

## Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name: Hilton Ingraham			Activity: High School Cross Country			Level: HS		
<b>1 911 TEAM</b>			<b>2 CPR/AED TEAM</b>			<b>3 AED TEAM</b>		
<b>CALL 911</b>			<b>START CPR</b>			<b>GET THE AED</b>		
<b>CALL 911. Explain emergency. Provide location.</b>			<ol style="list-style-type: none"> <li>1. Position person on back</li> <li>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.</li> <li>3. Take turns with other responders as needed</li> </ol>			<u>PRACTICE</u>		<u>EVENTS</u>
	<b>PRACTICE</b>	<b>EVENTS</b>						
<b>Closest Phone</b>	Coach Cell	Coach Cell	<b>Coach</b>	Hilton Ingraham	Hilton Ingraham	<b>Closest AED</b>	Coach	coach
<b>EMS Access Point</b>	Coonskin Road	Ask event Cordinator	<b>Student 1</b>	Bella Boggs	Bella Boggs	<b>Student 1</b>	Peter Basdekis	Peter Basdekis
<b>Street Intersection</b>	Coonskin Park	Coonskin Park	<b>Student 2</b>	Dickenson Gould	Dickenson Gould	<b>Student 2</b>	Will Barton	Will Barton
<b>Student 1</b>	Charlie Barton	Charlie Barton	<b>Student 3</b>	Isaac Collins	Isaac Collins	<b>GET THE ATHLETIC TRAINER</b>		
			<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS</b>			Typical Location	N/A	N/A
<b>Student 2</b>	Abbie Nester	Abbie Nester	<ol style="list-style-type: none"> <li>1. Remove clothing from chest.</li> <li>2. Attach electrode pads as directed by voice prompts.</li> <li>3. Stand clear while AED analyzes heart rhythm.</li> <li>4. Keep area clear if AED advises a shock.</li> <li>5. Follow device prompts for further action.</li> <li>6. After EMS takes over, give AED to Athletic Administrator for data download.</li> </ol>			Student 1	N/a	Bailee King
						Student 2	N/A	Elijah Ciinco
						<b>CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.</b>		
<b>MEET AMBULANCE at EMS Access Point. Take to victim.</b>			<b>4 HEAT STROKE TEAM</b>					
	<b>Practice</b>	<b>Events</b>		<b>PRACTICE</b>	<b>EVENTS</b>	<b>PREPARE TUB DAILY</b>		
<b>Entry Door/Gate</b>	Main Enterance	Main Enterance						
<b>Student 1</b>	Hannah Fisher	Hannah Fisher	<b>Tub Location</b>	Ice Room	Ice Room		<b>PRACTICE</b>	<b>EVENTS</b>
<b>Student 2</b>	Abbie Nester	Abbie Nester				<b>Student 1</b>	Garrett Saville	Garrett Saville
<b>CALL CONTACTS. Provide location and victim's name.</b>			<b>Water Source Location</b>	Ice Room	Ice Room	<b>Student 2</b>	Ewan Becher	Ewan Becher
	<b>NAME</b>	<b>CELL</b>	<b>Ice Source Location</b>	Ice Room	Ice Room	<ol style="list-style-type: none"> <li>1. Remove equipment/excess clothing. Move to shade.</li> <li>2. Immerse athlete into cold ice water tub, stir water. *If no tub: cold shower or rotating cold, wet towels over the entire body</li> <li>3. Monitor vital signs.</li> <li>4. Cool First, Transport Second.</li> <li>5. Cool until rectal temperature reaches 102 F if ATC or MD is available.</li> <li>6. If no medical staff, cool until EMS arrives.</li> </ol>		
<b>Athletic Trainer</b>			<b>Ice Towel Location</b>	Ice Room	Ice Room			
<b>Athletic AD</b>	Jacob Nelson	304-859-8984						
<b>Student 1</b>	Hannah Fisher	Hannah Fisher	<b>Student 1</b>	Luke Passmore	Luke Passmore			
<b>Student 2</b>			<b>Student 2</b>	Allistair Gould	Allistair Gould			