EMERGENCY ACTION PLAN
BEFORE PRACTICE BE PROACTIVE

- Equipment
- Field Conditions
- Roster
- Weather Conditions
- First Aid Kit for Supplies
- Athletes (if applicable) that they have their inhaler or EpiPen
- Emergency Action Plan (EAP) for updates*

WHEN A CATASTROPHIC INJURY HAPPENS WOULD YOU KNOW WHAT TO DO?
EMERGENCY ACTION PLAN

What exactly is an Emergency Action Plan (EAP)?
It's a systematic process ideally completed prior to the start of a sport season that maps out how to manage crisis situations and identifies chain of command during each situation. It establishes policy and procedures that fits the needs of a specific organization. It normally covers but not limited:

- Sudden Cardiac Arrest
- Exertional Heat Stroke
- Brain and Neck Injuries
- Inclement Weather (i.e. lightening and heat index)

Consensus statement recently published in the Journal of Athletic Training titled “The Inter-Association Task Force Document on Emergency Health and Safety: Best Practice Recommendations for Youth Sports Leagues”. This document is a great place to start when developing your organization's EAP.

Who writes the EAP?
- Youth Organization Committee
- Medical Personnel (Athletic Trainer, Physician, EMS, Nurse etc.)
- A representative from the facility where fields are located
- A coach from each age level and field location.

Where does it go?
- In your First Aid Kit and Coaches’ Bag
- On Youth Organization Website
- In Parent Packets
- Strategic locations throughout the site

When should it be completed or updated?
Should be completed prior to the start of sports, reviewed yearly and after each sport season

How do you implement it or even get started?
- Utilized the suggested documents your league has provided.
- Practice the management of each policy and procedure.
- Once the coaches feel comfortable they should then review with the athletes as well as the parents.

Why is an EAP important?
When and if a catastrophic injury does happen everyone will know how to react and the focus will be placed on the appropriate steps to save the athletes' life. It takes the guessing out of who, what, when, where, and how.
EMERGENCY ACTION PLAN

Chain of Command:
- Head Coach
- Assistant Coach
- Once EMS arrives they will take over the scene

Scene control:
Limit scene to first aid responders and move bystanders away from area.

Identify Emergency:
- Cardiac
- Orthopaedic
- Head + Neck
- Medical (Asthma; Diabetic; Allergic Reaction)

When You Call EMS:
1. Provide your name and Position
2. Current address
3. Telephone number
4. Number of individuals injured
5. Condition of injured
6. Any first aid treatment
7. Specific directions to current field
8. Any other information requested

Do not hang up until EMS hangs up

When Speaking with Emergency Contact
1. Ensure them the athlete is being taken care of
2. Explain to them what happen
3. Explain the steps taken
4. Instruct the location the injured athlete is being taken
5. Identify the adult with the injured athlete and their contact number