

Mill Creek HS Cross Country
Emergency Plans and Heat Precautions

EMERGENCY PLANS AT MULBERRY

1. In the case of a weather emergency, we will have runners crowd into the bathrooms either on the Fence Rd or Hog Mountain side, depending on where they are running, or in their cars if it is safe to do so. No students will be dismissed until the coaching staff has confirmed it is safe to leave
2. In the case of a medical emergency, 2 coaches will stay with the injured runner(s), 1 coach will call 911 and then notify the parents, and other coaches will supervise the uninjured runners.
3. A coach will travel with the injured runner to the hospital if necessary.
4. In the case of all other emergencies, coaches will evacuate runners to a safe location such as cars, the bathrooms, or other locations far away from the scene of the emergency. Runners will be instructed to notify their parents to pick them up if they do not drive themselves.

EMERGENCY PLANS AT SCHOOL

1. In the case of a weather emergency, we will have runners crowd into the bathrooms at the Stadium, or in their cars if it is safe to do so. No students will be dismissed until the coaching staff has confirmed it is safe to leave.
2. In the case of a medical emergency, 2 coaches will stay with the injured runner(s), 1 coach will call 911 and then notify the parents, and other coaches will supervise the uninjured runners.
3. A coach will travel with the injured runner to the hospital if necessary.
4. In the case of all other emergencies, coaches will evacuate runners to a safe location such as cars, the bathrooms, or other locations far away from the scene of the emergency. Runners will be instructed to notify their parents to pick them up if they do not drive themselves.

HEAT PRECAUTIONS

1. Watching the temperature for the Auburn area
2. Running inside the school if the Auburn area has a heat index 105°F or above.
3. Stopping for water every 20 minutes.
4. Runners need to drink 4-8 ounces of water every hour to stay hydrated before practice.
5. Runners need to eat breakfast and lunch.
6. Bring sports drink for after practice.
7. Wear running clothes (wicking fabric, light colors)
8. Immediately tell your coach if you are dizzy, seeing spots, etc...
9. Run with a buddy, if one person become ill the other can run for help
10. Do not run with a buddy who has asthma (inhaler). If both of you begin having problems neither will be able to get help.
11. If you have an inhaler run with it.
12. No Energy Drinks such as Red Bull, Monster, 5 Hour Energy
13. Be careful with prescription medications (ask Dr. is OK to take before running in heat)
14. Be careful with over the counter medications (ibuprofen (Advil), Benedril). Ask a Dr. before running in the heat. There is evidence that shows these medications make you more prone to heat illness