

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:

Activity:

Level:

1

911 TEAM



CALL 911

CALL 911. Explain emergency. Provide location.

| | PRACTICE | EVENTS |
|---------------------|----------|--------|
| Closest Phone | | |
| EMS Access Point | | |
| Street Intersection | | |
| Student 1 | | |
| Student 2 | | |

MEET AMBULANCE at EMS Access Point. Take to victim.

| | PRACTICE | EVENTS |
|-----------------|----------|--------|
| Entry Door/Gate | | |
| Student 1 | | |
| Student 2 | | |

CALL CONTACTS. Provide location and victim's name.

| | NAME | CELL |
|------------------|------|------|
| Athletic Trainer | | |
| Athletic AD | | |
| Student 1 | | |
| Student 2 | | |

2

CPR/AED TEAM



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 | |
| Student 1 | |
| Student 2 | |
| Student 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.

3

AED TEAM



GET THE AED

| | PRACTICE | EVENTS |
|---------------------------------|----------|--------|
| Closest AED | | |
| Student 1 | | |
| Student 2 | | |
| GET THE ATHLETIC TRAINER | | |
| Typical location | | |
| Student 1 | | |
| Student 2 | | |

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

4

HEAT STROKE TEAM



| | PRACTICE | EVENTS |
|-----------------------|----------|--------|
| Tub Location | | |
| Water Source Location | | |
| Ice Source Location | | |
| Ice Towel Location | | |
| Student 1 | | |
| Student 2 | | |

PREPARE TUB DAILY

| | PRACTICE | EVENTS |
|---|----------|--------|
| Student 1 | | |
| Student 2 | | |
| <ol style="list-style-type: none"> 1. Remove equipment/excess clothing. Move to shade. 2. Immerse athlete into cold ice water tub, 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. <ol style="list-style-type: none"> a. Cool until rectal temperature reaches 102°F if ATC or MD is available. b. If no medical staff, cool until EMS arrives. | | |