Athletic Department Emergency Action Plan – Response Teams

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| **CALL 911** |
| **CALL 911.** Explain emergency. Provide location. |
|  | **PRACTICE** | **EVENTS** |
| **Closest Phone** |  |  |
| **EMS Access Point** |  |  |
| **Street Intersection** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |
| **MEET AMBULANCE** at EMS Access Point. Take to victim. |
|  | **PRACTICE** | **EVENTS** |
| **Entry Door/Gate** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |
| **CALL CONTACTS.** Provide location and victim’s name. |
|  | **NAME** | **CELL** |
| **Athletic Trainer** |  |  |
| **Athletic AD** |  |  |
| **Principal** |  |  |
| **Asst. Principal** |  |  |

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| **START CPR** |
| 1. Position person on back.
2. Put one hand on top of the other on middle of person’s chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.
3. Take turns with other responders as needed.
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| **Coach** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |
| **Responder 3** |  |  |
| **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS** |
| 1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Administrator for data download.
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| **Coach/AD Name:** | **School:** | **Facility:** |

**1 911 TEAM**

**2 CPR/AED TEAM**

**3 AED TEAM**

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| **GET THE AED** |
| **CALL 911.** Explain emergency. Provide location. |
|  | **PRACTICE** | **EVENTS** |
| **Closest AED** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |
| **GET THE ATHLETIC TRAINER** |
|  | **PRACTICE** | **EVENTS** |
| **Typical Location** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |

**CALL 911 for all medical emergencies.**

If unresponsive and not breathing normally, begin CPR and get the AED.

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| **PREPARE COOLING METHOD (Tub, Towels or T.A.C.O. Method)** |
|  | **PRACTICE** | **EVENTS** |
| **Student 1** |  |  |
| **Student 2** |  |  |
| 1. Remove equipment/excess clothing. Move to shade.
2. Immerse athlete into cold ice water tub/tarp, stir water. \*If no tub: cold shower or rotating cold, wet towels over the entire body.
3. Monitor vital signs.
4. Cool First, Transport Second.
	1. Cool until rectal temperature reaches 102°F if ATC or MD is available.
	2. If no medical staff , cool until EMS arrives.
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**4 HEAT STROKE TEAM**

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|  | **PRACTICE** | **EVENTS** |
| **Tub Location** |  |  |
| **Water Source Location** |  |  |
| **Ice Source Location** |  |  |
| **Ice Towel Location** |  |  |
| **Responder 1** |  |  |
| **Responder 2** |  |  |

