

# 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	
<ol style="list-style-type: none"> <li>Position person on back.</li> <li>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.</li> <li>Take turns with other responders as needed</li> </ol>	
Coach	
Student 1	
Student 2	
Student 3	
WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS	
<ol style="list-style-type: none"> <li>Remove clothing from chest.</li> <li>Attach electrode pads as directed by voice prompts.</li> <li>Stand clear while AED analyzes heart rhythm.</li> <li>Keep area clear if AED advises a shock.</li> <li>Follow device prompts for further action.</li> <li>After EMS takes over, give AED to Athletic Administrator for data download.</li> </ol>	

## 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"> <li>Remove equipment/excess clothing. Move to shade.</li> <li>Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body</li> <li>Monitor vital signs.</li> <li>Cool First, Transport Second.               <ol style="list-style-type: none"> <li>Cool until rectal temperature reaches 102°F if ATC or MD is available.</li> <li>If no medical staff, cool until EMS arrives.</li> </ol> </li> </ol>		