

Emergency Action Plan Worksheet – Student Response Team

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|--|-----------------------|--------------------|---|------------------|------------------|---|-------------------|-------------------|
| Coach/Advisor Name: Satin Blackwell | | | Activity: High School Cheer | | | Level: High School | | |
| 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 | | | <u>PRACTICE</u> | | <u>EVENTS</u> |
| | PRACTICE | EVENTS | | | | | | |
| Closest Phone | Directors Office | Directors Office | Coach | Jacob Nelson | Jacob Nelson | Closest AED | By The Concession | By The Concession |
| EMS Access Point | Behind Facility | Behind Facility | Student 1 | Charlie Rashid | Charlie Rashid | Student 1 | Isabella Pauley | Isabella Pauley |
| Street Intersection | Players Club Drive | Players Club Drive | Student 2 | Adele Ball | Adele Ball | Student 2 | Sophie Rohrig | Sophie Rohrig |
| Student 1 | Elaina Delgra | Elaina Delgra | Student 3 | Reagan Stapleton | Reagan Stapleton | GET THE ATHLETIC TRAINER | | |
| | | | WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS | | | Typical Location | N/A | N/A |
| Student 2 | Marleigh Adkins | Marleigh Adkins | <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 | | Layla Carter |
| | | | | | | Student 2 | N/A | N/A |
| | | | | | | 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 | Back Door Main gym | Back Door Main Gym | | | | | | |
| Student 1 | Marleigh Adkins | Marleigh Adkins | Tub Location | Ice Room | Ice Room | | PRACTICE | EVENTS |
| Student 2 | Elaina Delgra | Elaina Delgra | | | | Student 1 | Haley Welder | Haley Welder |
| CALL CONTACTS. Provide location and victim's name. | | | Water Source Location | Ice Room | Ice Room | Student 2 | Bailee King | Bailee King |
| | NAME | CELL | Ice Source Location | Ice Room | Ice Room | <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. 5. Cool until rectal temperature reaches 102 F if ATC or MD is available. 6. If no medical staff, cool until EMS arrives. | | |
| Athletic Trainer | | | Ice Towel Location | Ice Room | Ice Room | | | |
| Athletic AD | Jacob Nelson | 304-859-8984 | | | | | | |
| Student 1 | Charlie Rashid | Charlie Rashid | Student 1 | Olivia Staun | Olivia Staun | | | |
| Student 2 | | | Student 2 | Haley Jones | Haley Jones | | | |
| | | | | | | | | |