

ALL STAR HIGH SCHOOL ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: EMERGENCY/CARDIAC EMERGENCY RESPONSE

Facility: _____ Athletic Director: _____ Athletic Trainer: _____

**Before each season, designate Athletics' staff members to each team to delineate roles and ensure quick emergency response.
Call 911/local EMS for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.**

ACTIVATING EMS TEAM		
CALL 911. Explain emergency. Provide location and victim's information.		
Local EMS Number:		
EMS Access Point:		
Cross Streets:		
Staff Member 1:		
MEET AMBULANCE at EMS Access Point. Take to victim.		
EMS Access Point:	Practices	Events
Cross Streets:		
Staff Member 1:		
CALL CONTACTS. Provide location and victim's name.		
Athletic Director:	Contact:	
Principal:	Contact:	
Security:	Contact:	

CPR TEAM
START CPR. ACTIVATE AED TEAM.
1. Position person on his/her back.
2. Put one hand on top of the other on middle of person's chest. Push hard and fast, (AT LEAST 100 compressions/minute.) Let chest completely recoil after each compression.
3. Take turns as needed.
GET THE ATHLETIC TRAINER.
Staff Member 1:
Staff Member 2:
WHEN AED ARRIVES, AED TEAM TURNS IT ON AND FOLLOW VOICE PROMPTS. CPR TEAM DOES NOT STOP CPR.
1. Remove or cut 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.

AED TEAM		
GET THE AED KIT.		
Nearest AED:	Practices	Events
Staff Member:		
REMINDER, GET THE ATHLETIC TRAINER.		
Athletic Trainer:		
Contact:		
Typical location:		
Staff Member to Alert AT:		

**ALL STAR HIGH SCHOOL
1234 CHAMPION
AVENUE
BIG CITY, CA 01234**

