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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.**
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| **Athletic Trainer** |       |       |
| **Athletic AD** |       |       | **Ice Towel Location** |       |       |
| **Student 1** |       |       | **Student 1** |       |       |
| **Student 2** |       |       | **Student 2** |       |       |