SAMPLE EMERGENCY ACTION PLAN

This presentation is only a visual sample that accompanies the complete “Sample Emergency Action Plan” found in the Resource section of the AACCA website at www.aacca.org.

Your EAP should be developed specifically for your team in your situation and in conjunction with supervisory and available medical staff such as certified athletic trainer or a school nurse.

Prevention First

The best emergency plan is one that is prepared and never needed. The first priority should be injury prevention, which is improved by:

- Qualified supervision
- Performer readiness.
- The use of demonstrated mastery before skill progression.
- Following recognized safety rules.
- Proper environment.

Preparation

Before an emergency occurs, these things should be in place:

First Aid/CPR Training

AED Training

Access to a Telephone and 9-1-1- Script

Forms: Participant Info, Medical Release, etc.

The Plan

The coach should stay with the injured athlete.
Apply any needed medical attention as trained.

The Plan

Someone should be assigned to call 9-1-1 using the provided script. Provide backup personnel as well.

The Plan

At least 2 participants should be assigned to contact the school nurse or athletic trainer if available.

The Plan

Groups of at least 2 participants should be stationed along the path for emergency personnel

The Plan

At least 2 participants should be assigned to keep other students out of the area.

The Plan

Any remaining participants should give the injured person room. Do not crowd them.

The Plan

If the injury requires medical transportation, make sure the rest of the team is still supervised.

Practice the Plan

Drill the assigned roles (except actually calling 911) until everyone is prepared to act quickly and properly in an emergency.

Practice the Plan

After practicing the plan, make any necessary changes.
Review the Emergency Team performance.

For more information and a complete Emergency Action Plan, visit www.aacca.org