



MANKATO EAST HIGH SCHOOL DEPARTMENT OF ATHLETICS EMERGENCY ACTION PLAN

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Emergency Management Protocols Reviewed and Approved by:

Troy Hoehn, ATC, CSCS
Athletic Trainer

Todd Waterbury
Activities Director

Amy Bond, MA, ATC
Athletic Trainer



**Mankato East High School
2600 Hoffman Rd. Mankato, MN. 56001
EMERGENCY ACTION PLAN**

1. Dial 911. Phones are located in the Athletic Training Room, coaches' office in the locker rooms and one in the commons area. The ATC will be carrying a cell phone during games.
2. Identify yourself. State your name and the telephone number you are calling from.
3. Phones at Mankato East High School Gymnasium are located in the following areas:
 - a. In the Athletic Training room
 - b. In the coach's office in the locker rooms
 - c. In the commons area
4. Tell dispatcher:
 - a. Time of injury or illness
 - b. History and/or mechanism of injury or illness if known
 - c. Suspected injury or illness
 - d. Athlete's present condition (level of consciousness, breathing, etc)
 - e. Status of current medical assistance (CPR trained/first aid trained)
 - f. Location of injured or ill athlete:

If injured athlete is inside the school:

"An emergency exists at Mankato East High School". The injured athlete is located in the _____. The address to the school is 2600 Hoffman Road.

Emergency Access doors (Figure 1):

- Athletic Training Room #11
 - Boys Locker Room #9
 - Girls Locker Room #6
 - Weight Room #2
 - Swimming Pool #6
 - Gymnasium #2
 - Football Field/Track – Gate in east corner of football field/track complex (highlighted on map)
 - Tennis Courts – Thomas Drive access road on west end of school campus
 - Wolverton Baseball Fields – Thomas Drive access road on north end
 - Thomas Softball Fields – Thomas Park Court on east end of campus
- If possible, there will be someone waiting to escort the crew.

5. ALLOW THE DISPATCHER TO HANG UP FIRST.
6. Send someone to meet the ambulance if possible.



7. Begin emergency care as needed.

AED Locations

- Portable AED with Athletic Trainer (if present)
- On wall outside Activities office
- Junior High
- Athletic Training Room located on North wall.
 - Athletic Training Room AED only available if not in ATC's possession

8. If the injured student-athlete is taken by ambulance to the hospital, an athletics staff member should accompany them to the emergency room.

9. Contact the Certified Athletic Trainer that provides care for the team IMMEDIATELY. If unavailable, contact the Athletic/Activities Director, Todd Waterbury.

10. Contact the student-athlete's parents if they are not present.

11. If there is an injury to bystanders at any given practice or event all attempts will be made to care for the injured person/people. General emergency/first aid care will be given. As long as bystander is an adult and they are of sound mind they can make the decision if further follow up care is necessary, but should abide by staff recommendations.

Certified Staff

Troy Hoehn, Athletic Trainer
Amy Bond, Athletic Trainer
Todd Waterbury, Activities Director

Cell Phone Number

507-420-2804
507-382-4760
507-381-6669



Mankato East High School (Figure 1)

2600 Hoffman Rd. Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **REGULAR PRACTICE:**

Emergency Medical Personnel for Regular Practice:

- Certified Athletic Trainer-Present
- Coach-Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- The Certified Athletic Trainer should be alerted immediately and will be in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- **Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.**
- Access AED at closest location.
- If EMS is not required; the Certified Athletic Trainer will manage the injury accordingly.



Mankato East High School (Figure 1)

2600 Hoffman Rd. Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for Irregular Practices

ACTIVITIES IN WHICH A CERTIFIED ATHLETIC TRAINER IS NOT PRESENT,

**i.e. Out-of-season activities, weight training/conditioning, captain's practice, individual workouts,
Non-Mankato East sponsored events, etc.**

Emergency Medical Personnel for Irregular Practices

- Athletic Trainer-May Not Be Present
- Coach- May Not Be Present

In the event of an EMERGENCY:

- The person with the highest authority will evaluate the emergency and initiate first aid treatment. If assistance is needed, the person with the highest authority will signal others to assist with first aid and emergency care.
- The person with the highest authority on the scene will signal to call 9-1-1 and initiate EMS, if deemed necessary.
- When there is NOT an Athletic Trainer present, inform the Athletic Training staff as soon as possible.
 - Contact information is included on the Emergency Action Plan which is posted in the following locations:
 - **East High School Athletic Training Room- Inside & Outside the Entrance**
 - **Locker rooms**
 - **East High School Weight Room**
 - **East High School Coaches Locker Room**



Mankato East High School (Figure 1)

2600 Hoffman Rd. Mankato, MN. 56001

EMERGENCY ACTION PLAN

**Emergency Management Protocol for HOME COMPETITIONS ON THE MANKATO EAST
CAMPUS:**

Emergency Medical Personnel for HOME Competitions:

- Certified Athletic Trainer-Present

In the event of an EMERGENCY:

- Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.

AED is located on the post outside the activities office in the commons area. A second AED is located in the Athletic Training Room on the north wall.

If EMS is not required, the Certified Athletic Trainer will manage the injury accordingly.



Thomas O Anderson Soccer & LaCrosse Fields (Kennedy Elementary-Figure 2)

2600 E. Main St. Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **REGULAR PRACTICE:**

Emergency Medical Personnel for Regular Practice:

- Certified Athletic Trainer-Present
- Coach-Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- The Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- **Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.**
- Access AED at closest location.
- Ambulance should access field off of parking lot on Kennedy St (Figure 2).
- If EMS is not required; the Certified Athletic Trainer will manage the injury accordingly.



Thomas O Anderson Soccer & LaCrosse Fields (Kennedy Elementary-Figure 2)

2600 E. Main St. Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for Irregular Practices

ACTIVITIES IN WHICH A CERTIFIED ATHLETIC TRAINER IS NOT PRESENT,

**i.e. Out-of-season activities, weight training/conditioning, captain's practice, individual workouts,
Non-Mankato East sponsored events, etc.**

Emergency Medical Personnel for Irregular Practices

- Athletic Trainer-May Not Be Present
- Coach- May Not Be Present

In the event of an EMERGENCY:

- The person with the highest authority will evaluate the emergency and initiate first aid treatment. If assistance is needed, the person with the highest authority will signal others to assist with first aid and emergency care.
- The person with the highest authority on the scene will signal to call 9-1-1 and initiate EMS, if deemed necessary.
- Ambulance should access field off of parking lot on Kennedy St (Figure 2).
- When there is NOT an Athletic Trainer present, inform the Athletic Training staff as soon as possible.
 - Contact information is included on the Emergency Action Plan which is posted in the following locations:
 - **East High School Athletic Training Room- Inside & Outside the Entrance**
 - **Locker rooms**
 - **East High School Weight Room**
 - **East High School Coaches Locker Room**



Thomas O Anderson Soccer & LaCrosse Fields (Kennedy Elementary-Figure 2)

2600 E. Main St. Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for HOME COMPETITIONS ON Thomas O Anderson Soccer & LaCrosse Fields

Emergency Medical Personnel for HOME Competitions:

- Certified Athletic Trainer-Present

In the event of an EMERGENCY:

- Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access field off of parking lot on Kennedy St (Figure 2).

AED Should be on site with the Certified Athletic Trainer, if one is not available access the closest available AED.

If EMS is not required, the Certified Athletic Trainer will manage the injury accordingly.



All Seasons Arena – (Figure 3)

1251 Monks Avenue – Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **REGULAR PRACTICE:**

Emergency Medical Personnel for Regular Practice:

- Certified Athletic Trainer-Present
- Coach-Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- The Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- **Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.**
- Access AED at closest location.
- There are 2 AED's located within All Seasons Arena
 - AED is located in lobby next to the door of the north rink
 - AED is located in lobby by concession stand
- Ambulance should access ice through Zamboni door on east side of building (Figure 3).
- If EMS is not required; the Certified Athletic Trainer will manage the injury accordingly.



All Seasons Arena -(Figure 3)

1251 Monks Avenue – Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for Irregular Practices

ACTIVITIES IN WHICH A CERTIFIED ATHLETIC TRAINER IS NOT PRESENT,

i.e. Out-of-season activities, weight training/conditioning, captain's practice, individual workouts, Non-Mankato East sponsored events, etc.

Emergency Medical Personnel for Irregular Practices

- Athletic Trainer-May Not Be Present
- Coach- May Not Be Present

In the event of an EMERGENCY:

- The person with the highest authority will evaluate the emergency and initiate first aid treatment. If assistance is needed, the person with the highest authority will signal others to assist with first aid and emergency care.
- The person with the highest authority on the scene will signal to call 9-1-1 and initiate EMS, if deemed necessary.
- Ambulance should access ice through Zamboni door on east side of the building (Figure 3).
- There are 2 AED's located within All Seasons Arena
 - AED is located in lobby next to the door of the north rink
 - AED is located in lobby by concession stand
- When there is NOT an Athletic Trainer present, inform the Athletic Training staff as soon as possible.
 - Contact information is included on the Emergency Action Plan which is posted in the following locations:
 - **East High School Athletic Training Room- Inside & Outside the Entrance**
 - **Locker rooms**
 - **East High School Weight Room**
 - **East High School Coaches Locker Room**



All Seasons Arena (Figure 3)

1251 Monks Avenue – Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for HOME COMPETITIONS AT ALL SEASONS ARENA

Emergency Medical Personnel for HOME Competitions:

- Certified Athletic Trainer-Present

In the event of an EMERGENCY:

- Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access ice through Zamboni door on east side of building (Figure 3).

AED Should be on site with the Certified Athletic Trainer, if one is not available access the closest available AED.

- There are 2 AED's located within All Seasons Arena
 - AED is located in lobby next to the door of the north rink
 - AED is located in lobby by concession stand

If EMS is not required, the Certified Athletic Trainer will manage the injury accordingly.



K&G Gymnastics Center – (Figure 4)

19288 State Hwy 22 Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **REGULAR PRACTICE:**

Emergency Medical Personnel for Regular Practice:

- Certified Athletic Trainer-Present
- Coach-Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- The Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- **Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.**
- Access AED at closest location.
- Ambulance should access center through emergency doors on either side of building (Figure 4).
- If EMS is not required; the Certified Athletic Trainer will manage the injury accordingly.



K&G Gymnastics Center -(Figure 4)

19288 State Hwy 22 Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for Irregular Practices

ACTIVITIES IN WHICH A CERTIFIED ATHLETIC TRAINER IS NOT PRESENT,

i.e. Out-of-season activities, weight training/conditioning, captain's practice, individual workouts, Non-Mankato East sponsored events, etc.

Emergency Medical Personnel for Irregular Practices

- Athletic Trainer-May Not Be Present
- Coach- May Not Be Present

In the event of an EMERGENCY:

- The person with the highest authority will evaluate the emergency and initiate first aid treatment. If assistance is needed, the person with the highest authority will signal others to assist with first aid and emergency care.
- The person with the highest authority on the scene will signal to call 9-1-1 and initiate EMS, if deemed necessary.
- Ambulance should access center through emergency doors on either side of building (Figure 4).
- Access AED at closest location
- When there is NOT an Athletic Trainer present, inform the Athletic Training staff as soon as possible.
 - Contact information is included on the Emergency Action Plan which is posted in the following locations:
 - **East High School Athletic Training Room- Inside & Outside the Entrance**
 - **Locker rooms**
 - **East High School Weight Room**
 - **East High School Coaches Locker Room**



K&G Gymnastics Center (Figure 4)

19288 State Hwy 22 Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **HOME COMPETITIONS AT K&G Gymnastics Center**

Emergency Medical Personnel for HOME Competitions:

- Certified Athletic Trainer-Present

In the event of an EMERGENCY:

- Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access center through emergency doors on either side of the building (Figure 4).

AED Should be on site with the Certified Athletic Trainer, if one is not available access the closest available AED.

If EMS is not required, the Certified Athletic Trainer will manage the injury accordingly.



Mount Kato (Figure 5)

20461 Minnesota 66
Mankato, MN 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for HOME COMPETITIONS AND PRACTICES AT MOUNT
KATO

Emergency Medical Personnel for HOME Competitions AND Practices:

- Certified Athletic Trainer-Not Present
- Coach – Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- Coach should be alerted immediately and will be at the contest site.
- Coach can call Athletic Trainer to be notified of injury and advice can be given.
- The Coach will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Coach will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access center through the entrance of Highway 66 (Figure 5).

AED Should be on site in the Main Ticket Office

Ambulance will follow Mount Kato's Emergency Action Plan and tend to the injured at the Medical Patrol Room

If EMS is not required, the Coach will manage the injury accordingly.



MINNEOPA GOLF COURSE (FIGURE 6)

410 Pintail St,

Mankato, MN 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for REGULAR PRACTICES AT MINNEOPA GOLF COURSE

Emergency Management Protocol for REGULAR PRACTICE:

Emergency Medical Personnel for Regular Practice:

- Certified Athletic Trainer-Not present
- Coach-Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- Coach should be alerted immediately and will be at the contest site.
- NO AED PRESENT AT MINNEOPA GOLF COURSE
- Coach can call Athletic Trainer to be notified of injury and advice can be given.
- The Coach will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Coach will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access golf course through the entrance off of HWY 169

Ambulance will follow directions from coach and other personnel at the golf course. If possible golf carts will be used to bring injured to the ambulance.

If EMS is not required, the Coach will manage the injury accordingly.



MINNEOPA GOLF COURSE (FIGURE 6)

410 Pintail St,

Mankato, MN 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for **HOME COMPETITIONS AT MINNEOPA GOLF COURSE**

Emergency Management Protocol for **HOME COMPETITIONS:**

Emergency Medical Personnel for HOME Competitions:

- Certified Athletic Trainer-Present

In the event of an EMERGENCY:

- Certified Athletic Trainer should be alerted immediately and will be at the contest site, in the Athletic Training Room or available by cell phone.
- The Certified Athletic Trainer will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Certified Athletic Trainer will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access golf course through the entrance off of HWY 169

Ambulance will follow directions from the Athletic Trainer, Coach and other personnel at the golf course. If possible golf carts will be used to bring injured to the ambulance.

AED Should be on site with the Certified Athletic Trainer, Minneopa golf course does not have an AED on site.

If EMS is not required, the Certified Athletic Trainer will manage the injury accordingly.



North Links Golf Course (Figure 7)

41553 520TH Street

North Mankato, MN. 56003

EMERGENCY ACTION PLAN

Emergency Management Protocol for HOME COMPETITIONS AND PRACTICES AT NORTH LINKS GOLF COURSE

Emergency Medical Personnel for HOME Competitions AND Practices:

- Certified Athletic Trainer-Not Present
- Coach – Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- Coach should be alerted immediately and will be at the contest site.
- NO AED PRESENT AT NORTH LINKS GOLF COURSE
- Coach can call Athletic Trainer to be notified of injury and advice can be given.
- The Coach will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Coach will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access the golf course off of county road 6

Ambulance will follow directions from coach and other personnel at the golf course. Ambulance is allowed to access the golf course and drive to wherever the injured student-athlete is at.

If EMS is not required, the Coach will manage the injury accordingly.



Mankato Golf Club (Figure 8)

100 Augusta Drive

Mankato, MN. 56001

EMERGENCY ACTION PLAN

Emergency Management Protocol for HOME COMPETITIONS AND PRACTICES AT THE MANKATO GOLF CLUB

Emergency Medical Personnel for HOME Competitions AND Practices:

- Certified Athletic Trainer-Not Present
- Coach – Present
 - Emergency training for coaches also includes facility specific training on equipment and access.

In the event of an EMERGENCY:

- Coach should be alerted immediately and will be at the contest site.
- AED is located inside the office at the Mankato Golf Club
- Coach can call Athletic Trainer to be notified of injury and advice can be given.
- The Coach will evaluate the emergency and initiate first aid treatment. If assistance is needed, the Coach will signal others to assist with first aid and emergency care.
- Crossing the arms over the chest will signal the need to call 9-1-1 and initiate EMS.
- Ambulance should access the golf course off the golf club entrance off of north riverfront drive

Ambulance will meet personnel at the bottom of the golf club hill and follow directions from personnel at the golf course. Ambulance is allowed to access the golf course and drive to wherever the injured student-athlete is at.

If EMS is not required, the Coach will manage the injury accordingly.



Figure 1

Mankato East High School Campus





Figure 2

Kennedy Elementary





Figure 3

All Seasons Arena





Figure 4

K&G Gymnastics





Figure 5

Mount Kato





Figure 6

Minneopa Golf Course





Figure 7

North Links Golf Course

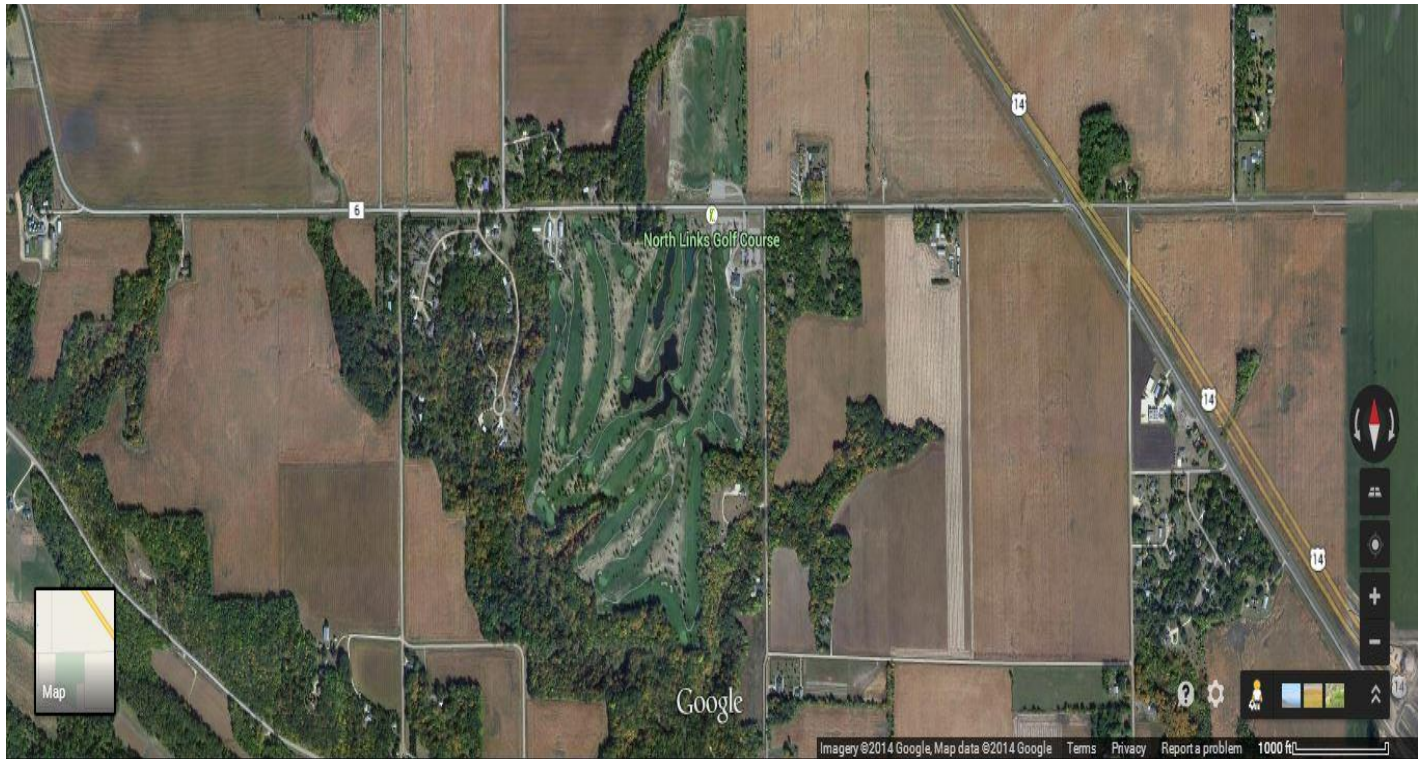




Figure 8

Mankato Golf Club

