- Stethoscope
- Pen light

NOTE: other supplies may be required, particularly for non-emergencies. Those should stay in bag to assist in those situations

Location of AEDs

On the middle school campus, AEDs can be located in the main middle school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the weight room in an AED box on the wall.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightening is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors as well, but may venture at their own risk. In order for play to be resumed and personnel to

return to the field, the situation must be cleared by the athletic trainer in conjunction with referees certified by the KHSAA.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County Middle School campus has one building and multiple fields in or on which athletics may be conducted in or near. In the middle school itself, the best area of safety in the event of a tornado is found in the foreign language hallway and classes. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice/playing field to the middle school is not an option. In this situation, shelter should be sought in the coaches office or in the back laundry/storage room. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

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Heat index between 95-99 degrees Fahrenheit

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Heat index between 100-104 degrees Fahrenheit

Water must be made available and mandatory every 30 minutes for 10 minutes in duration. Uniform changes should be made for all sports to allow athletes to remove items if possible and appropriate by defined standards. Time outdoors should be reduced with an indoor practice facility considered. For sports that require protective padding, remove all padding and protective gear. If the sport requires the protective gear, postpone practice until later in the day when the heat index has returned to a safe level. Heat index should be assessed every 30 minutes.

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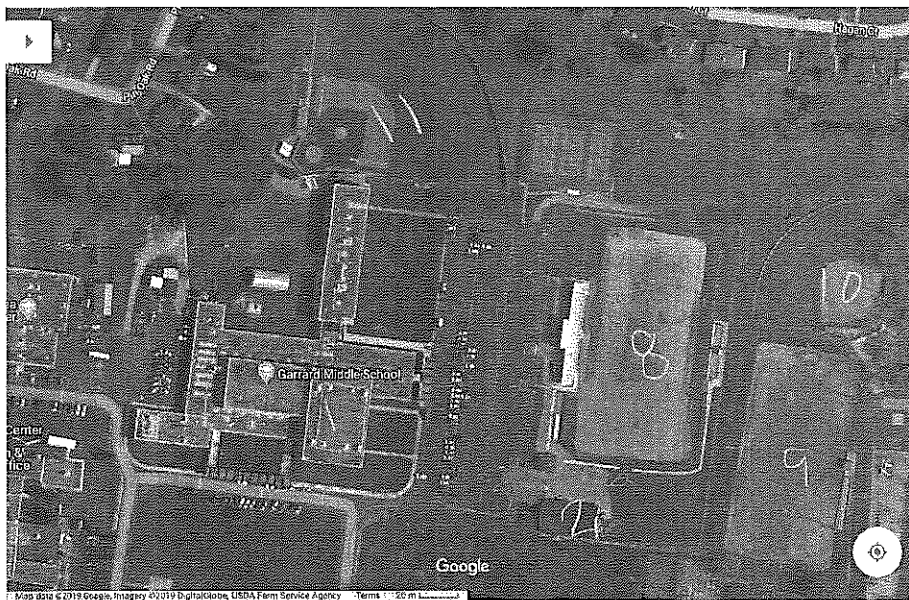
White lines= LES suggested EMS traffic flow

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Example (I made up the road names)
Coming from Northbound _____ (road name):
1. From the beginning of Main Street driving North, main entrance to school is approximately 3.4 miles on right of state road 52.
2. After turning into main entrance, drive straight to stop sign
3. Turn left at stop sign onto Athletics Drive
4. Baseball field parking lot is on right past first building

Overall school map



Map for football field and football field house



In the event of a medical emergency at the football playing field or the adjacent field house, a cell phone should be used to contact EMS. The AT on staff (or next level of command) should give directions to the football field/Fieldhouse located at 324 W Maple Ave, Lancaster, KY, in the rear of the main parking lot on campus. The AT will designate someone to go meet the emergency personnel and direct them towards the football field or the field house, directing them to park within the gated area. If athlete is on the football field, EMS will be directed toward south end of the field, gaining access through the noted red highlighted area. If athlete is in the football field house, access will be granted through the weight room, varsity locker room, or visitors locker room, depending on where in the building the athlete is located.

EMERGENCY ACTION PLAN

Garrard County High School Athletics

Murphy Fieldhouse and Football Game Field

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Severe bleeding that cannot be stopped

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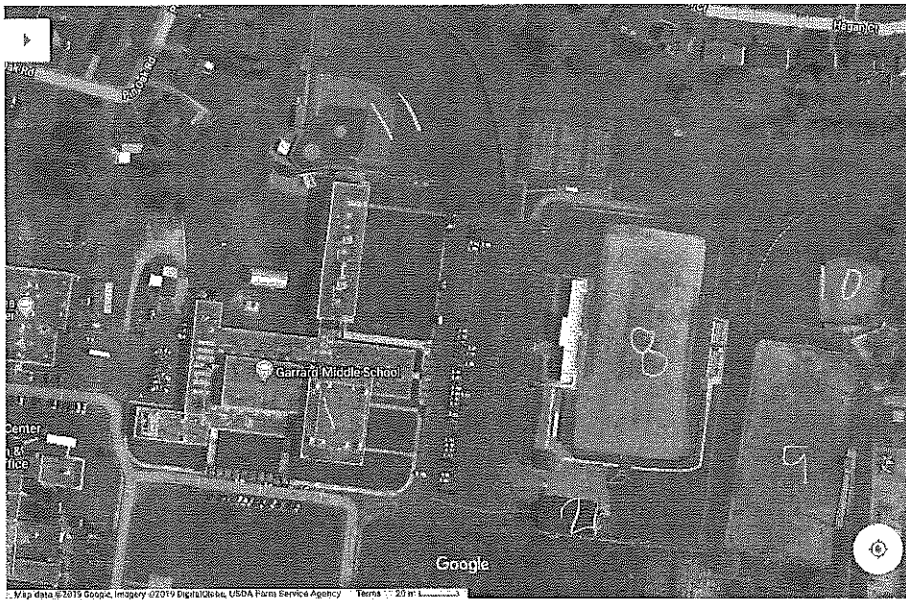
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4. Baseball field parking lot is on right past first building

Overall school map



Map for football field and football field house



In the event of a medical emergency at the football playing field or the adjacent field house, a cell phone should be used to contact EMS. The AT on staff (or next level of command) should give directions to the football field/Fieldhouse located at 324 W Maple Ave, Lancaster, KY, in the rear of the main parking lot on campus. The AT will designate someone to go meet the emergency personnel and direct them towards the football field or the field house, directing them to park within the gated area. If athlete is on the football field, EMS will be directed toward south end of the field, gaining access through the noted red highlighted area. If athlete is in the football field house, access will be granted through the weight room, varsity locker room, or visitors locker room, depending on where in the building the athlete is located.

EMERGENCY ACTION PLAN

Garrard County High School Athletics

Site: Garrard Middle School Gymnasium (Game site for GCHS Basketball)

In order to provide the best and most effective care in event of an emergency, this Emergency Action Plan (EAP) has been constructed so as to be able to create an effectual chain of events should an emergency situation occur. By having a pre-constructed EAP, there is a greater potential for successful action to be taken during an emergency, life-threatening or otherwise. It should be noted that it is the goal of the certified athletic trainer (AT), coaches, athletic director(s), and other members who may be present during the emergency to control the situation. All EAP information should be discussed and ran through annually with all required personnel. Any changes that may happen must be addressed immediately and trained through with any individual who may come into an emergency situation, including, but not limited to, the athletic training staff, coaches, athletic directors, and other athletic personnel. EAPs should also include responsibilities of each team member as well as how to perform them and for accommodations in the event of need for transport.

Chain of command

In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

Jennifer Mason, ATC (Athletic Trainer)—(859) 314-3727
David Hoskins (Athletic Director)—(859) 339-8267
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Danielle Roberts (Head Cheer Coach)— (859) 216-2874
Leonard Harrison (Head Boy's Tennis Coach)— (859) 230-5005
Ambulance, Fire, Police — 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

An athlete that is not breathing

Loss of consciousness

Any suspected neck or back injury

Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

NOTE: There may be other situations that may require EMS assistance. The persona initially responding to the situation should exercise best judgement and err on the side of caution. If unsure, call EMS

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies, keys to access the athletic training facility (ATF), a cell phone to call emergency medical personnel, and an AED.

A list of the emergency medical supplies required include

Gloves

Gauze

SAM splint

Tourniquet

ACE wrap

Athletic tape

Self-adhesive wrap

Sphygmomanometer

Stethoscope

Pen light

NOTE: other supplies may be required, particularly for non-emergencies. Those should stay in bag to assist in those situations

Location of AEDs

On the middle school campus, AEDs can be located in the main middle school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the weight room in an AED box on the wall.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightening is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors

as well, but may venture at their own risk. In order for play to be resumed and personnel to return to the field, the situation must be cleared by the athletic trainer in conjunction with referees certified by the KHSAA.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County Middle School campus has one building and multiple fields in or on which athletics may be conducted in or near. In the middle school itself, the best area of safety in the event of a tornado is found in the foreign language hallway and classes. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice/playing field to the middle school is not an option. In this situation, shelter should be sought in the coaches office or in the back laundry/storage room. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

Extreme Heat

During spring, summer, and fall practices and games, there is a likelihood for extreme heat that runs the risk of heat related illness. In heat, there are also specifications for water breaks in activity as well as what protective gear can be worn, such as in football. As a participant in KHSAA sanctioned sporting events, Garrard County High School is required to follow the guidelines set forth by the KHSAA. These guidelines are as follows:

Heat index under 95 degrees Fahrenheit

Activity should progress as normal, full protective equipment. Water should be accessible, as should cool towels should an athlete desire one to cool down with. Temperature can be rechecked every 30 minutes in event of temperature rise

Heat index between 95-99 degrees Fahrenheit

Water must be made available and mandatory water breaks must occur every 30 minutes for 10 minutes at a time. Padding and protective equipment should be removed whenever athlete is not directly involved in activity or general competition. Heat index should be checked and monitored every 30 minutes

Heat index between 100-104 degrees Fahrenheit

Water must be made available and mandatory every 30 minutes for 10 minutes in duration. Uniform changes should be made for all sports to allow athletes to remove items if possible and appropriate by defined standards. Time outdoors should be reduced with an indoor practice facility considered. For sports that require protective padding, remove all padding and protective gear. If the sport requires the protective gear, postpone practice until later in the day when the heat index has returned to a safe level. Heat index should be assessed every 30 minutes.

Heat index over 104 degrees Fahrenheit

All sports must cease outdoor activity and move to an air conditioned facility if practice is to be continued.

Hostile individual/armed gunman

If a hostile individual is seen/suspected on campus, the police should be notified immediately by contacting 911. Upon calling, be able to give as much detail as possible of the scene, including a description of the suspect, where they were headed, and any other details you are able to provide. If a

situation occurs in front of you, clear the area, call the police department, and obtain ID's from all individuals involved or who witnessed the altercation. If you are unable to speak, 911 should still be called with the service being used highly cautiously. At this time, there is no text to 911 service available in Garrard County, but EMS is still to be notified.

Procedures for locations

To access campus:

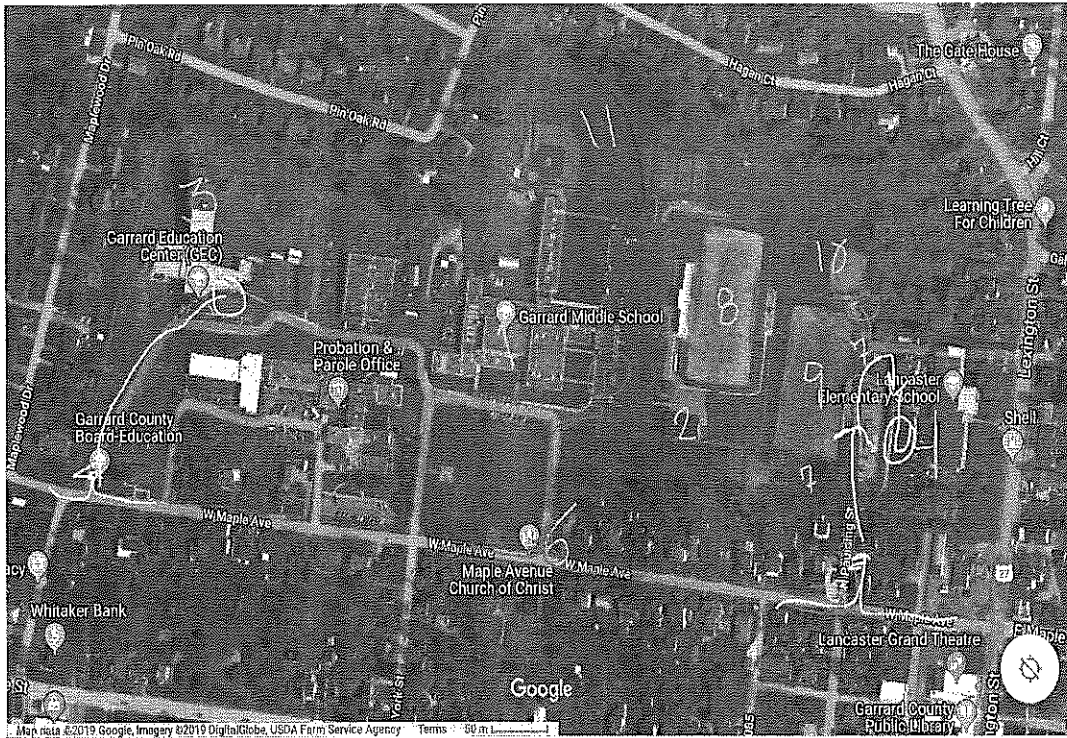
A diagram of the facility is provided, with the key as follows:

1. Main middle school building
2. Football field house
3. Garrard Educational Center
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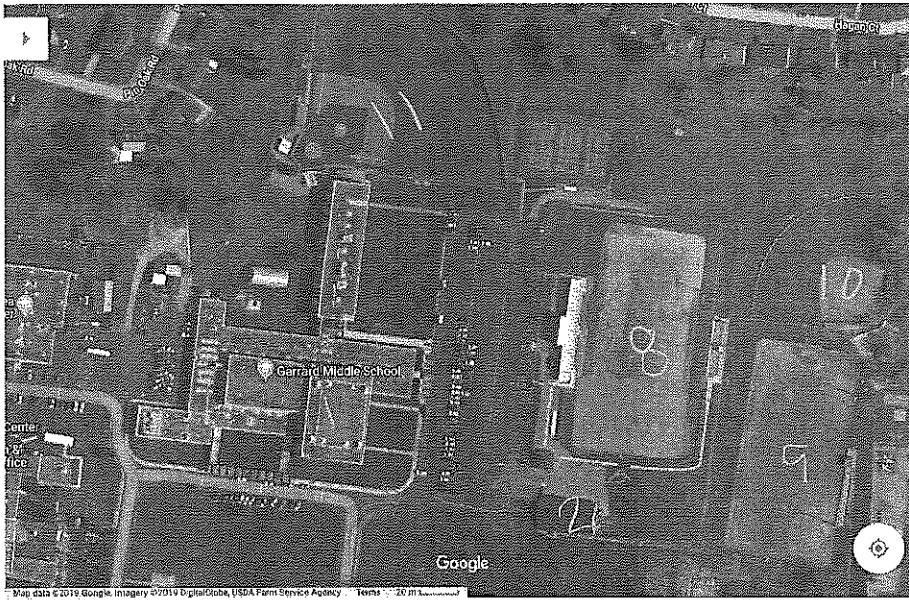
Blue lines=main building suggested EMS traffic flow
Yellow lines=GEC building suggested EMS traffic flow
Red lines= soccer/softball fields suggested EMS traffic flow
White lines= LES suggested EMS traffic flow

Commented [SA1]: I would strongly suggest providing driving directions to each access point:
Example (I made up the road names)
Coming from Northbound _____ (road name):
1. From the beginning of Main Street driving North, main entrance to school is approximately 3.4 miles on right of state road 52.
2. After turning into main entrance, drive straight to stop sign
3. Turn left at stop sign onto Athletics Drive
4. Baseball field parking lot is on right past first building

Overall school map



Map for football field and football field house



In the event of a medical emergency at the football playing field or the adjacent field house, a cell phone should be used to contact EMS. The AT on staff (or next level of command) should give directions to the football field/Fieldhouse located at 324 W Maple Ave, Lancaster, KY, in the rear of the main parking lot on campus. The AT will designate someone to go meet the emergency personnel and direct them towards the football field or the field house, directing them to park within the gated area. If athlete is on the football field, EMS will be directed toward south end of the field, gaining access through the noted red highlighted area. If athlete is in the football field house, access will be granted through the weight room, varsity locker room, or visitors locker room, depending on where in the building the athlete is located.

EMERGENCY ACTION PLAN

Garrard County High School Athletics

Site: Garrard Middle School-Tennis Courts

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Exact location of emergency and directions if possible including street names when necessary
Nature of the emergency

Condition of the patient involved and number of patients

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Blue lines=main building suggested EMS traffic flow

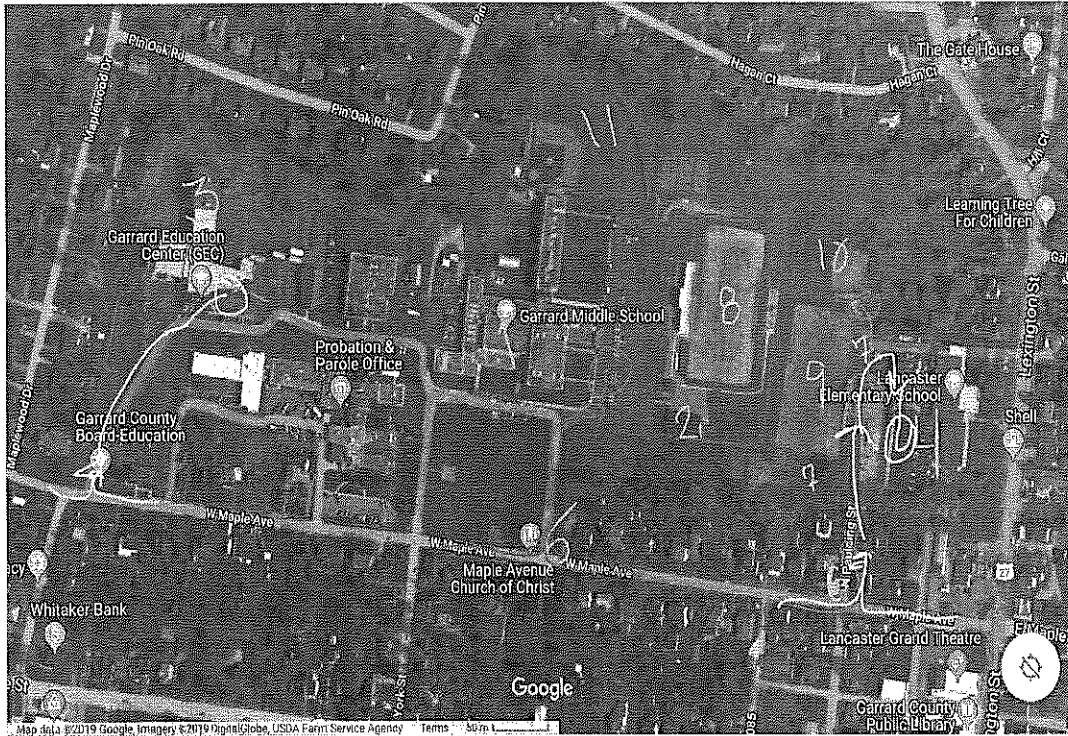
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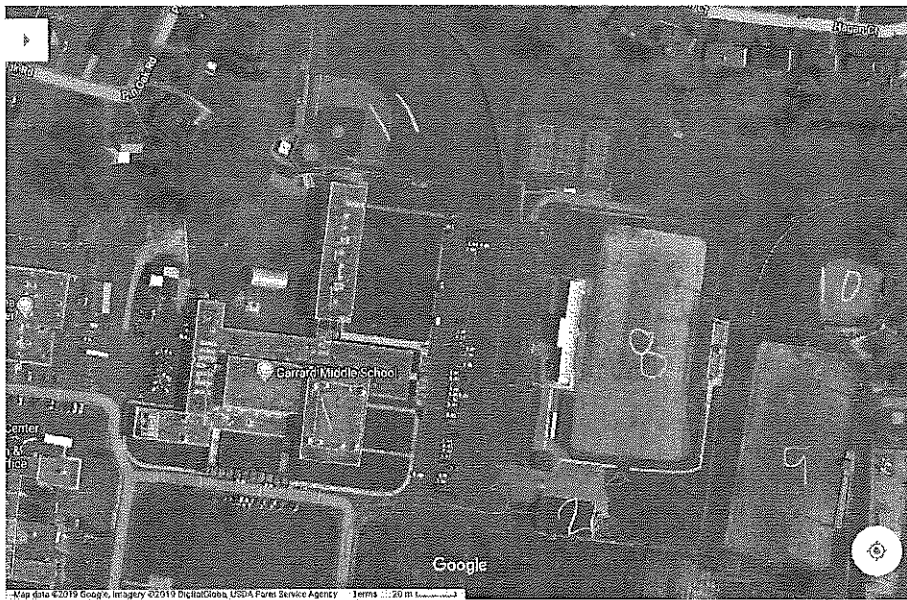
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Overall school map



Map for football field and football field house



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EMERGENCY ACTION PLAN

Garrard County High School

Gymnasium at GCHS

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Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

Etc.

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies (splints, gauze, gloves, etc.), keys to access the athletic training room (ATR), a cell phone to call emergency medical personnel, and an AED.

Location of AEDs

On the high school campus, AEDs can be located in the main high school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the head coach's office by the head coach's desk.

Severe weather

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Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightning is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors as well, but may venture at their own risk.

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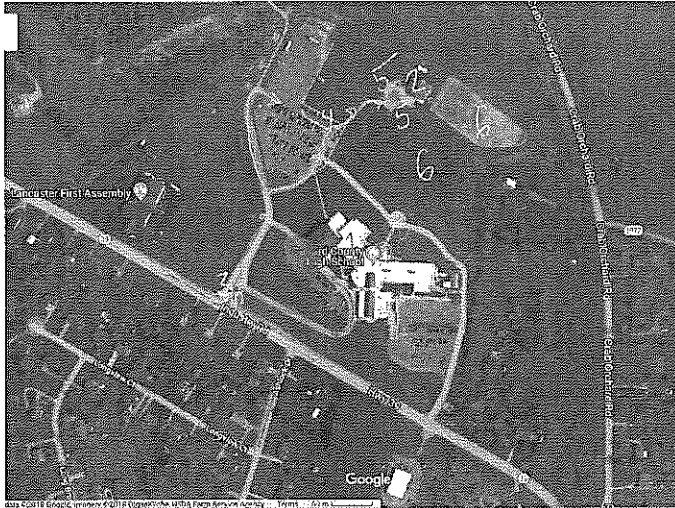
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A diagram of the facility is provided, with the key as follows:

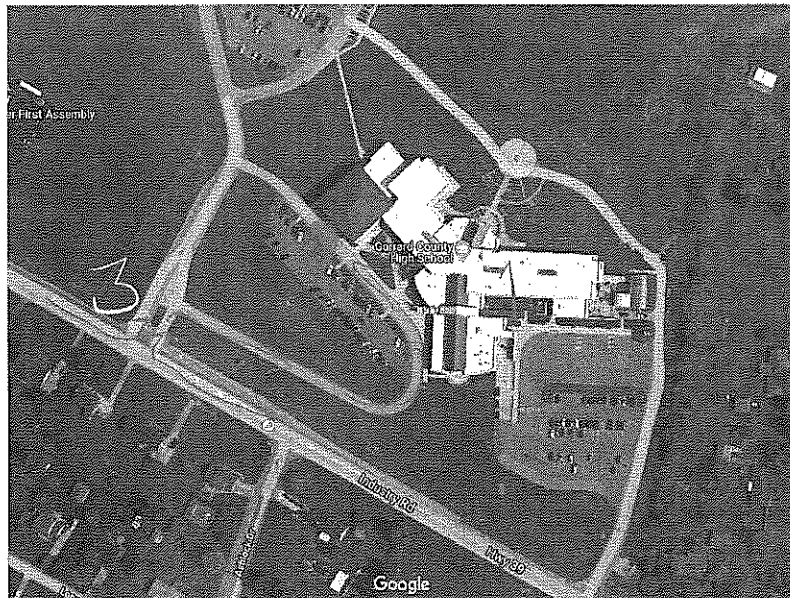
1. Main high school building
2. Football field house
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6. Football practice field(s)

Blue lines=main building suggested EMS traffic flow

Green lines= field house suggested EMS traffic flow

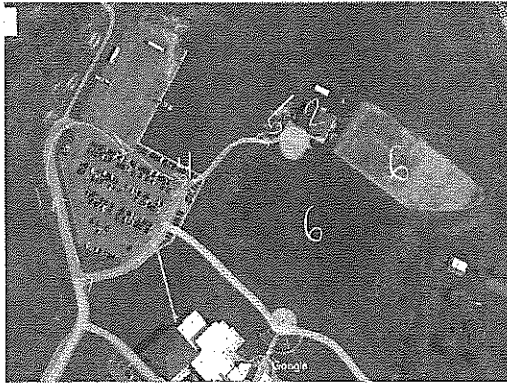


Main High School building



In the event of emergency at the main high school building, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the main high school building, located at 599 Industry Rd, Lancaster, KY. The ATC will designate someone to go meet the emergency personnel and direct them towards the gymnasium at the front of the building, noted by the blue area in the diagram. Upon arrival, the doors at the back of the gym, leading to the outdoors, will be opened for EMS to easily gain access to the athlete requiring EMS.

Football Field House



In the event of emergency at the football field house, a cell phone should be used to contact EMS. The ATC on staff (or next level of command) should give directions to the football field house, located at 599 Industry Rd, Lancaster, KY, behind the main parking lot on the campus. The ATC will designate someone to go meet the emergency personnel and direct them towards the rear of the high school campus to where the field house is located, and then direct them to park in front of the structure. If athlete is on the practice field, EMS will be directed to them, outside on the field. If athlete is inside the field house, EMS will be directed to the rear of the building, where access can be granted through the door to the weight room of the building, as this pathway leads to this best accessibility for the potential of a stretcher to be used.

EMERGENCY ACTION PLAN

Garrard County High School Athletics

Site: Lancaster Elementary School-Soccer Field

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In any emergency situation, the certified athletic trainer on duty during the time of the emergency has the first line of control, taking charge of the situation primarily. Second chain of command is given to the athletic director at the event. After the athletic director, a present coach, preferably with CPR or first aid training should step up. As a last and final line, another athlete should be able to perform to the best of their ability. In all situations, emergency medical services should be contacted via 911.

Emergency contacts

Should an individual need to be reached, the following numbers can be utilized in order to contact them:

Jennifer Mason, ATC (Athletic Trainer)—(859) 314-3727
David Hoskins (Athletic Director)—(859) 339-8267
Jerry Perry (Head Football Coach)—(859) 319-4879
Brett Deshon (Head Girl's Soccer Coach)—(606) 510-1408
Louis Kluesener (Head Boy's Soccer Coach) — (859) 304-1198
Jared Prewitt (Head Girl's Basketball Coach)—(859) 339-9861
Ryan Young (Head Boy's Basketball Coach)—(606) 669-5628
Todd Montgomery (Head Softball Coach)—(859) 351-7352
CJ Lynn (Head Baseball Coach)—(859) 516-1499
Yoly Acosta (Head Bowling Coach)—(859) 329-8649
Shannah Garner (Head Cross Country Coach)— (859) 339-0862
Robert Lyon (Head Track Coach)—(859) 303-1974
Tony Miracle (Head Bass Fishing Coach)—(859) 661-2779
Heather Rau (Head Archery Coach) —(859) 333-8467
Danielle Roberts (Head Cheer Coach)— (859) 216-2874
Leonard Harrison (Head Boy's Tennis Coach)— (859) 230-5005
Ambulance, Fire, Police --- 911

When these numbers are contacted, be sure to provide

Name and phone number

Exact location of emergency and directions if possible including street names when necessary

Nature of the emergency

Condition of the patient involved and number of patients

Situations that require EMS

While not all medical or other emergencies require additional emergency medical services, it is important to be able to define those that do. Additional EMS may be required in the following situations:

An athlete that is not breathing

Loss of consciousness

Any suspected neck or back injury

Athlete possessing an open fracture

Severe bleeding that cannot be stopped

Severe heat exhaustion or suspected heat stroke

NOTE: There may be other situations that may require EMS assistance. The persona initially responding to the situation should exercise best judgement and err on the side of caution. If unsure, call EMS

Emergency supplies

In the event of an orthopedic or medical emergency, all necessary supplies should be readily accessible for use. Supplies include a fully stocked medical bag including emergency medical supplies, keys to access the athletic training facility (ATF), a cell phone to call emergency medical personnel, and an AED.

A list of the emergency medical supplies required include

Gloves

Gauze

SAM splint

Tourniquet

ACE wrap

Athletic tape

Self-adhesive wrap

Sphygmomanometer

Stethoscope

Pen light

NOTE: other supplies may be required, particularly for non-emergencies. Those should stay in bag to assist in those situations

Location of AEDs

On the middle school campus, AEDs can be located in the main middle school building in the nurse's office by the block of front offices. In the football field house, the AED is located in the weight room in an AED box on the wall.

Severe weather

In the event of severe weather, all personnel should seek cover immediately. Use the below list of severe weather situations as a guideline of the appropriate measures to be taken in the specific weather emergency

Lightning

In the event of lightning, take cover immediately either in the nearest building or in a vehicle with a hard top. Be sure to not touch any metal surfaces. As soon as lightening is seen/detected via a weather/lightning detector, these actions should be taken as soon as possible. If on a field that allows, take shelter in a dugout if absolutely necessary. No one should be allowed back on the field for a minimum of 30 minutes post the most recent strike. Athletes are required to stay indoors and off field. Adult staff personnel are highly suggested to stay off the field and indoors

as well, but may venture at their own risk. In order for play to be resumed and personnel to return to the field, the situation must be cleared by the athletic trainer in conjunction with referees certified by the KHSAA.

Tornado

In the event of a tornado, immediate shelter in the innermost room in the nearest building must be found. Shelter should be found immediately after a tornado warning is issued for the area, and should not be withheld until a system or cyclone has already formed. Cover and shelter should ultimately be considered when a tornado watch is first issued. The Garrard County Middle School campus has one building and multiple fields in or on which athletics may be conducted in or near. In the middle school itself, the best area of safety in the event of a tornado is found in the foreign language hallway and classes. The second building, being the football field house, should be used only in an absolute, limited time, emergency situation in which passage from the practice/playing field to the middle school is not an option. In this situation, shelter should be sought in the coaches office or in the back laundry/storage room. In the event a system or tornado forms and passes the school building, all personnel should stay where they are until first responders instruct otherwise.

Extreme Heat

During spring, summer, and fall practices and games, there is a likelihood for extreme heat that runs the risk of heat related illness. In heat, there are also specifications for water breaks in activity as well as what protective gear can be worn, such as in football. As a participant in KHSAA sanctioned sporting events, Garrard County High School is required to follow the guidelines set forth by the KHSAA. These guidelines are as follows:

Heat index under 95 degrees Fahrenheit

Activity should progress as normal, full protective equipment. Water should be accessible, as should cool towels should an athlete desire one to cool down with. Temperature can -be rechecked every 30 minutes in event of temperature rise

Heat index between 95-99 degrees Fahrenheit

Water must be made available and mandatory water breaks must occur every 30 minutes for 10 minutes at a time. Padding and protective equipment should be removed whenever athlete is not directly involved in activity or general competition. Heat index should be checked and monitored every -30 minutes

Heat index between 100-104 degrees Fahrenheit

Water must be made available and mandatory every 30 minutes for 10 minutes in duration. Uniform changes should be made for all sports to allow athletes to remove items if possible and appropriate by defined standards. Time outdoors should be reduced with an indoor practice facility considered. For sports that require protective padding, remove all padding and protective gear. If the sport requires the protective gear, postpone practice until later in the day when the heat index has returned to a safe level. Heat index should be assessed every 30 minutes.

Heat index over 104 degrees Fahrenheit

All sports must cease outdoor activity and move to an air conditioned facility is practice is to be continued.

Hostile individual/armed gunman

If a hostile individual is seen/suspected on campus, the police should be notified immediately by contacting 911. Upon calling, be able to give as much detail as possible of the scene, including a description of the suspect, where they were headed, and any other details you are able to provide. If a

situation occurs in front of you, clear the area, call the police department, and obtain ID's from all individuals involved or who witnessed the altercation. If you are unable to speak, 911 should still be called with the service being used highly cautiously. At this time, there is no text to 911 service available in Garrard County, but EMS is still to be notified.

Procedures for locations

To access campus:

A diagram of the facility is provided, with the key as follows:

1. Main middle school building
2. Football field house
3. Garrard Educational Center
4. Lancaster Elementary School
5. Main entrance to school campus
6. Roadway to soccer and softball fields
7. Parking area for soccer and softball fields
8. Football field
9. Soccer field
10. Softball field
11. Baseball field

Blue lines=main building suggested EMS traffic flow

Yellow lines=GEC building suggested EMS traffic flow

Red lines= soccer/softball fields suggested EMS traffic flow

White lines= LES suggested EMS traffic flow

Commented [SA1]: I would strongly suggest providing driving directions to each access point:

Example (I made up the road names)

Coming from Northbound _____ (road name):

1. From the beginning of Main Street driving North, main entrance to school is approximately 3.4 miles on right of state road 52.
2. After turning into main entrance, drive straight to stop sign
3. Turn left at stop sign onto Athletics Drive
4. Baseball field parking lot is on right past first building