

**AYSO TOURNAMENT**  
**Emergency Action Plan (EAP-2026)**  
Waipio Peninsula Soccer Park  
**93-061 Waipio Point Access Road**

**Emergency Personnel/Team**

- Two Athletic Trainers
- First Aid Volunteers
- Administrator (Tournament Safety Director).
- Team Coaches
- Security Team

**Emergency Equipment**

- First Aid supplies to treat minor injuries.
- AED
- Ice.

**Role of the First Responder**

- Establish that scene is safe and provide immediate care for the athlete(s)
- 2 or more responders - one person will call for help while the other takes care of the victim. Check the victim for responsiveness and ABCs (airway, breathing, and circulation). Monitor vital signs and provide appropriate first aid and/or CPR (if qualified) until EMS arrives.
- If you are alone, check the victim for responsiveness and ABCs (airway, breathing, and circulation) then call for help. Monitor vital signs and provide appropriate first aid and/or CPR (if qualified) until EMS arrives.
- Activation of Emergency Medical System (EMS) in the following situations or if unsure if medical care is needed:
  - Unconscious athlete or altered level of consciousness. **DO NOT MOVE** the athlete.
  - Possible head injury with loss of consciousness. **DO NOT MOVE** the athlete.
  - Neck or spine injury resulting in altered level of sensation, strength, or range of motion. **DO NOT MOVE** the athlete.
  - Suspected fracture. **DO NOT MOVE** the athlete.
  - No pulse or circulation.
  - Anaphylactic shock or other severe allergic reactions.

- Heart attack, or chest pain.
- Cessation or irregular breathing.
- Heat related illnesses: heat stroke, heat exhaustion.
- Electrical shock.
- Burns, stabbing, shooting.
- Any injury, which, in your judgment, is beyond your ability to treat.
- Any injury which you are uncertain how to treat.

### **When Calling 911.**

- Provide name of caller. (**Tournament Safety Director is primary caller**)  
tournament first responder, Security, Coach and/or Assistant Coach
- Type of emergency
- Age of patient, male or female.
- Location of the emergency: Waipio Peninsula Soccer Park.
- **Address of site: 93-061 Waipio Point Access Road.**
- If needed, give cross streets: Farrington Highway and Waipio Access Road, pass Ted Makalena Golf Course, follow to end of road and look for soccer fields.
- Advise EMS that they will have a policeman meet them at the entrance and will provide escort to the exact location of patient.
- Any assistance or treatment given.
- Answer all questions the dispatcher asks.
- Stay on the line until the dispatcher instructs you to hang up.

### **Communication Chain**

- Parent(s) or Guardian(s) notified by Coach of injury or illness to their child.
- Coach to notify Medical Headquarters of injury via Field Monitor(s) or walk-in.
- Tournament Safety Director to notify Security.
- Tournament Safety Director to notify Regional Commissioner/Safety Director.

### **Role of the Secondary Responder (Tournament Safety Director)**

- Tournament Safety Director will notify Security of emergency.
- Limit scene to first aid providers and EMS.
- Move bystanders away from the scene.

## AYSO Thunder/Lightning Policy

The referee, Field Monitor, Game Committee member and/or other official involved with the Games will be aware of the possibility of lightning in the area. Referees are trained to count the seconds between seeing lightning and hearing thunder. If this time is less than 30 seconds, the referee or other official will immediately suspend the game and all persons should seek shelter immediately. Activities may resume only when a Games official gives the go ahead. In most cases, activities may be resumed when lightning or thunder has NOT been observed for thirty minutes.

### Safe Shelter Areas

- a. Inside a fully enclosed metal vehicle with windows completely closed.
- b. Inside a substantial building (roof and completely enclosed walls) towards the middle of the building.

### Unsafe Shelter Areas

- a. Around, near or in small buildings, picnic shelters, tents.
- b. Around or near all metal objects like goals, flag poles, gates, bleachers, electric equipment.
- c. Around or near open fields, trees and water, high ground.

### If Caught Out in the Open

- a. Avoid groups of people
- b. Spread out to reduce risk.
- c. Crouch on your feet, keep your head low.
- d. Avoid being the tallest object.

- e. Seek cover in clumps of bushes. Crouch down as low as possible and cover your head with your forearms. Shield children.

### If Someone is Injured

- a. Call 911. Refer to **(Role of First Responder)**.
- b. If you are qualified to do so, apply First Aid or CPR immediately.
- c. People struck by lightning do not carry an electrical charge and are safe to touch.

### Restarting after the All-Clear

- a. Games which have completed the first half will be considered finished and the score at the time play was suspended shall be the final score.
- b. Games which have completed less than one half; the referee will resume by starting the second half, reducing the remaining time if necessary, so that the match ends at the scheduled time.
- c. Games that cannot start within 15 minutes of the scheduled start time may be rescheduled.

## **Heat and Humidity**

Modifications for Soccer Competition when the Heat Index is 95°-104°:

- All matches will have a substitution break that occurs no longer than 15 minutes into each half.
- If the heat index mandates a break in play, that substitution break, and the half time break, will be a minimum of 5 minutes.

For additional temperature references, see the table below. Heat Index Instruments shall be used to monitor the heat index. In the event the heat index reaches the 95-degree level, the Safety Director and the Section

Director will meet to confer the heat index issues. Necessary action will be taken.

All contests shall be stopped if the heat index is greater than 104°

Heat Index	Event Conditions	Recommended Actions & Breaks
91°-95°	Low risk for heat related conditions	Additional hydration breaks required
95° - 100°	Moderate risk for heat related illness	<i>Mandatory hydration every 30 minutes for 10 minutes duration</i>
101° -	High risk for heat related illness	<i>Mandatory water breaks every 30 minutes for 10 minute duration</i>
>104°	<b>Extreme or hazardous</b>	<b>Suspend play</b>