

WIAC Women's Softball Tournament
Friday-Saturday, May 7-8, 2010
Oshkosh, Wis.

Athletic Training/Sports Medicine Information

The University of Wisconsin-Oshkosh Sports Medicine Staff would like to welcome you and your team to the 2010 WIAC Women's Softball Tournament. The following information pertains to athletic training and medical coverage, which will be supplied throughout the entire tournament.

- There will be 2 satellite Athletic Training areas depending on the time and location of where your team will be playing:
 - Oshkosh Sports Complex
 - Oshkosh North High School
- Electrical muscle stimulation, ultrasound, combination stim/US, jobst compression unit, hot packs, ice bags, along with other general and wound care supplies will be available at the field. Whirlpools only available at the Oshkosh Sports Complex
- If an athlete needs any type of electrical modality, a note or prescription from the team's athletic trainer or physician is needed, respectively.
- All teams are responsible for bringing their own athletic training supplies. Host athletic trainers will be available to help assist with any taping techniques needed by athletes.
- Ice, water and cups will be provided in each dugout.
- Athletic Training area will open 2 hours prior to the first game of the day and will remain open until the conclusion of the last game.
- Certified Athletic Trainer's along with athletic training students will be present throughout the entire tournament to assist all teams.
- No Certified Athletic Trainer will be present from the host institution at any practice facility.
- If you have any special needs or requests, please notify Lyndsey Stier at 920-424-3225 (office)
- Aurora Medical Center will provide any emergency needs throughout the entire tournament. Directions to the hospital have been provided in this handout.
- Dr. John Swanson, UW-Oshkosh Team Physician, will be on call during a portion of the tournament.

Athletic Training/Medical Staff Phone List

- **Area code 920**
- **Emergency 911**

Wade Peitersen - Head Athletic Trainer

920-424-7138 office

920-420-0091 cell

Jack Johnsen - Assistant Athletic Trainer

920-424-1200 office

920-279-3666 cell

Lyndsey Stier - Assistant Athletic Trainer

920-424-3225 office

605-691-1129 cell

Jennifer Zuberbier - Assistant Athletic Trainer

920-424-7141 office

920-246-2901 cell

Dr. John Swanson - Medical Director/ Team Physician

920-424-0237 office

920-450-4056 cell

Kolf Sports Medicine Facility

920-424-7142 office

920-424-1068 fax

Aurora Medical Center

920-456-6000 office

920-456-7400 emergency room

920-303-8700 urgent care

Hospital Information Directions

Aurora Medical Center
855 N. Westhaven Ave.
Oshkosh, Wis. 54904
(920) 456-0000 General
(920) 303-8700 Urgent Care
(920) 456-7400 ER

Directions to Aurora Medical Center from Oshkosh Sports Complex

Turn **Right (North)** on Josslyn St. until you reach a stop sign (Taft Ave). Turn **Left** on to Taft until the stop sign by Sawyer Ave. Turn **Right (North)** onto Sawyer and take Sawyer to the stoplight (Oshkosh Ave. / Hwy 21 West). Turn **Left** onto Oshkosh Ave. Go straight / west toward Hwy 41. Go under 41 and continue straight / west on Oshkosh Ave, at the 2nd stoplight, Westhaven Ave, turn **Left**. Turn **Right** at Aurora Medical Center

Directions to Aurora Medical Center from Oshkosh North High School Softball Field

Go **west** on Smith Avenue to Vinland Street. Turn **left** onto Vinland Street. Vinland Street becomes Elmwood Avenue. Turn **right** onto Congress Avenue. Congress Avenue becomes WI-21. Follow WI-21 west toward Highway 41. Go under 41 and continue straight / west on Oshkosh Ave, at the 2nd stoplight, Westhaven Ave, turn **Left**. Turn **Right** at Aurora Medical Center

PHARMACY INFORMATION

Walgreens Pharmacy
(# 2 on map)
950 South Koeller
Oshkosh, WI 54901
Phone: 920-303-1712
OPEN 24 HOURS

Walgreens Pharmacy
(# 1 on map)
315 West Murdock
Oshkosh, WI 54901
Phone: 920-231-8664

Policy Statement On Lightning & Severe Weather Oshkosh Sports Complex & Oshkosh North High School

Chain of Command

The decision to terminate championship play/ practice in the event of lightning, severe weather, and/ or storms will be made by UW-Oshkosh Sports Medicine staff in consultation with the Event Directors and Umpires in charge.

Dependant upon location, it will be the responsibility of the Event Directors and Umpires to remove athletes from the softball field and direct all participants to the dugout or underneath the Oshkosh Sports Complex or to go into Oshkosh North High School gymnasium until play is resumed.

It will be the responsibility of the Sports Medicine staff to monitor lightning and severe weather situations and to inform Event Directors.

It will be the responsibility of the Event Directors to inform fans in attendance of the severe weather situation and have them evacuate the bleachers to safe areas such as underneath the Oshkosh Sports Complex or Oshkosh North High School gymnasium.

Means of Monitoring Weather

A member of the Sports Medicine staff will monitor one or more of the following for lightning, severe weather, and/ or storms:

- a. A portable *SkyScan* lightning detector will be present throughout the entire championship.
- b. Flash/ Bang Method: Simple method used to estimate how far away a lightning flash is. Begin timing, in seconds, as soon as a lightning flash is seen. Stop timing as soon as a thunder sound is heard after the lightning flash. This is the "flash/bang" count. Divide the "flash/bang" count by 5. The resulting number is the distance, in miles, from the game/ practice area to the lightning flash.
- c. National Weather Service and/ or National Oceanic and Atmospheric Administration (NOAA), www.noaa.gov, local weather radar, www.weather.com, along with WBAY-TV, www.wbay.com websites will be monitored for weather information.
- d. WBAY-TV in conjunction with its meteorologists will be contacted for developing weather situations by calling 920-438-3265 or 1-800-242-8090.

Criteria For Evacuation of Game/ Practice Area

When an appropriate weather warning is received, the portable *SkyScan* detects lightning/ severe weather, the “flash/ bang” count reaches **60 seconds**, and/ or a severe weather watch has been issued for Winnebago County, a member of the Sports Medicine staff will notify the following persons of lightning/ severe weather approaching the area:

- a. Event Directors
- b. Team Certified Athletic Trainers
- c. Umpires

When an appropriate weather warning is received, the “flash/bang” count reaches **30 seconds or less**, and/ or a severe weather watch has been issued for the immediate Oshkosh area, a member of the Sports Medicine staff will notify the following persons:

- a. Event Directors
- b. Umpires

At this point, all outdoor game/ practice activities are to cease immediately, and all personnel are to evacuate to a safe structure or location. Sports Medicine staff will continue to monitor current weather conditions.

Where To Evacuate

All participating softball players are to clear the field immediately and are to go their respective dugout. Players may be allowed to go underneath the Oshkosh Sports Complex or to go into Oshkosh North High School gymnasium, depending on location and the weather that has approached the area.

Fans in attendance are to clear the metal bleachers immediately and are to go underneath the Oshkosh Sports Complex or Oshkosh North High School gymnasium. The PA announcer will guide fans to the proper areas in accordance with this severe weather policy.

Umpires will be directed to their designated locker room and will be kept informed of current weather conditions.

A safe structure or location is defined as “any sturdy, fully enclosed, substantial and frequently inhabited building that has plumbing and/ or electrical wiring that acts to electrically ground the structure”.

In the absence of a sturdy, fully enclosed, substantial and frequently inhabited building or location as described above, a secondary structure such as a fully enclosed vehicle with a hard metal roof, rubber tires and completely closed windows can provide a measure of safety. Persons should not touch the side of vehicles.

Criteria For Safe Return To Game/ Practice Area

The decision to return to softball play after a period of evacuation will be made by the Sports Medicine staff in consultation with Event Directors.

Personnel should not return to game/ practice area until:

- a. Sports Medicine staff has determined that the immediate threat has passed and the lightning/ severe weather is greater than 10 miles away.
- b. Thirty (30) minutes have passed since the “flash/ bang” count is 30 seconds or greater.
- c. The last lightning flash or last sound of thunder.
- d. Each time the “flash/ bang” count goes below 30 seconds, lightning is observed and/ or thunder is heard, **the “30 minute clock” is to be reset.**

Sports Medicine staff will consult with Event Directors on when it is safe to return-to-play and they will in turn inform all players and teams and umpires. PA announcer will notify fans in attendance when it is safe to return to the bleachers.

Do's and Don'ts In Lightning/ Severe Weather

- A. Persons should avoid taking showers and using plumbing facilities.
- B. Land-line telephones should be avoided during lightning.
- C. Cellular phones may be used if the person is within a safe structure.
- D. Stay away from all metal light poles, flag poles, metal bleachers or any other metal object, individual trees, standing pools of water and open areas.
- E. In situations where thunder and/ or lightning may or may not be present, yet someone feels his/ her hair stand on end and skin tingle, **LIGHTNING IS IMMINENT!** Therefore, all persons should assume the “lightning safe position”. The “lightning safe position” is a crouched position on the ground with feet together, weight on the balls of the feet, head lowered and ears covered. **DO NOT LIE FLAT!** Minimize the body's surface area and minimize contact with the ground.

Pre-hospital Care of Victims of a Lightning Strike

Because lightning-strike victims do not remain connected to a power source, they do not carry an electrical charge. Therefore, it is safe to touch the victim and/ or move them to a safe location in order to render medical treatment. During an ongoing thunderstorm, lightning activity in the local area still poses a deadly danger for personnel responding to the victim. Personnel should consider his/ her personal safety before venturing into a dangerous situation to render care.

The first priority of personnel is to move the lightning strike victim to a safe location. Emergency personnel should be notified for help. Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes. Therefore, it is critical to start CPR and to utilize an AED as soon as possible on the victim.

Lightning strike victims should be evaluated and treated for hypothermia, shock, fractures and burns as well. The basic triage principle in a lightning strike situation is opposite of the norm. Instead of treating the “living” person first, it is imperative to treat those persons who are “apparently dead” first.

Definitions

- A. Weather **Watch**- means conditions are favorable for severe weather to develop in an area.
- B. Weather **Warning**- means that severe weather has been reported in an area and for everyone to take proper precautions immediately.