

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:	Activity:	Level:
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1 911 TEAM

CALL 911		
CALL 911. Explain emergency. Provide location.		
PRACTICE	EVENTS	EVENTS
Closest Phone		
EMS Access Point		
Street Intersection		
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.		
PRACTICE	EVENTS	EVENTS
Entry Door/Gate		
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.		
NAME	CELL	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	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

PREPARE TUB DAILY		
PRACTICE	EVENTS	EVENTS
Student 1		
Student 2		

HEAT STROKE TEAM		
PRACTICE	EVENTS	EVENTS
Student 1		
Student 2		

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.
 - a. Cool until rectal temperature reaches 102°F if ATC or MD is available.
 - b. If no medical staff, cool until EMS arrives.