

Emergency Action Plans

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Emergency Action Plans (EAPs)

- Cornerstone of efforts to promote student safety
- Product of collaborative process involving:
 - School administrators
 - Medical personnel (athletic trainer, physician, etc.)
 - EMS
- Identifies a core ***Emergency Response Team*** (ERT)
- Specific to **EACH** practice and competition venue

Key Elements

- Emergency Personnel
 - **WHO** is part of the ERT?
 - Coach/sponsor, athletic trainer, team physician, AD/DSA, etc.
 - **WHAT** are their roles/responsibilities?
 - Providing immediate care
 - Activating EMS
 - Retrieving emergency medical equipment
 - Directing EMS to scene
- Emergency Communication
 - **HOW** will ERT members and EMS be notified?

Key Elements

- Emergency Equipment
 - **WHAT** emergency medical equipment should be available?
 - AED
 - Epi-pen
 - Mechanism for rapid cooling
 - First aid supplies
 - **WHERE** is the equipment located?
 - **WHO** will retrieve the equipment?
 - **WHEN** is the equipment inspected?



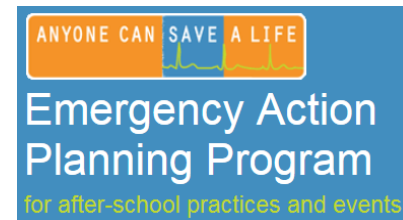
Key Elements

- Emergency Transportation
 - **WHAT** is the typical response time for an ambulance?
 - **WHAT** type of care is available?
 - Basic or advanced life support?
 - **WHERE** will the ambulance be stationed is on-site?
- Venue Directions and Map
 - **HOW** will the ERT and EMS access the venue?
 - Detailed directions are critical
 - Entrance/exit points
 - Consideration given to gates, doors, etc.



Tools at your Disposal

- ***Anyone Can Save A Life: Emergency Action Planning Guide***
 - Provided to all member schools Fall 2015
 - Templates for developing team-focused EAPs
 - Online and in-person training resources for coaches
- ***Sports Medicine Advisory Committee (SMAC) EAP Template***
 - Aimed at both team-specific AND overall facility/site-specific EAPs
 - Encourages consideration of additional factors



SAMPLE EAP: LOCATION NAME
Revised: DATE

ADDRESS:
VENUE DIRECTIONS:
Practice field:
Competition field:

VENUE MAP

EMERGENCY PERSONNEL
Practice field: (Listed by name/profession)
Competition field: (Listed by name/profession)

EMERGENCY COMMUNICATION
Practice field: (Include description of communication mechanism and telephone # if applicable)
Competition field: (Include description of communication mechanism and telephone # if applicable)

EMERGENCY EQUIPMENT
Practice field: (Identify the available equipment and its specific location)
Competition field: (Identify the available equipment and its specific location)

ROLE OF FIRST RESPONDERS

1. Who will provide immediate care for the injured? (If student-athlete?)
2. Who will activate EMS? (Include specific instructions regarding what to tell the dispatcher)
3. Who will retrieve emergency equipment? (Include specific instructions related to location)
4. Who will direct EMS to the scene? (Include specific instructions, including where to stand, access points etc.)
5. Who will provide "crowd control?"

Emergency Action Plan: VHSL State Cross Country Meet
Great Meadows Park
Revised: October 27, 2015

ADDRESS: 5089 Old Tavern Rd, The Plains, VA 20198

NEAREST HOSPITALS

- Fauquier Hospital (500 Hospital Dr, Warrenton VA)
- Haymarket Medical Center (15225 Heathcote Blvd, Haymarket VA)

VENUE DIRECTIONS

Multiple gates located along Old Tavern Road

- Gate #1 for parking/spectator
- Gate #2 for EMS



EMERGENCY PERSONNEL

- 4 athletic trainers stationed primarily at the finish line area of the course
- 1 athletic trainer in a cart either following the group, or positioned where the runners can be observed on the course.
- Emergency Medical Services are provided Fauquier County Fire and Rescue Department. Station #4 located in The Plains, is the primary station that services Great Meadows Park.
- Other event staff members will be called upon to assist in providing transportation of injured athletes, meeting and leading EMS vehicles to needed area, and may be required to provide basic first aid until an ATC arrives at the injured athlete's location.

EMERGENCY COMMUNICATION

All athletic trainers will have 2-way radios to communicate with meet director, lead official and other event staff members. In addition, athletic trainers will have cellphones with properly charged batteries for activating EMS; landlines are also on site at both the steward's stand and main building of Great Meadows Park (540) 253-5001.

Frequently Asked Questions

Q: Who should be involved in developing an EAP?

A: Anyone and everyone who may have a role to play in responding to an emergency.

- Core group:
 - AD/DSA and principal
 - Athletic trainer and/or team physician
 - Coach
 - EMS representative
- Additional members:
 - School security personnel
 - Additional school administrators
 - Game managers
 - Students

Frequently Asked Questions

Q: How often should we evaluate/revise our EAP?

A: At least annually, although a good idea to review prior to each event to ensure pieces are in place.

Q: Now that we have an EAP, what do we do with it?

A: A few suggestions:

- Share with appropriate staff and have available/posted at each venue
- Practice it periodically (“Drop the dummy” drill)

Frequently Asked Questions

Q: We already have a school crisis plan- do we really need an EAP? Seems redundant...

A: Probably. Things to consider:

- Does your crisis plan include each practice or competition venue, including those that are off-campus?
- Does your crisis plan reflect personnel typically available in the late afternoon/evening rather than during school day?
- Does your crisis plan address emergency situations common during athletics?

Conclusion

- EAPs are the cornerstone of our efforts to promote student safety
- ***EAPs are free!***
 - Although they require a bit of time, effort and thought
- Those who know their facilities the best (i.e. YOU!) are the ***BEST*** ones to coordinate this process
- Need help? Contact VHSL SMAC
 - John Reynolds: jdreynolds@fcps.edu
 - Abbie Hansberger: