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Emergency Athletic Action Plans
Paducah Tilghman High School
Updated 3/20/18

Jetton Field Emergency Action Plan (Girls Soccer Games, Boys Soccer Games, Soccer Practice, Community Events)

1050 Washington Street
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire on the grounds of Jetton Field, exit to northwest corner of the parking lot to leave adequate space for first responders.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director or game supervisor ensures that all fans exit the premises to the northwest corner of the parking lot.
- As soon as possible, call 911 to alert first responders.
- Resume game activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the field.
- Evaluate attendance count and give to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players should remain on the field. Fans in the stadium or pressbox should be asked to move to an open field or grassy area.
- Make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities regulations regarding resuming play or exiting to the northwest corner of the parking lot.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer)
- The emergency shelter area for Jetton Field is located in the neighboring Annex Building.
- Once indoors, students and fans will be on the floor with their heads at their knees, hands covering their heads.
- Athletes/fans are to face the wall with their backs to the open area of the hallway.
- Students are to kneel shoulder to shoulder.
- Stay away from all windows/glass.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the field and stadium heading away from the event but toward the northwest corner of the parking lot if safe.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (bleachers, concession stand)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
- II. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct ambulance toward the driveway by the main concession stand.

Injuries

- **Head Injuries / Concussion**
 - Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.
- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Brooks Field (Soccer), Sheppards Field (Soccer), Sheppard's Field (Softball) Emergency Action Plan:
(Boys Soccer Practice, Girls Soccer Practice, Softball Practice, Softball Games – These fields are all right beside each other.

2400 Brooks Stadium Drive
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire on the grounds of Brooks or Sheppards Field, exit to parking lot of Brooks Stadium using caution to leave adequate space for first responders.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director or coach ensures that all players, family, etc... present exit the premises to the Brooks Stadium parking lot or to an area designated by first responders.
- As soon as possible, call 911 to alert first responders.
- Resume practice activities when the area is deemed safe by first responders, administrators, and coaches.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the practice areas.
- Evaluate attendance count for Athletic Director/Game Supervisor/Coach attending practice.

Earthquake

- If an earthquake begins, all players should remain on the field.
- Make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities regulations regarding resuming play or exiting to the parking lot of Brooks Stadium.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer or City Alert Sirens)
- If time permits per received warning, evacuate to Paducah Tilghman High School using the back hallways beside the cafeteria.
- If time does not permit, athletes and spectators need to seek shelter in a low lying area making their best effort to avoid debris, etc...
- Once indoors, students and fans will be on the floor with their heads at their knees, hands covering their heads.
- Athletes/fans are to face the wall with their backs to the open area of the hallway.
- Students are to kneel shoulder to shoulder.

- Stay away from all windows/glass.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event. Depending on the circumstance, either “flight” or “hide” may be the best option. Below are instructions that outline both.
 - A. Flight
 1. Flee or run from the field and stadium heading away from the event but toward the Brooks Stadium parking lot if safe.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (bleachers, concession stand, wooded areas, equipment buildings)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.

- **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it is suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC
Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Noble Park (Cross Country Practice) Emergency Action Plan

Noble Park Street
Paducah, KY 42001

Fire Drill Instructions

- In the event of a fire on the grounds of Noble Park, exit a considerable distance away from the direction of the fire and smoke.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, coach ensures that all athletes exit the premises to a considerable distance from the direction of the fire and smoke.
- As soon as possible, call 911 to alert first responders.
- Resume or discontinue practice when the area is deemed safe by first responders, administrators, or coaches.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the direction of the threat.
- Evaluate attendance when safe from the emergency situation.

Earthquake

- If an earthquake begins, all players should remain in an open area.
- Make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities regulations regarding resuming practice take students to the nearest safe shelter.

Severe Weather/Tornado

- Be aware of watch and warning signals (sirens, etc...)
- The shelter area for Noble Park is located in the men's and women's restrooms beside the Greenway Trail head.
- Once indoors, students and fans will be on the floor with their heads at their knees, hands covering their heads.
- Students are to kneel shoulder to shoulder.
- Stay away from all windows/glass.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the unsafe area going away from the violent event.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (trees, equipment sheds, buildings)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
- III. Follow directions of authorities regarding getting athletes/spectators in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
 - Establish an airway, begin CPR, if necessary
 - **Do Not** move the player, unless it is warranted to further protect them under the conditions.
 - Contact the Athletic Trainer for further assistance.
 - If needed, locate the nearest AED or any other emergency equipment.
 - In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible. When in question, ALWAYS cool an athlete, whether
- whether you are certain of heat exhaustion/stroke or not. Error on the side caution. Don't hesitate.
- **Act, don't over-react.**

Heat Emergencies Off and On Campus

In the event of sudden heat exhaustion or heat stroke (emergency), it is imperative to begin cooling the athlete immediately, with whatever means available.

- Call 911, give them exact details of the emergency and your location.
 - Cool athlete with ice, water, ice towels, A/C in a car.
 - Call the athletic trainer
 - If at Noble Park/Stewart Nelson, get athlete to shade, one person remains with the athlete, another finds water and ice. Dairy Queen or any restaurant across the street can help and will have an AED.
 - If the creek is close, you can put the athlete in the creek.
 - If training near campus, in the city, run to the nearest house and ask for water, ice and towels.
 - Call 911
 - A garden hose can be used to cool the athlete. Soak them in the groin area, under the arms, and head.
 - Get the athlete to shade.
 - Call the Athletic Trainer.
 - It is MOST important to begin cooling the athlete immediately. TIME IS CRITICAL.
 - Do not wait for help to arrive, be the help.
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- On campus, there is a whirlpool in the Football Field House Training Room
 - During the summer, it should be full of water, just add ice. (3-4 large coolers full)
 - Place the athlete up to their chest in the tub, and use a towel under their arms to hold them up, they may be near unconscious. Do not remove clothing.
 - Add ice and leave them in the tub. Once they begin shivering, their temp has begun to come down. It may take 10-15 minutes.
 - KEEP TRACK OF THE TIME.
 - When EMS arrives, let them know how long the athlete has been in the tub.
 - DO NOT remove the athlete until 15 minutes or shivering has started.
 - EMS can then transport the athlete.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
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Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC
Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

McRight Field/Stadium (Football Practice, Football Games, Track & Field Practice, Track & Field Meets)

Emergency Action Plan

2400 Washington Street
Paducah, KY 42003 (behind the high school)

Fire Drill Instructions

- In the event of a fire on the grounds of McRight Field/Stadium, exit to the nearest and safest exit to the football practice field or an area designated by first responders.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the football practice field.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the stadium.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players should remain on the field. Fans in the stadium or pressbox should be asked to move to an open field.
- Make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authority's regulations regarding resuming play or exiting to the football practice field.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer or city sirens)
- The shelter area for severe weather is in the main gym. Exits would be out the north gate of the stadium and the west gates where they would turn right and head toward the main gym.
- Once indoors, students and fans will be in the bleachers with their heads at their knees, hands covering their heads.
- People are to kneel shoulder to shoulder.
- Stay away from all windows/glass.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the field and stadium heading away from the event but toward the football practice field if safe.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (bleachers, concession stand)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct ambulance toward the gate on the northeast side of the football field by tennis complex.

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it is suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
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Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Practice Field (Football Practice, Band Practice) Emergency Action Plan

2400 Washington Street
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire on the grounds of the practice field, exit to the northwest lawn in the front of the school.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all athletes and spectators exit the premises to the northwest lawn of the front of the school.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the football practice field.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players, coaches, and spectators should remain on the field.
- Make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities regulations resume play or exit to the football practice field.

Severe Weather/Tornado

- Be aware of watch and warning signals (city severe weather sirens).
- The shelter area for severe weather is in the back hallway of the school by the cafeteria.
- Once indoors, students and fans will be in hallways against the wall with their head between their knees and hands over their head.
- People are to kneel shoulder to shoulder.
- Stay away from all windows/glass.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- i. Do not approach the attacker. Take the following steps in the case of a violent event.

- A. Flight
 1. Flee or run from the practice field toward the northwest corner of the school if safe.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
- B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (football practice equipment, trees, etc...)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
- C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)

Injuries

- **Head Injuries / Concussion**
 - Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.
- **Cuts and lacerations.**
Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it is suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Main Gym (Girls Basketball Practice & Games, Boys Basketball Practice & Games, Volleyball Practice & Games, Inclement Weather Facility Practice Emergency Action Plan

2400 Washington Street
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire in the main gym, exit out the front doors to the northeast lawn toward Washington Street. If not accessible, exit out the south doors to the parking lot behind the football stadium.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- School Administration, game supervisor, or coach ensures that all fans exit the premises to the northeast lawn near Washington Street.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the gym.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players, band, and cheerleaders should go to the tunnel hallways toward the locker rooms. Fans and game workers should move away from windows but remain in the bleachers and chairs close to the gym floor but not on the gym floor.
- If evacuation occurs, make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer, city sirens)
- The shelter area for severe weather will be to remain in the building. All players, band, and cheerleaders should go to the tunnel hallways toward the locker rooms. Fans and game workers should move away from windows but remain in the bleachers and chairs close to the gym floor but not on the gym floor.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the gym toward the closest and safest exit.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (bleachers, etc...)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
 - Establish an airway, begin CPR, if necessary
 - **Do Not** move the player, unless it is warranted to further protect them under the conditions.
 - Contact the Athletic Trainer for further assistance.
 - If needed, locate the nearest AED or any other emergency equipment.
 - In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
 - If necessary, direct ambulance to the back doors of the main gym behind the school.

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Auxilliary Gym Emergency Action Plan (Archery Practice, Wrestling Practice, Girls Basketball Practice, Boys Basketball Practice, Inclement Weather Facility Practice)

2400 Washington Street
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire in the auxilliary gym, exit out the south doors to the football practice. If not accessible, exit out the west doors to the northwest lawn in front of the school.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the football practice field.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the gym.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, go along the north side wall away from windows (auditorium or band side). Duck, cover, or get under a table or desk if possible.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer, city sirens)
- The shelter area for severe weather will be to remain in the building. Athletes and participants should go to the back hallway by the Spanish classrooms placing their head between their knees and hands covering their head.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the gym toward the closest and safest exit.
 2. Leave belongings behind.
 3. Help others escape if possible.

4. Prevent individuals from entering an area where an active shooter is.
5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
6. Call 911 when safe to do so.

B. Hide

1. Take cover.
2. Be out of shooters view.
3. Hide behind sturdy objects (practice equipment, walls, etc...)
4. Silence your phone.
5. Remain calm.
6. Dial 911 as soon as it is safe to do so.

C. Fight – only do this as a last resort and if in imminent danger.

1. Use available means to distract, defeat the attacker.
2. Physically confront shooter (throw items and improvise weapons)
3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct ambulance toward the rear exit of the auxiliary gym adjacent to the football practice field.

Injuries

- **Head Injuries / Concussion**
 - Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.
- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it is suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Tennis Complex Emergency Action Plan (Boys and Girls Tennis Practice)

2400 Washington Street
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire in the tennis building or tennis grounds, exit out the gate toward the northeast lawn in front of the school toward Washington Street. If not accessible, exit out the west gate onto the main football field.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the football practice field.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the tennis complex.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players, fans, etc... should go to the open grassy area on the north side of the tennis courts behind the building.
- If evacuation occurs, make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer, city sirens)
- The shelter area for severe weather will be inside the tennis complex. All players and spectators should kneel down in hallways with their head between their knees and hands over their heads, away from glass, and shoulder to shoulder.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the tennis complex toward the northeast lawn in front of the school.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (tennis building, trees, etc...)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct ambulance toward the main gate of the tennis building beside the visitor stands at the football field.

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.
- **Cuts and lacerations.**
Clean the area with peroxide, saline, or clean water and soap.
Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Brooks Stadium Emergency Action Plan (Baseball)

Brooks Stadium Drive
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire at Brooks Stadium, exit out the main entrance walking across the street to Sheppard's Field (soccer practice field). If not accessible, exit out the gates near the 1st and 3rd base sides of the stadium near the dugouts.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the Sheppard's Field parking lot.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the threat.
- Evaluate attendance and give count to Athletic Director/Game Supervisor/Coach attending game.

Earthquake

- If an earthquake begins, all players, fans, etc... should go to the open grassy area on the field itself or in the grass behind the baseball stadium.
- If evacuation occurs, make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer, city sirens)
- The shelter area for severe weather will be inside the dugouts for players and underneath the stadium for spectators. All players and spectators should kneel down under the stadium or in the dugout shoulder to shoulder with their head between their legs and hands covering the head. Players shall also be instructed to remove their shoes as the spikes are conductors of electricity.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event. Depending on the circumstance, either “flight” or “hide” may be the best option. Below are instructions that outline both.
 - A. Flight
 1. Flee or run from the main gate of Brooks Stadium toward Sheppard’s Field and the wooded area behind it.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (equipment buildings, trees, etc...)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don’t over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Paxton Park Emergency Action Plan (Girls & Boys Golf)

841 Berger Road
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire at the Paxton Park Clubhouse, there are 4 exits out the building where people can get to the safest area – the front of the building, east exit, west exit, and downstairs. In the event of an outdoor fire, coaches should take participants a considerable distance away from the fire and smoke.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the Paxton Park parking lot.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the threat.
- Evaluate attendance and give count to Athletic Director/Game Supervisor/Coach attending game.

Earthquake

- If an earthquake begins, all players, fans, etc... should go to the open grassy area.
- Participants should make sure to be in an open space away from telephone poles, electrical lines, trees, or any other areas that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (weather alert siren at the golf course)
- The shelter area for severe weather will be inside the golf complex. Those participating on the course or inside the building will be instructed to go to the basement for safety.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event. Depending on the circumstance, either “flight” or “hide” may be the best option. Below are instructions that outline both.
 - A. Flight
 1. Flee or run from the golf complex onto the course or in the safest area away from the shooter.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (golf building, equipment building, trees, etc...)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct ambulance toward the driveway by the main concession stand.

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

Sprains (ankle, knee, etc.)

Apply compression (Ace-wrap), ice over the compression. If a compression wrap is not available, use ice only. Ice 15-20 minutes

Contusions (bruises)

Apply ice for 15-20 minutes

Head Injuries/Concussions

- In a suspected head injury, remove the player from play. Player is NOT allowed to return to play or practice, under any circumstances, until evaluated by the Athletic Trainer or a physician. No exceptions.
- If a player is unconscious for any length of time, player needs to be examined by a physician.
- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
- Signs and Symptoms (one or any combination of)
 - Headache, dizziness, nausea, tinnitus (ringing of the ears), confusion, blurred vision, neck pain
- Any player that is diagnosed with a concussion, will not be allowed to return to play/practice for a minimum of 7 days following the date of injury, and only after they are cleared by a MD, with a signed release. A football player occurring a concussion on Friday will miss the following game, the next Friday. Some concussions may require a longer return-to-play time.
- Rate and manner of return to play will be determined by the Athletic Trainer.

General Information

- During summer camps and pre-season play: Allow for water as necessary.
- Heat Index will be monitored by the Athletic Trainer, and practices will be adjusted as necessary
- Encourage all players to eat breakfast, not to skip any meals, eat and rest in between practices, drink plenty of fluids, discourage soft drinks and energy drinks during the season.
- Warm-up and stretch, prior to all practices
- Cool-down and stretch, after all practices
- Proper warm-ups and stretches will prevent most injuries from occurring.
- Lauren Teasley, ATC **(270)804-0111**
- OIWK Urgent Care 270-450-7098 Hours 8am-5pm (after 4pm, call first)
- OIWK Office 270-442-9461 Dr. Brian Kern, Dr. Spencer Romine

Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

Physicians: Dr. Brian Kern, Dr. Spencer Romine, Dr. Kyle Parish

Paducah Athletic Club Emergency Action Plan (Girls and Boys Swimming)

115 Lebanon Church Road
Paducah, KY 42003

Fire Drill Instructions

- In the event of a fire at the Paducah Athletic Club pool there are 3 exits depending on the location of the fire: the glass doors at the back, side doors, overhead doors.
- Coaches should have a team roster to take attendance and report any missing students to game supervisor or administrator.
- Athletic Director, game supervisor, or coach ensures that all fans exit the premises to the football practice field.
- As soon as possible, call 911 to alert first responders.
- Resume game or practice activities when the area is deemed safe by first responders and administrators.

Bomb Threat

- When announcement is made, coaches should grab team rosters.
- Evacuate when advised using fire evacuation routes.
- Take attendance when students are safely assembled away from the swimming complex.
- Evaluate attendance and give count to Athletic Director/Game Supervisor attending game.

Earthquake

- If an earthquake begins, all players, fans, etc... should go to the hallways and locker rooms of the main building.
- If evacuation occurs, make sure to be in an open space away from telephone poles, electrical lines, or any other area that might include fallen debris.
- Players/fans shall be instructed to place their head between their knees and hands over their head staying away from glass.
- After the quake has ended, remain in the cover position until the ALL CLEAR is given.
- Follow authorities instructions regarding safely exiting the building or resuming play.

Severe Weather/Tornado

- Be aware of watch and warning signals (PA announcer)
- Participants at practice/events will be instructed to clear the pool.
- The shelter area for severe weather will be inside the PAC in the hallways between the pool and the fitness area. All players and spectators should kneel down in hallways with their head between their knees and hands over their heads, away from glass, and shoulder to shoulder.
- Follow instructions of authorities regarding safety leaving or resuming play.

Active Shooter/Violent Event

- I. Do not approach the attacker. Take the following steps in the case of a violent event.
 - A. Flight
 1. Flee or run from the first available exit toward from the swimming complex toward Community Christian Academy across the street.
 2. Leave belongings behind.
 3. Help others escape if possible.
 4. Prevent individuals from entering an area where an active shooter is.
 5. Follow instructions of onsite administrators in this order – police officers, school administration, coaches.
 6. Call 911 when safe to do so.
 - B. Hide
 1. Take cover.
 2. Be out of shooters view.
 3. Hide behind sturdy objects (PAC building, equipment sheds, trees outside, neighboring gas station)
 4. Silence your phone.
 5. Remain calm.
 6. Dial 911 as soon as it is safe to do so.
 - C. Fight – only do this as a last resort and if in imminent danger.
 1. Use available means to distract, defeat the attacker.
 2. Physically confront shooter (throw items and improvise weapons)
 3. Follow directions of authorities regarding getting athletes/fans in a safe situation.

Medical Emergency Action Plan

Emergencies

- In the event of an emergency: unconscious player, neck injury, fracture dislocation, heat illness, anaphylactic shock, cardiac arrest: **immediately call 911**
 - Remain calm, provide all information that is asked, stay on the line.
- Establish an airway, begin CPR, if necessary
- **Do Not** move the player, unless it is warranted to further protect them under the conditions.
- Contact the Athletic Trainer for further assistance.
- If needed, locate the nearest AED or any other emergency equipment.
- In the case of **Heat Stroke**, use any means necessary to begin cooling the player **immediately**. Do not remove equipment or clothing, unless absolutely vital to immersing the athlete in a tub.
 - In the event that a tub is not available, cold water, ice, and ice towels used, while waiting for emergency personnel. Time is critical and cooling must begin as quickly as possible.
 - **Act, don't over-react.**
- Write down all pertinent information about the athlete (name, age, nature of injury, cause)
- If necessary, direct the ambulance toward the north end of the building where the pool is located.

Injuries

- **Head Injuries / Concussion**

- Remove the player from play/practice. Check for symptoms. Contact the Athletic Trainer. In the event of an unconscious player, activate the EAP.

- **Cuts and lacerations.**

Clean the area with peroxide, saline, or clean water and soap.

Apply pressure with gauze or bandage, contact the Athletic Trainer for further assistance, if it suspected that sutures or Steri-strips are required.

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- If a player is unconscious, **DO NOT** move them. Check ABCs (Airway, Breathing, Circulation), Stabilize cervical spine, begin CPR, if necessary. **Call 911**
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Medical Staff: Athletic Trainers - Lauren Teasley ATC, Jason Crivello ATC

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Paducah Tilghman High School Uniform Review, Rotation, and/or Replacement Plan

Team Uniform Style Inventory Replacement Schedule
 Home Top Away Top Home Bottom Away Bottom 2018 2019 2020 2021 2022 2023 2024 2025 2026

Boys Golf	1	1	1	1	X	X	X	X	X	X	X	X	X
Girls Golf	1	1	1	1	X	X	X	X	X	X	X	X	X
Boys Soccer	1	1	1	1	X					X			
Girls Soccer	1	1	1	1	X					X			
Football	1	1	1	1		X			X				X
Volleyball	1	1	1	1		X			X				X
Boys Cross Country	1	0	1	1	X					X			
Girls Cross Country	1	0	1	1	X					X			

Boys Basketball	1	1	1	1	X					X			
Girls Basketball	1	1	1	1	X					X			
Archery (Girls/Boys)	1	0	0	0	X	X	X	X	X	X	X	X	X
Swimming (Girls/Boys)	1	0	1	1	X	X	X	X	X	X	X	X	X
Wrestling	1	0	1	1	X					X			X

Softball	1	1	1	1	X					X			
Baseball	1	1	1	1	X					X			
Boys Track	1	0	1	0	X					X			
Girls Track	1	0	1	0	X					X			
Boys Tennis	1	1	1	1	X	X	X	X	X	X	X	X	X
Girls tennis	1	1	1	1	X	X	X	X	X	X	X	X	X

All uniforms are evaluated every year by the athletic director or the school administration.

The principal may direct the purchase of new uniforms in extreme or emergency situations.

To correct what was in our initial file, golf uniforms are replaced every year and purchased by the students who participate in both girls and boys golf. This is the same situation in tennis, archery and swimming. In all cases, the school may help out any students who struggle to make these purchases.

Also, I had mistakenly listed that softball and baseball each did not have pants listed for home and away. It is correctly listed now.

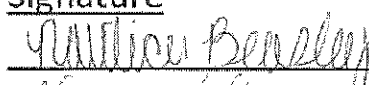
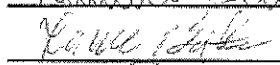

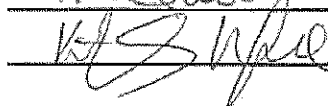

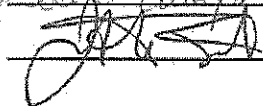
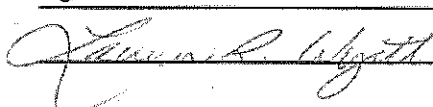
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4-7-20

Head Coach Signature Page for Travel/Per Diem Policy and Uniform Policy

As the head coach of the stated program below, I certify by signing and dating that I have read and understand both the travel/per diem policy and the uniform policy for Paducah Tilghman High School athletics.

	<u>Signature</u>	<u>Date</u>
Archery Boys (Cindy Sharp)	Cindy Sharp	3/21/18
Archery Girls (Cindy Sharp)	Cindy Sharp	3/21/18
Baseball (Chris Johnson)	Chris Johnson	3-20-18
Basketball Boys (Roderick Thomas)	Roderick Thomas	3/21/18
Basketball Girls (Steve Dreher)	Steve Dreher	3-20-18
Cross Country Boys (Jared Wynne)	Jared Wynne	3/21/18
Cross Country Girls (Jared Wynne)	Jared Wynne	3/21/18
Fast Pitch Softball (Sarah Puckett)	Sarah Puckett	3/20/18
Football (Steve Duncan)		
Golf Boys (Brett Larimer)	Brett Larimer	3/21/18
Golf Girls (Brett Larimer)	Brett Larimer	3/21/18
Soccer Boys (Wesley McSparin)	Wesley McSparin	3-20-18
Soccer Girls (Jessica Pearson)	Jessica Pearson	3-21-18
Swimming Boys (Mark Curtis)	Mark Curtis	3-21-18
Swimming Girls (Mark Curtis)	Mark Curtis	3-21-18
Tennis Boys (Jeff Leeper)	Jeff Leeper	3-21-18
Tennis Girls (Jeff Leeper)	Jeff Leeper	3-21-18
Track Boys (Randy Wyatt)	Randy Wyatt	3-20-18
Track Girls (Randy Wyatt)	Randy Wyatt	3-20-18
Volleyball (Carl Eligio)	Carl Eligio	3-20-18
Wrestling (John Bardin)	John Bardin	3-21-18

Gender Equity Review Committee Signatures for Travel/Per Diem & Uniform Policy

<u>Committee Members</u>	<u>Signature</u>	<u>Date</u>
Beasley, Nautica		3/27/18
Butler, Lance		3/22/18
Davis, Art (Principal)		3/22/18
Durfee, Kristopher (ADD)		3/22/18
Jones, Tim		
Shumpert, Iesha		3/22/18
Smith, Jonathan		3/22/18
Thompson, Mark		
Wyatt, Lauren		3/22/18

Locker Rooms Assignment by Sport

<u>Sport</u>	<u>Building</u>	<u>Room</u>
Archery Boys	Main Gym	Boys PE Locker Room
Archery Girls	Main Gym	Girls PE Locker Room
Baseball	Brooks Stadium	Locker Room
Basketball Boys	Main Gym	Boys Basketball Locker Room
Basketball Girls	Main Gym	Girls Basketball Locker Room
Cheerleading	Main Gym	Girls PE Locker Room
Cross Country	Main Gym	Girls and Boys P.E. Locker Rooms
Football	Field House	Football Locker Room
Golf	Paxton Park	Club Locker Room
Soccer	Main Gym	Girls and Boys P.E. Locker Rooms
Softball	Main Gym	Girls PE Locker Room
Swimming	Paducah Athletic Club	Locker Room
Tennis	Tennis Complex	Boys & Girls Locker Rooms
Track Boys	Field House	Track Locker Room
Track Girls	Main Gym	Middle P.E. Locker Room
Volleyball	Main Gym	Middle P.E. Locker Room
Wrestling	Aux Gym	Upstairs Locker Room

Policy for Athletic Travel and Per Diem

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4-19-18

- I. Mode of Transportation
 - A. School buses or SUVs shall be used for all athletic events, girls or boys, during regular season play reserved via the transportation website on the school web page a minimum one week in advance. SUVs shall only be used on trips with 6 or less students and school buses shall be used for everything else.
 - B. Charter buses may be used for any girls or boys sports during post-season play if the event is longer than 2.5 hours or requires an overnight stay (an example includes but is not limited to girls and boys track traveling to Lexington, KY for the state track meet).
- II. Meals – meals for male or female athletes will be provided by the school or booster club for events requiring overnight travel at a rate of \$20 per athlete per day as applicable. These costs will be monitored by the Principal and the Athletic Director.
- III. Hotels – Hotels for male or female athletes may be used for athletic events where the distance is more than 2 hours and requires an overnight stay (i.e. tournaments or post-season events). The school or booster club shall house athletes at 4 per room per night. Hotels are required to have an interior entry only. If possible, the school or booster club shall try to book hotels that serve a continental breakfast. Costs of hotels are ideally at a rate under \$125 per night but may depend on the region. In all such cases, hotel costs and accommodations during the regular season or the post-season shall be requested in advance and monitored by the Principal and Athletic Director.

Written Guidelines for Awards and Recognition

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4-19-18

VARSITY LETTERS

The varsity head coach is responsible for keeping an accurate record of playing time and/or quarters of participation for purposes of determining awards. At the end of each season, the head coach for each sport will present a season record summary/inventory as well as a list of awards to the Athletic Director. In order to receive a varsity letter, a student must be in grades 9-12 and meet the following requirements by sport:

A. Archery (Girls and Boys)

Participate in at least $\frac{3}{4}$ of the varsity competitions.

B. Baseball

Participate in at least $\frac{3}{4}$ of the varsity games and make the district roster.

Participation shall mean at least three innings.

C. Cheerleaders

Must complete the fall/winter athletic season in good standing and be at least a sophomore.

D. Cross Country (Girls and Boys)

Participate in at least $\frac{3}{4}$ of the varsity meets. Participation shall mean finishing in the top 5 Paducah Tilghman runners in at least 50% of all meets.

E. Golf (Girls and Boys)

Participate in $\frac{3}{4}$ of the scheduled matches finishing in the 1-4 positions.

F. Soccer (Girls and Boys)

Participate in at least $\frac{3}{4}$ of the varsity matches.

- G. Swimming (Girls and Boys)
Participation in at least 4 varsity meets. Qualify for regional roster.
- H. Tennis (Girls and Boys)
Participation in at least $\frac{3}{4}$ of the varsity matches.
- I. Track & Field (Girls and Boys)
Place in at least $\frac{3}{4}$ of the varsity matches and make the regional roster.
- J. Volleyball
Participate in at least $\frac{3}{4}$ of the varsity matches and make the district roster.
- K. Wrestling
Participation in $\frac{3}{4}$ of the varsity meets with a minimum of 4 meets. Qualify for regional roster.

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4-19-18

Injured Athletes

If a student-athlete has a season-ending injury which keeps him/her from meeting a normal lettering requirement, the varsity coach may grant the student-athlete a letter if they attended all practices and contests of the remainder of the season following the injury, and (in the coach's professional opinion) would have met the standards for a varsity letter had the injury not occurred.

The Athletic Director/Head Coach may award a letter to a student athlete that makes a significant contribution to their team, yet does not meet the playing time criteria.

Team Banners

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4-19-18*

Athletic banners are displayed in the following manner per sport for that academic year. For state championships, the year of the accomplishment will be placed on the Championship Wall outside the football stadium. In addition, the following banners will be hung in the main gymnasium as applicable:

Archery (Girls and Boys): State Runner-Up, State Championship

Baseball: State Runner-Up, State Championship

Basketball (Girls and Boys): Regional Champions, State Final Four, State Runner-Up, State Championship

Cross County (Girls and Boys): State Championship

Football: State Runner-Up, State Championship

Golf (Girls and Boys): State Runner-Up, State Championship

Soccer (Girls and Boys): State Runner-Up, State Championship

Softball: State Runner-Up, State Championship

Tennis (Girls and Boys): State Runner-Up, State Championship

Track & Field (Girls and Boys): State Championship

Volleyball: State Runner-Up, State Championship

Swimming (Girls and Boys): State Runner-Up, State Championship

Wrestling: State Runner-Up, State Championship

Trophy Cases

Trophies of district runner-up or higher can be placed in the trophy cases located in the lobby of the main gym. Preference on space will be given in this order – state champion, state runner-up, regional champion, regional runner-up, district champion, district runner-up. Other artifacts that highlight the rich historical athletic tradition of Paducah Tilghman High School such as coach or community member contributions may also be located in the trophy cases.

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4-19-18

Individual Recognition

Individual athletes who attain the following recognitions will be placed in the gym lobby via plaque:

1. State Champion in an individual event.
2. First Team All State in Any Sport

Banquets

Each sport is encouraged to have an end of season banquet or opening season banquet and "like sports" are encouraged to do them together (i.e. basketball, soccer, etc...). The venue should be at Paducah Tilghman High School or the Robert Cherry Civic Center (we have a facilities agreement with the Parks Department to use that building for free minus a cleaning fee) unless a scheduling conflict is apparent. If the venue is different from the High School or the Robert Cherry Civic Center it will need to be approved by the Athletic Director and Principal. The maximum fee is \$10 for student athlete meal per player. Collectively, costs of awards should not exceed more than \$5-\$7 per player on the team. Costs and recipients of awards shall be submitted prior to the banquet and shall be monitored by the Principal and Athletic Director.