



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Cody Wesanforth			Activity: Girls XC			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.			<ol style="list-style-type: none"> 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 			<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"></div> <div style="width: 30%; text-align: center;"><u>PRACTICE</u></div> <div style="width: 30%; text-align: center;"><u>EVENTS</u></div> </div>		
	PRACTICE	EVENTS						
Closest Phone	Coaches Phone	Coaches Phone	Coach	Weasanforth	Weasanforth	Closest AED	HMS Entrance Hallway	HMS Entrance Hallway
EMS Access Point	Ritter Park Picnic Shelter	HMS Entrance	Student 1	Emma Carpenter	Emma Carpenter	Student 1	Emma Carpenter	Emma Carpenter
Street Intersection	925 3 rd St	925 3rd St	Student 2	Molly Chapman	Molly Chapman	Student 2	Molly Chapman	Molly Chapman
Student 1	Emma Carpenter	Emma Carpenter	Student 3	Mia Adkins	Mia Adkins	GET THE ATHLETIC TRAINER		
			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			Typical Location	Gym	Gym
Student 2	Molly Chapman	Molly Chapman	<ol style="list-style-type: none"> 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	Emma Carpenter	Emma Carpenter
						Student 2	Molly Chapman	Molly Chapman
						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						
Entry Door/Gate	HMS Entrance	HMS Entrance		PRACTICE	EVENTS	PREPARE TUB DAILY		
Student 1	Emma Carpenter	Emma Carpenter	Tub Location	Locker Room	Locker Room		PRACTICE	EVENTS
Student 2	Molly Chapman	Molly Chapman				Student 1	Emma Carpenter	Emma Carpenter
CALL CONTACTS. Provide location and victim's name.			Water Source Location	Concessions	Concessions	Student 2	Molly Chapman	Molly Chapman
	NAME	CELL	Ice Source Location	Concessions	Concessions	<ol style="list-style-type: none"> 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 Belmaggieo							
Athletic AD	James Cooper		Ice Towel Location	Concessions	Concessions			

Student 1	Emma Carpenter	NA	Student 1	Emma Carpenter	Emma Carpenter	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	Molly Chapman	NA	Student 2	Molly Chapman	Molly Chapman	