

Emergency Action Plan Worksheet – Student Response Team									
Coach/Advisor Name: Matt Coleman				Activity: Girls Track			Level: MS		
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	Coaches Phone	Same	Coach	Coleman	Coleman	Closest AED	With coaches	With Coaches	
EMS Access Point	Football Field HHS	Track	Student 1	Gianna Whetstone	Gianna Whetstone	Student 1	Gianna Whetstone	Gianna Whetstone	
Street Intersection	1 Highlander Way	Same	Student 2	Reagan Hargrove	Reagan Hargrove	Student 2	Reagan Hargrove	Reagan Hargrove	
Student 1	Gianna Whetstone	Gianna Whetstone	Student 3	Norah Gerlach	Norah Gerlach	GET THE ATHLETIC TRAINER			
			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			Typical Location	HHS	HHS	
Student 2	Reagan Hargrove	Reagan Hargrove	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	Gianna Whetstone	Gianna Whetstone	
						Student 2	Reagan Hargrove	Reagan Hargrove	
						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		PRACTICE	EVENTS	PREPARE TUB DAILY			
Entry Door/Gate	Football Field	Same					PRACTICE	EVENTS	
Student 1	Gianna Whetstone	Gianna Whetstone	Tub Location	Locker Rooms	Same	Student 1	HHS	HHS	
Student 2	Reagan Hargrove	Reagan Hargrove				Student 2	HHS	HHS	
CALL CONTACTS. Provide location and victim's name.			Water Source Location	Locker Rooms	Same	Student 2	HHS	HHS	
	NAME	CELL	Ice Source Location	Locker Rooms	Same	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.			
Athletic Trainer	Tom Belmaggio								
Athletic AD	James Cooper		Ice Towel Location	Locker Room	Same				

Student 1	Gianna Whetstone	NA	Student 1	Gianna Whetstone	Gianna Whetstone	5. Cool until rectal temperature reaches 102 F if ATC or MD is available. 6. If no medical staff, cool until EMS arrives.
Student 2	Reagan Hargrove	NA	Student 2	Reagan Hargrove	Reagan Hargrove	