

District 2 SeaKing Cross Country Meet

Emergency Action Plan (EAP)

Venue Location: South Whidbey High School, 5675 Maxwellton Rd, Langley, WA 98260

Event Date: October 31, 2026

Venue / Course Layout:

- **Start Line:** Baseball Field
- **Primary Course Route:** Westling Loop (running along the Upper Field / trail network)
- **Finish Line:** Practice Field

1. Key Personnel & Emergency Directory

Role	Name / Contact	Responsibilities
Meet Manager & AD	John Sommer jsommer@sw.wednet.edu Office: 360-221-6808 ext 5408	Unlocks access gates, directs emergency vehicles, manages overall venue safety & weather decisions.
Head Coach	Doug Fulton	Assists in emergency management, accesses student emergency forms (FinalForms), contacts parents.
Medical Staff	Certified Athletic Trainers (ATCs) & Medical Tent Personnel	Located at the Finish Line Tent. Provides triage, immediate first aid, C-spine/cardiac stabilization, and weather hazard monitoring.
Course Sweeper	Designated Trail Bicycle Lead /	Trails the last runner of each race with communication gear

Role	Name / Contact	Responsibilities
	Sweep	to monitor for medical distress, fallen runners, or course clear status.
Assistant Coaches	Team Coaching Staff	Assists ATCs/Head Coach, calls EMS (911) when delegated, retrieves AED, flags down incoming responders.

2. Emergency Services & Local Hospitals

- **Emergency Medical Services (EMS):** Call 911
- **Closest Fire Station:** Island County Fire District / Station 81 — 820 Camano Ave, Langley, WA 98260 (Response time: ~5–10 mins)
- **Primary Hospital:**
 - **Whidbey Health Medical Center** (24/7 Emergency Room)
 - **Address:** 101 N Main St, Coupeville, WA 98239
 - **Phone:** 360-341-5252 / 360-678-5151
- **Walk-In / Non-Emergency Care:**
 - **Whidbey Health Walk-In Care – Clinton**
 - **Address:** 11245 WA-525, Clinton, WA 98236
 - **Phone:** 360-341-5252 (Open Sat 7:00 AM – 7:00 PM)
- **Poison Control:** 1-800-222-1222

3. Emergency Equipment & Station Locations

- **AED (Automated External Defibrillator):**
 - **Portable Unit:** Maintained at the Medical Tent (Finish Line) and with Athletic Director John Sommer.
 - **Stationary Units:** Athletic Hallway, Main Office, and Nurse's Office.
- **Medical Tent / Athletic Training Station:**
 - Located at the Finish Line (Practice Field). Fully stocked with first aid kits, splints, crutches, ice, vacuum splints, CPR shields, biohazard containment, and re-warming/cooling supplies.

4. Emergency Response Protocol & Duties

Step 1: Immediate Assessment & Course Sweeper Protocol

1. **Course Sweep (Trail Bicycle):** A designated staff member on a bicycle will trail behind the last runner in every race to maintain visual contact with all participants along the Westling Loop.
 - If a runner collapses or requires medical assistance on remote trail sections, the bicycle rider will immediately render aid and alert the Medical Tent / John Sommer via radio/cell phone.
2. The Athletic Trainer / Medical Staff or Head Coach provides immediate care.
3. Monitor Airway, Breathing, Circulation (ABCs), level of consciousness, and vital signs.
4. Treat all unconscious athletes or severe mechanical impacts as potential cervical spine injuries. Do not move the athlete unless necessary for airway management.

Step 2: Activating EMS (Call 911)

Call 911 immediately in cases of non-responsiveness, severe asthma/anaphylaxis, suspected spinal injury, cardiac event, or severe hypothermia/heat-related illness. Give dispatch the address (5675 Maxwellton Rd, Langley, WA 98260), specific location on the course (Westling Loop / Upper Field, Baseball Field, or Practice Field Finish), injury details, and callback contact.

Step 3: Course Access & Vehicle Logistics

- **Westling Loop / Upper Field Access:** Course marshals and the bicycle sweeper positioned along the Westling Loop will immediately hold race traffic if an emergency occurs on the trail section.
- John Sommer (AD/Meet Manager) will unlock field access gates and assign personnel to guide incoming EMS from Maxwellton Rd directly to the Westling Loop, Baseball Field, or Practice Field.

5. Weather Safety Protocols

A. Lightning Safety Protocol (30/30 Rule)

- **Flash-to-Bang Count:** Count seconds from lightning flash to thunder bang and divide by 5 to determine distance in miles.
- **30-Second Threshold:** If the Flash-to-Bang count is 30 seconds or less (≤ 6 miles), suspend

outdoor competition/warm-ups immediately and direct all participants to shelter.

- **30-Minute Clear Period:** All athletes, coaches, and spectators must remain in shelter for 30 full minutes following the last observed lightning strike or audible thunder. Any new lightning strike resets the 30-minute timer.
- **Designated Shelters:**
 - **Athletes & Coaches:** Proceed to the High School Gymnasium / Locker Rooms via the gym path.
 - **Spectators:** Return to fully enclosed private vehicles in the parking lots.

B. Air Quality & Smokey Weather Protocol

Air quality decisions are based on the PM2.5 Air Quality Index (AQI) readings on-site:

AQI Range	Risk Category	Action Required for Cross Country Meet
0 – 50	Good	No restrictions.
51 – 100	Moderate	Allow athletes/youth with sensitive health conditions (e.g., asthma) to opt out or limit exertion.
≥ 101	Unhealthy for Sensitive Groups / Unhealthy / Hazardous	RACE CANCELLED / POSTPONED. An AQI reading of 101 or higher mandates immediate cancellation, postponement, or relocation of all outdoor competition.

C. Cold Weather Exercise Guidelines

Because the meet takes place on October 31, wind-chill temperatures must be continuously monitored by the Athletic Trainer/Meet Manager. Modulate competition based on apparent wind-chill temperature:

- **≤ 30°F Wind-Chill:** Notify coaches and athletes of potential cold injury risks; re-evaluate conditions continuously.
- **≤ 25°F Wind-Chill:** Ensure athletes wear appropriate protective layers covering exposed skin. All non-competing athletes must remain indoors.
- **≤ 15°F Wind-Chill:** Limit total outdoor cold exposure to 60 minutes maximum, followed by a

20-minute indoor re-warming period. Warm-ups and cool-downs must occur indoors.

- **≤ 10°F Wind-Chill:** Limit outdoor cold exposure to 30 minutes maximum with 20 minutes indoor re-warming.
- **< 0°F Wind-Chill:** Cancel or reschedule the event.