**Emergency Action Plan Worksheet – Student Response Team**

**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

**GET THE AED**
- PRACTICE | EVENTS
  - Closest AED
  - Student 1
  - Student 2

**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 ATHLETIC TRAINER**
- Typical location
  - Student 1
  - Student 2

**4  HEAT STROKE TEAM**

**PREPARE TUB DAILY**
- PRACTICE | EVENTS
  - Student 1
  - Student 2

1. Remove equipment/excess clothing. Move to shade.
2. Immense 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.
   a. Cool until rectal temperature reaches 102°F if ATC or MD is available.
   b. If no medical staff, cool until EMS arrives.