

Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Coaches	Activity: Girls Volleyball	Level: Var/JV
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1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Cell Phones	Cell Phones
EMS Access Point	Ramp next to	Ramp next to
Street Intersection	9501 York Road	9501 York Road
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	Northwest Gym	Northwest Gym
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	N/A	N/A
Athletic AD	Mr. Peters	
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	Russell/Henrard	
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

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Gym Alcove	Gym Alcove
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	N/A	N/A
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
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Tub Location	Locker Room	Locker Room
Water Source Location	Campus	Campus
Ice Source Location	Faculty Room	Faculty Room
Ice Towel Location	Faculty Room	Faculty Room
Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	EVENTS
Student 1	Locker Room	Locker Room
Student 2	Locker Room	Locker Room

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.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Coaches	Activity: Girls Field Hockey	Level: JV
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1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Cell Phones	Cell Phones
EMS Access Point	South Field	South Field
Street Intersection	9501 York Road	9501 York Road
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	South Field	South Field
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	N/A	N/A
Athletic AD	Mr. Peters	
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	Coaches	
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

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Room 4	Room 4
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	N/A	N/A
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
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Tub Location	Locker Room	Locker Room
Water Source Location	Campus	Campus
Ice Source Location	Faculty Room	Faculty Room
Ice Towel Location	Faculty Room	Faculty Room

Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	EVENTS
Student 1	Locker Room	Locker Room
Student 2	Locker Room	Locker Room

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.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Coaches	Activity: Cross Country	Level: Var/JV
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1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Cell	Cell
EMS Access Point	Boundary Road	Boundary Road
Street Intersection	York Road	York Road
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	Boundary Road	Boundary Road
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	N/A	N/A
Athletic AD	Mr. Peters	
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	Coaches	
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.

4 HEAT STROKE TEAM

	PRACTICE	EVENTS
Tub Location	Locker Room	Locker Room
Water Source Location	Campus	Campus
Ice Source Location	Faculty Room	Faculty Room
Ice Towel Location	Faculty Room	Faculty Room
Student 1		
Student 2		

3 AED TEAM

GET THE AED

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Room 4 Portable	Room 4 Portable
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	N/A	N/A
Student 1		
Student 2		

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

PREPARE TUB DAILY

	PRACTICE	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.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Coach	Activity: Girls Tennis	Level: Varsity
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1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Cell	Cell
EMS Access Point	Chamisal Club	Chamisal Club
Street Intersection	Robley Road	Robley Road
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	Chamisal	Chamisal
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	N/A	N/A
Athletic AD	Mr. Peters	
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	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

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Clubhouse	Clubhouse
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	N/A	N/A
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
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Tub Location	Locker Room	Locker Room
Water Source Location	Campus	Campus
Ice Source Location	Faculty Room	Faculty Room
Ice Towel Location	Faculty Room	Faculty Room

Student 1		
Student 2		

PREPARE TUB DAILY

	PRACTICE	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.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Coaches	Activity: Water Polo	Level: Boys JV
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1 911 TEAM

CALL 911

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest Phone	Cell	Cell
EMS Access Point	Santa Catalina	Santa Catalina
Street Intersection	Mark Thomas Dr.	Mark Thomas Dr.
Student 1		
Student 2		

MEET AMBULANCE at EMS Access Point. Take to victim.

	PRACTICE	EVENTS
Entry Door/Gate	Catalina Pool	Catalina Pool
Student 1		
Student 2		

CALL CONTACTS. Provide location and victim's name.

	NAME	CELL
Athletic Trainer	N/A	N/A
Athletic AD	Mr. Peters	
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	Coaches	
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.

4 HEAT STROKE TEAM

	PRACTICE	EVENTS
Tub Location	Locker Room	Locker Room
Water Source Location	Locker Room	Locker Room
Ice Source Location	Training Room	Training Room
Ice Towel Location	Training Room	Training Room
Student 1		
Student 2		

3 AED TEAM

GET THE AED

CALL 911. Explain emergency. Provide location.

	PRACTICE	EVENTS
Closest AED	Poolside	Poolside
Student 1		
Student 2		

GET THE ATHLETIC TRAINER

	PRACTICE	EVENTS
Typical Location	N/A	N/A
Student 1		
Student 2		

CALL 911 for all medical emergencies.
If unresponsive and not breathing normally, begin CPR and get the AED.

PREPARE TUB DAILY

	PRACTICE	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.

