



Emergency Action Plan Summary

Athletics and Stadium Safety

Emergency Contact Numbers

The Delaware Department of Natural Resources Police Officers are the primary contact for all emergencies that occur at Abessinio Stadium. Calls for all incidents will be routed to the appropriate local responders when calling 911.

Emergency (Police / Fire / Ambulance)	911
Delaware Natural Resources Police Dispatch	302-739-4580
Delaware State Parks on site office	302-577-7020
Stadium Operations Office	302-356-2614
Wilmington Police Non-Emergency	302-576-3670
Poison Information Center	800-222-1222
Salesianum School (M-F 7:30am-4pm)	302-654-2495
National Weather Service at Mount Holly NJ	609-261-6604

Game Stoppage - During the event that the game is stopped for some general reason, please use the announcement below to clear the Stadium.

Generic Evacuation Announcement

May I have your attention please. The game has been stopped by the officials. For your safety you are being asked to leave the stadium. Please proceed to the nearest exit or open gate to leave the stadium. An announcement and/or notification will be made if play is able to resume.



Emergency Response Actions: Weather

Severe Weather - During an event, it will be up to the Delaware Department of Natural Resources Police Officer in Charge (OIC) to contact the Event Manager and/or Athletic Director, or their designee, for the home team to discuss the approaching weather ↔ Open source weather reporting applications can be used to monitor or determine if the weather will become a priority ↔ The National Weather Service at Mount Holly NJ can be contacted for more specific information.

Severe Weather Watch: Conditions are favorable or expected but not occurring or imminent

Severe Weather Warning: Conditions are occurring or imminent

Severe Weather (Lightning) - At first sound of thunder or observation of cloud to ground lightning the game will be stopped, the playing area will be cleared, all players, coaches and support staff will be directed to their respective training rooms ↔ Spectators will be asked to leave the stadium in an orderly fashion ↔ Play will not resume until 30 minutes after the last clasp of thunder was heard or lightning seen ↔ If it appears that lightning/storm is moving in the direction of the stadium or additional alerts have been received (within 10 miles), the following procedure will begin:

- ↔ An on-scene representative in charge from both schools will be contacted by the OIC and advised that there is weather moving in the direction of the stadium.
- ↔ Officiating staff will be contacted, and the game will be stopped. The playing area will be cleared, all players, coaches and support staff will be directed to their respective training rooms.
- ↔ Natural Resource Police Officers will report to their designated posts, opening all gates allowing fans to leave the stadium.

Severe Weather (Evacuation Protocol) - The OIC will direct one of the Natural Resource Police Officers assigned to the Press Box area to contact the public address announcer and have the Weather Announcement read over the public address system.

Weather Announcement

May I have your attention please. A Thunderstorm is approaching our area. The game has been stopped by the officials. For your safety you are being asked to leave the stadium and seek shelter in your vehicles or other safe places. You may not remain in the stadium or under the stands. Please proceed to the nearest exit or open gate to leave the stadium. An announcement will be made to continue the game if/when the storm passes.



Emergency Response Actions: Missing Child

Missing Child - The individual who is contacted by the reporting person (parent, sibling, guardian) regarding a missing child must remain with that reporting person until relieved by a police officer ➡ Notify on-site police that a child has been reported missing ➡ Obtain the name and age of the missing child, physical and clothing description, and the time and location the child was last seen ➡ If possible, obtain a photo of the child to be broadcasted on the scoreboard ➡ On-site police will be in charge of conducting any on-site search ➡ The stadium public address system may be used to make announcement(s) to make spectators aware that a child has been reported missing ➡ Stadium exit points may be limited (gates may be secured) temporarily by on-site police so that spectators are forced to leave by way of a single exit ➡ At least one police officer will proceed to that stadium exit to minimize the likelihood that the child will leave the stadium undetected ➡ When the child has been located, on-site police must be advised immediately. Once a police officer has identified the child, search operations may be discontinued. Make an announcement once the child has been located.

Missing Child Announcements

Child has gone to a staff member and reported losing parent/guardian/adult.

Ladies and gentlemen, may I have your attention please. Would <parent/guardian/adult> please report to the Concession Stand at this time, please? Once again, would <parent/guardian/adult> please report to the Concession Stand at this time?

Parent/guardian/adult has gone to a staff member and reported losing child.

Ladies and gentlemen, may I have your attention please. Would <child's name> please report to the Concession Stand at this time, please? Once again, would <child's name> please report to the Concession stand at this time?

Verified missing child, who has not been located.

Ladies and gentlemen, may I have your attention please. We are asking for your assistance in locating a missing child. The child is <age> years old, a <height, weight,> <boy/girl>, wearing <clothing description>. The child's first name is <child's name>. If you locate <child's name>, please contact the nearest identifiable staff person, or proceed immediately to the Concession Stand. Your help is greatly appreciated.



Emergency Response Actions: Other Issues

Medical Emergency - Call 911 or notify onsite Officers ↔ Provide your name, location, number of people injured, and description of the medical emergency ↔ Stay on the phone for instructions of what to do ↔ Send someone to meet the first responders outside the facility/field to direct them to the exact location.

Generic Medical Announcement

May I have your attention please. Ladies and gentlemen, may I have your attention please. We ask that you please remain in your seats and allow medical personnel to perform their duties. Once again, please remain in your seats and allow the medical personnel room to perform their duties. Thank you for your cooperation.

Armed Intruder - Call 911 ↔ In case of an immediate life-threatening event, each individual should take whatever actions are necessary to protect his or her own life ↔ If it is possible to flee the area safely and avoid danger, do so ↔ If flight is impossible, lock (or barricade) all doors and secure yourself in a safe area ↔ Remain in place until an “all clear” is given by an authorized person or police.

Violent Event Announcement

In the case of a violent event – one that would cause general panic or pandemonium – the announcements should direct people to remain calm, and move away from the locus of the event. If the announcer is in a position to view the event (football skybox, etc.), the announcer should direct evacuation away from the threat. Announcer should also be in contact with Game Management/Rangers to provide information regarding the threat that they may not be aware of. In any event, the announcer should remain calm, give information only to assist in evacuation, and not announce speculative information, or information that might give the evildoer notice regarding the actions of Rangers or Game Management.

Fire - Call 911 ↔ Alert others and pull the closest fire alarm. Evacuate the building immediately using the closest emergency exit ↔ Do not use the elevator ↔ If you cannot exit the building, proceed to the nearest exit stairwell or assisted evacuation area (“refuge area”) and report your location to 911 or first responders ↔ If trained, use a portable fire extinguisher if the fire is small and contained and room is not filled with smoke

Fire Alarm Announcement

Ladies and gentlemen, may I have your attention please. The fire alarm has been initiated and we have verified that in the interest of your safety, we request that you begin to evacuate the Stadium at this time. Please identify one of the emergency exits and proceed to the exit and follow the directions of the staff members at the exit. Please remain calm and follow the staff's directions.



Bomb Threat/Suspicious Package or Letter - Call 911 ↔ Stay composed ↔ If you have caller ID, write down the number displayed ↔ Keep the caller on the line and obtain as much information as possible ↔ Coordinate with arriving police officer while they evaluate the threat ↔ Follow police orders to evacuate to a safe location ↔ for suspicious packages, follow police instructions and do not disturb the package in any manner.

Chemical Spill/Hazardous Materials Emergency - Call 911 ↔ Provide information on the type of chemicals (if known), size of the spill, and possible exposures ↔ Evacuate the area and the facility/field based on instructions from emergency personnel ↔ The evacuated area should remain evacuated until an “all clear” announcement is given by the appropriate authorities ↔ Do not leave the area as decontamination may need to be conducted.

Emergency Relocation Site -

Salesianum School's Gymnasium

1801 North Broom Street, Wilmington, DE 19802

Safe Shelter Announcement

Ladies and gentlemen, may I have your attention please. In the interest of your safety, we request that you begin to evacuate the Stadium at this time and head across 18th Street to Salesianum School. Proceed to the front of the school building facing Broom Street to the Main Gym Entrance where you will seek indoor shelter. Please remain calm and follow the staff's directions.

Stadium Rules for spectators of game events:

- No outside food.
- No bottles, beverage containers, or cans.
- No backpacks or large bags. Small purses, diaper bags, or other medically essential bags are allowed, but are subject to inspection.
- No reentry.
- No animals allowed except for service animals and those officially affiliated with Salesianum School as a mascot.
- No tailgating in the Stadium parking lot.
- No weapons of any type are allowed at Abessinio Stadium, its surrounding parking lot and grounds, and the grounds of Salesianum School, permit or no permit, unless it is with designated law enforcement including DNREC Rangers, Wilmington Police Department, New Council County Police, or Delaware State Troopers.



ABESSINIO STADIUM

Emergency Personnel: Certified Athletic Trainer: Joseph E. Szczerba, Jr., Ph.D., ATC: (302) 562-3173

Salesianum School Athletic Director: Katie Godfrey (302) 463-3266

Director of Stadium Operations: Kevin Weeks (302) 530-0118

Coaches

Individuals with lower credentials should yield to those with more appropriate training.

Emergency Communication: 911

The nearest landline telephone is located in the office in the Concourse Building or in the DNREC Office at the bottom of the Grandstand.

Emergency Equipment:

Practice: AED (in backpack), athletic training kit, biohazard/sharps container, crutches/knee immobilizer, splint bag

Game (If AT is present): AED (in backpack), athletic training kit, biohazard/sharps container, crutches/knee immobilizer, splint bag

Nearest AED:

- Abessinio-Concession Stand-near the ATI entrance
- Abessinio-Track Finish Line-on the Visitor Stands side
- Abessinio-DOS suite-in the actual suite
- Abessinio-under home stands-next to the ref suite near the stairs leading to the home locker room.

Roles of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of the emergency medical system (EMS). Provide:
 - name, location, telephone number of caller
 - nature of emergency, whether medical or non-medical
 - number of athletes
 - condition of athlete(s)
 - first aid treatment initiated by first responder
 - specific directions as needed to locate the emergency scene
 - other information as requested by dispatcher
3. Emergency equipment retrieval
4. Direction of EMS to scene
 - Designate individual to guide EMS to the field or track.
 - Scene control: limit scene to first aid providers and move bystanders away from area

Venue Directions:

From I-95 North, take Route 202 South Exit; turn left onto Route 202 at traffic light located at the end of the off ramp. Proceed through the first traffic light to the second traffic light which is Broom Street and turn right. Continue on Broom Street past one Stop Sign. Continue on Broom Street until the traffic light. Turn right onto 18th Street and cross the I-95 overpass bridge. The entrance to the Stadium is on the left. The access ramp for emergency personnel is located through the main gates on the right.





LIGHTNING POLICY

GENERAL POLICY

In the case of inclement weather (i.e. Thunderstorms/Lightning, Hail, Tornado), it will be under the direct discretion of the on-site Certified Athletic Trainer to determine if the practice/ game fields should be evacuated. Exceptions will be made for golf, whereby the head coach will have to suspend activity in the absence of an Athletic Training staff member.

LIGHTNING

Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strikes to athletes, coaches, support staff and fans. To monitor lightning the Athletic Training Staff will utilize both the Flash-Bang method and a Sky Scan Lighting Detector. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason, the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, a certified Athletic trainer will get a weather update via the National Weather Service by telephone or internet.
2. If lightning is detected and the severe weather signal is illuminated, with two subsequent readings within 30 seconds on the detector at 3-8 mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the fields and/ tennis courts and seek shelter. The nearest safe shelter is the Gymnasium. (Applies to football, track, cross country, soccer, tennis, baseball, and softball).
3. If the lightning detector is not present, use the countdown or "Flash Bang" method. To use the Flash Bang method, count the seconds from the time lightning/ flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5 and equals how far away (in miles) the lightning is occurring. For example, 20 second count 4 miles). As a minimum, the National Severe Storms Laboratory (NSSL), strongly recommends that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles and it does not have to rain for lightning to strike. Activities will be terminated at 40 seconds or 8 miles.
4. If lightning is in the immediate area, the certified athletic trainer will notify the head coach as to the status of the inclement weather and of need to take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8 mile range or 30 minutes from the last sight of lightning.
5. If no safe structure is within a reasonable distance, then other safe areas include: enclosed buildings, fully enclosed metal vehicles with windows up (no convertibles or golf carts). Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles. AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD.

***Athletes/ coaches etc. should not stand in groups or near a single tree. There should be 15 ft between athletes (NLSI, 2000).

Note: sports with metal equipment. Golfers drop your clubs and remove shoes, baseball / softball drop bats and remove shoes, tennis drop rackets.

If unable to reach safe shelter, assume a crouched position on the ground with only the balls of the feet touching the ground, wrap your arms around your knees and lower your head. Minimize contact with the ground, because lightning current often enters the victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it's been suggested to run for shelter, rather than stay in the middle of the field.



6. If a person feels that his/her hair standing on end, they should immediately crouch as described in item # 5. If someone is struck by lightning, activate the Emergency Action Plan. A person struck by lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary survey. If possible, move the victim to a safe location.
7. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to land-line phones, if the person and the antenna are located within a safe structure, and if all other precautions are followed.

Event Procedures

Prior to Competition: A member of the Athletic Training staff will greet the officials, explain that we have means to monitor lightning, and offer to notify the officials during the game if there is imminent danger from the lightning.

Announcement of Suspension of Activity: Once it is determined that there is danger of a lightning strike, the Athletic Training staff member will notify the head coach and official and subsequently summon athletes (via horn or whistle) from the playing field or court.

Evacuation of the playing field: Immediately following the announcement of suspension of activity all athletes, coaches, officials and support personnel are to evacuate to an enclosed grounded structure (/ Gymnasium/ Locker rooms).

Evacuation of the stands: During competition once the official signals to suspend activity, a member of the Sports Information staff will announce via the PA system something like:

"May I have your attention. We have been notified of approaching inclement weather. Activity will cease until we have determined it is safe and the risk of lightning is diminished. We advise you to seek appropriate shelter at the following area: in your cars. Though protection from lightning is not guaranteed, you may seek shelter in an automobile. Thank you for your cooperation."

Resumption of Activity: Activity may resume once a member of the Athletic Training staff gives permission. Thirty (30) minutes AFTER the last lightning strike or activity using the Flash-Bang-Method and Two consecutive readings of the Sky Scan Detector at the 20-40 miles away range and no activity in the 3-8 mile range.



ENVIRONMENTAL HEAT POLICY AND PROTOCOL

- Heat illness is defined as any body temperature that causes physiological disruptions to the CNS
- Heat illnesses are often common with fall and late spring sports. Although uncommon, it can occur with athletes in winter season sports as a result of dehydration.
- Certified athletic trainers can identify and distinguish heat illnesses from other injuries that exhibit similar symptoms.
- Heat illnesses can be prevented with proper hydration, and pre-participation physical exams can help identify those who are at an increased risk based on risk factors.
- Identification will involve taking a primary and secondary survey. Evidence highly suggests that taking a rectal thermometer is scientifically the best indicator of heat stroke.
- Environment conditions should be factored into when it is safe for activity. Heat acclimatization should be monitored as well as smog and heat index.

Procedures for heat induced illnesses.

- Athletes suspected of heat illness should be removed from activity and moved into a cool place, this can be shade or inside. Remove excessive clothing and ask the athlete to drink sips of water.
- Monitor athlete's vital signs until they have been regulated to normal standards.
- If the athlete's temperature exceeds 104° the athlete should be submerged in cold water and EAP activated. The athlete should be cooled below 102° before transporting to the hospital. If a cold bath is unavailable, utilize cold showers in the locker room or ice packs on the neck, groin, and axillary regions.



DIAA HEAT RESTRICTIONS COMPETITION & PRACTICE

DIAA heat restriction policy is minimally as follows:

1. Go to www.weather.com
2. Enter your zip code
3. Add the numbers of temperature and relative humidity (+/- 10 depending on level of acclimatization)
4. If practice/competition is not on a natural grass or dirt base, add 5 points
5. If the sum of 3 & 4 is:

Greater or equal to 150 (+/- 10 depending on level of acclimatization) or preferable WBGT 82 - 86.6

Practice Limitations:

- *Water breaks:* At least once every 15 minutes, minimum 5 minutes in length in the shade
- *Length of continuous play:* 15 minute segments with at least 5 minute break before restarting play
- *Length of total play*:* 2 hours
- *Equipment:* helmets/shoulder pads only

Greater or equal to 160 (WBGT = 86.7 -92

Practice Limitations: (+/- 5 depending on level of acclimatization)

- *Water breaks:* at least once every 15 minutes, minimum 5 minutes in length in the shade
- *Length of continuous play:* 15 minute segments with at least 3 minute break before returning to play
- *Length of total play*:* 1.5 hours
- *Equipment:* helmets only

Competition Limitations

- *Water breaks:* At least half way between every half, lasting min. 5 minutes in length, in the shade
- *Length of play:* may be shortened at the officials' discretion for health and safety

Great or equal to 170, or any temperature above 95 degrees Fahrenheit regardless of the relative humidity, or WBGT 92.1+

Practice must be suspended.

Competition Limitations

- *Water breaks:* at least half way between each half, lasting minimum 5 minutes, in shade.
- *Length of continuous play*:* running clock
- *Length of total play*:* may be shortened or suspended at official's discretion

* Length of continuous or total play means time within the restricted heat period. Total length of competition on any day where heat restrictions occur is maximally 3 hrs. If by rules a full competition has been achieved at the end of allowed time, the competition shall be considered complete. All breaks should occur in shaded area. Cold water immersion tubs should be present to immerse before hospital transport. EAP for heat illness and other emergencies must be performed annually by each sport in each home venue.

The difference in limitations between practice and competition is due to more frequent breaks and more acclimatized participants that competition generally allows.



ENVIRONMENTAL COLD

- While uncommon in Delaware, hypothermia, chilblains, and frostbite can occur in athletes who are unprepared for the weather, or those who are predisposed to cold injuries.
- Ensure athletes have proper coverage for the conditions. Instruct athletes to cover up with warm clothing and to prepare for the rain.
- Ensure athletes are still drinking water adequately, cold conditions can cause the thirst mechanism to be diminished.
- Athletes of color, body composition, females, unconditioned athletes, comorbidities, or those who have had a previous cold injury have an increased risk of cold injuries.
- If an athlete is suspected of having a cold injury they should be removed from the environment as quickly as possible.

General Treatment of Cold Injuries

- Frostbite: Rewarming of the tissue is best done by water immersion that is no warmer than 98° to 104° F
- Chilblain: Rewarming of the tissue is best done by dry heat. Do not disrupt blisters or apply friction massages
- Hypothermia: Rewarming of the tissue is best done by warming the trunk and areas of heat exchange, such as the axillary or groin. Do not apply friction massage as it will increase damage caused by frostbite.



DIAA Cold Weather Guidelines

The DIAA Sports Medicine Committee and Board of Directors have adopted the guidelines found below for member schools to use when outdoor activities can take place in cold weather. In order to ensure the safety of all athletes, please adhere to these cold weather guidelines.

- Exercise in water, rain, and wind and evaporation from wet clothing significantly increases the risk of hypothermia – these factors are important to consider in evaluating the safety of the student athlete when practicing or competing.
- All athletes will have appropriate warm up gear on during all practice sessions at temperatures below 35degrees F
- As much as 50% of total heat loss can be from the head and neck. The head and neck should be covered when possible. Other extremities should be covered at all times to protect from the wind chill.
- Athletes with asthma are at increased risk of developing an asthma attack. An athlete with asthma must have their inhaler on hand in order to participate in outdoor activity
- The Wind Chill Factor must be assessed prior to and every hour during practice sessions or competition using a local weather app such as Weather Bug

With precipitation:

Wind chill factor above 35 degrees F:

- Follow guidelines above

Wind chill factor 33-35degrees F with precipitation:

- Maximum: 40 min of exposure
 - May return outside after 20 minutes if have dry clothes
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor 32degrees F or below:

- No competition or practice.

Without precipitation:

Wind chill factor 32-35 degrees F:

- No more than 1 hour outside per session
 - May return outside after 30 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor 26-31degrees F:

- No more than 30 minutes outside per session
 - May return outside after 15 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor below 25degrees F:

- No outside practice



ABESSINIO STADIUM INCIDENT/ACCIDENT REPORT FORM

Date: _____ Time of Injury: _____ am/pm Time Notified: _____ am/pm

Injured Person's Name: _____ ☐ M ☐ F DOB ____/____/____

Address: _____

City: _____ State: _____ Zip: _____

Injured Person's Status: ☐ Player ☐ Spectator ☐ Official ☐ Faculty/Staff ☐ Other

Type of Event: _____

Weather conditions: _____

Location of Accident

- ☐ Stadium (inside the gates)
- ☐ Stadium parking lot
- ☐ State Lot (the dirt lot)
- ☐ School Parking Lot

Description of Accident: _____

Continue on next sheet if necessary.

Body Fluid Spill ☐ Yes - See back side ☐ No

Was 911 Called ☐ Yes - See back side ☐ No

Action Taken by Abessinio Employee

☐ Administered CPR ☐ Administered AED ☐ First Aid Care ☐ Ice

☐ Other ☐ Additional Care: _____

Possible Nature of Injury

- ☐ Bruise
- ☐ Dislocation
- ☐ Fracture
- ☐ Cut
- ☐ Sprain
- ☐ Strain
- ☐ Other: _____

Check Part of Body Injured

- ☐ Head
- ☐ Face
- ☐ Neck
- ☐ Chest
- ☐ Back
- ☐ Finger
- ☐ Abdomen
- ☐ Toe

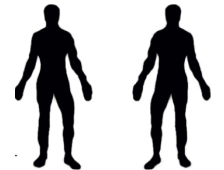
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Put an "X" on Injured Area

Front

Back



Transported by (person): _____ Transportation Method (walk, car, ambulance)

First responder: _____ Second responder: _____

Submitted by: _____ Date: _____

Supervisor's Name: _____ Supervisor's Signature: _____



Release Signature: *Refusing Attention* - I have been advised that I may have a medical condition(s) which may require examination by a medical professional and I refuse such advice and/or medical OR I do not believe a medical emergency exists and I require no further assistance.

Signature: _____ Date: _____ Time: _____ am/pm

Witness Name: _____ Phone: _____

Witness email: _____

Description of Accident:

Signature: _____ Date: _____ Time: _____ am/pm

Description of Accident Continued from previous page: _____

Emergency reminders:

1. Activate the emergency action plan/ Call 911.
2. Protect the individual from further injury.
3. Maintain life or attempt to restore life.
4. Comfort and reassure individual.

When activating 911 for help remember to give the following information:

1. The EXACT location.
2. What has happened.
3. Number of victims.
4. The telephone number from which you are calling.

Call for an ambulance when the victim requests one, the police request one, or in a situation where it is obvious that the ambulance is needed.

Always get a witness to sign the accident report form.

911 Response Documentation

Time 911 call was placed: _____ am/pm

Time police arrived (if applicable): _____ am/pm

Time Ambulance arrived: _____ am/pm

Time Ambulance Departed Facility: _____ am/pm

Did participant leave with ambulance ☐ Yes ☐ No

Person Who Placed the Call: _____

Person who Placed the Call's Status: ☐ Abessinio Staff ☐ Player ☐ Spectator ☐ Official ☐ Faculty/Staff ☐ Other