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. | | |
| **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. | | |

**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** |  |  |

