

# Emergency Action Plans

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Now mandated by the Georgia High School Association, the Emergency Action Plan (EAP) is intended to ensure the health and safety of everyone involved in sports. The plan guides responses to conditions ranging from cardiac emergencies and spine injuries to the more common fractures, heat injuries, asthma and allergic reactions.

## How to create an Emergency Action Plan:

- Consult with local EMS, administration, school health personnel
- Make it venue-specific. For example, how would you communicate and/or retrieve the automated External Defibrillator (AED) from any practice field or game site?
- Consider communication:
  - Access to phone and back-up communication
  - 911 availability—know where the call goes (is nearest cell tower in next county?)
  - Clearly communicate to EMS “victim is unconscious and not breathing”
  - Share the plan with parents and students.
- Train personnel: Identify first responders and keep training current. Consider training all coaches in CPR and AED use.
- Assign Roles:
  - Immediate care of victim (CPR if needed)
  - Emergency equipment retrieval
  - Activation of EMS
  - Direction of EMS to scene
  - Other roles: crowd control, attention to other students, contacting parents (are emergency numbers with you?), athlete medical record retrieval
- Educate all members of the emergency response team in:
  - Recognition of emergency
  - Scene safety
  - CPR/AED use, first aid
  - Disease prevention/blood-borne pathogens
  - The emergency action plan
- Ensure emergency equipment is:
  - On site
  - Easily accessible
  - In good operating condition—checked at least monthly for pad dates and battery life. Find an AED Maintenance Checklist at [choa.org/projectsave](http://choa.org/projectsave)

- Review and rehearse: Once a year, or before every season, review and rehearse the plan with an AED practice drill. Find a practice drill template and checklist at [choa.org/projectsave](http://choa.org/projectsave).

### **NATA Position Statement – February, 2012**

1. Athletes participating in an organized sport, and their parents, have a reasonable expectation of receiving appropriate emergency care in a timely manner.
2. The development of emergency action plans, policies and procedures can minimize the occurrence of catastrophic incidents in athletes.
3. Survival rates have been reported at 41-74% if bystander CPR is provided and defibrillation occurs within 3-5 minutes of collapse.

Complete NATA Position Statement can be found at:

[www.nata.org/sites/default/files/Preventing-Sudden-Death-Position-Statement\\_2.pdf](http://www.nata.org/sites/default/files/Preventing-Sudden-Death-Position-Statement_2.pdf)

### **Contact**

Awareness, planning, education and advocacy can and will save lives. For assistance, contact Alison Ellison, Project S.A.V.E. Coordinator at [alison.ellison@choa.org](mailto:alison.ellison@choa.org) or 404-785-7201.

### **Additional resources**

[Choa.org/projectsave](http://choa.org/projectsave)  
[Anyonecansavealife.org](http://Anyonecansavealife.org)