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Kingwood Christian School Receives Hands-On Emergency Action Plan Training
A program in correspondence with Lemak Sports Medicine

ALABASTER, ALABAMA – August 29, 2013– Earlier this month, certified athletic trainers and outreach supervisors with Lemak Sports Medicine visited the coaches at Kingwood Christian School to review the key aspects of emergency planning, weather communication and safety as well as proper football equipment removal in the event of a serious sports injury.

In today's society, being properly prepared when an athletic emergency arises cannot be stressed enough. More than 775,000 children and adolescents ages 14 and younger are treated in hospital emergency rooms for sports-related injuries each year. Most of the injuries occurred as a result of falls, being struck by an object, collisions, and overexertion during unorganized or informal sports activities.

Emergency Action Plans (EAP) is one of the most crucial aspects of any sports program. The purpose of having a comprehensive EAP is to outline, in writing, the actions that will occur should an emergency arise on or off the playing field. A well-written EAP will indicate specific responsibilities for coaches and other individuals in order to obtain advanced medical care for an injured athlete or spectator.

"We always pray and hope for the safety of our players, visiting athletes and fans," said Steve Birmingham, Head Coach and Athletic Director at Kingwood Christian. "Being prepared in the event an emergency arises is wisdom."

The safety of athletes depends on how well coaches are trained and how those trained coaches will respond when an emergency arises. "It is imperative that athletic departments involve administrators, coaches, athletic trainers, medical personal and emergency medical services in training reviews and scenarios," said Britney Bates, ATC, Director of Sports Medicine and Outreach for Lemak Sports Medicine. "Hands-on demonstrations and real-life scenario training will ultimately help ensure athletes will have access to the best care available when an emergency situation does arise."

Lemak Sports Medicine staff has already begun conducting EAP reviews with Kingwood volleyball and cheerleading coaches. In the upcoming weeks, all other coaches will undergo the similar training. Both entities agree that such training is invaluable to the safety of athletes and will continue to work together to help create a safer playing environment for athletes in the community.

About Lemak Sports Medicine

Lemak Sports Medicine was founded in 2008 by world-renowned orthopedic surgeon Dr. Lawrence (Larry) Lemak to provide unsurpassed Sports Medicine and Orthopedic care as quickly as possible. The practice focuses on redefining health and wellness for athletes, active professionals and youth. To learn more about Lemak Sports, visit www.lemaksports.com.

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