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| **Emergency Action Plan Worksheet – Student Response Team** | | | | | | | | | |
| Coach/Advisor Name: | | | | | Activity: | | | Level: | |
| **1 911 TEAM** | | | | **2 CPR/AED TEAM** | | | **3 AED TEAM** | | |
| **CALL 911** | | | | **START CPR** | | | **GET THE AED** | | |
| **CALL 911. Explain emergency. Provide location.** | | | | 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/minutes. Let chest completely recoil after each compression.** 3. **Take turns with other responders as needed** | | |  | **PRACTICE** | **EVENTS** |
|  | **PRACTICE** | | **EVENTS** |
| **Closest Phone** |  | |  | **Coach** |  |  | **Closest AED** |  |  |
| **EMS Access Point** |  | |  | **Student 1** |  |  | **Student 1** |  |  |
| **Street Intersection** |  | |  | **Student 2** |  |  | **Student 2** |  |  |
| **Student 1** |  | |  | **Student 3** |  |  | **GET THE ATHLETIC TRAINER** | | |
| **WHEN AED ARRIVES, TURN IT ON AND**  **FOLLOW VOICE PROMPTS** | | | Typical Location |  |  |
| **Student 2** |  | |  | 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.** | | | Student 1 |  |  |
| Student 2 |  |  |
| **CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.** | | |
| **MEET AMBULANCE at EMS Access Point.**  **Take to victim.** | | | | **4 HEAT STROKE TEAM** | | | | | |
|  | | **Practice** | **Events** |
| **Entry Door/Gate** | |  |  |  | **PRACTICE** | **EVENTS** | **PREPARE TUB DAILY** | | |
| **Student 1** | |  |  | **Tub Location** |  |  |  | **PRACTICE** | **EVENTS** |
| **Student 2** | |  |  | **Student 1** |  |  |
| **CALL CONTACTS.**  **Provide location and victim’s name.** | | | | **Water Source Location** |  |  | **Student 2** |  |  |
|  | | **NAME** | **CELL** | **Ice Source Location** |  |  | 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.** 5. **Cool until rectal temperature reaches 102 F if ATC or MD is available.** 6. **If no medical staff, cool until EMS arrives.** | | |
| **Athletic Trainer** | |  |  |
| **Athletic AD** | |  |  | **Ice Towel Location** |  |  |
| **Student 1** | |  |  | **Student 1** |  |  |
| **Student 2** | |  |  | **Student 2** |  |  |