



Administrators, Coaches, and Athletic Trainers,

Our Emergency Action Plan campaign this year has focused on the actions needed to care for a collapsed athlete. One of the primary causes of an athlete's collapse is cardiac arrest. The appropriate response to a person with a cardiac collapse is the [Chain of Survival](#).

Recognition of Cardiac Arrest

Cardiac collapse is often confused with other types of ailments. This [short video](#) describes and shows what a cardiac collapse looks like.

Activation of the Emergency Response System

At the high school, the emergency response system should include an [Emergency Action Plan](#) (EAP) that details who will call 911, who will start CPR, and who will retrieve the AED. Create an EAP for your teams AND practice it!

Early CPR with Emphasis on Chest Compressions

If a person is not breathing and does not have a pulse, CPR should be started. [Hands-only CPR](#) can be effective.

Rapid Defibrillation

Having an AED available for early defibrillation (within 1-3 minutes) increases the chance of survival. It is estimated that the chance of survival decreases 10% every minute defibrillation is delayed. Know where your AED is and practice retrieving it! If it takes longer than a couple of minutes consider moving it closer.

Advanced Resuscitation by Emergency Medical Services and Other Healthcare Providers

Once EMS arrives, additional lifesaving care can be provided. The quicker they arrive the more likely the collapsed individual survives. Our next brief article will provide tips on how to work with local EMS.

Post-Cardiac Arrest Care and Recovery

This is our goal – increase the chance of survival until the person can receive the care they need in a hospital and fully recover. Following the Chain of Survival increases those odds.

Practice Makes Perfect!

Oregon Emergency Action Day may have come and gone, but it is important that you continue to practice your Emergency Action Plans to ensure their effectiveness. You can develop your own drills or [use these](#) to practice no matter where you are; on the track, at the field, or on the course.

EMERGENCY ACTION PLAN

