

EMERGENCY ACTION PLAN



Administrators, Coaches, and Athletic Trainers,

Our Emergency Action Plan campaign this year has focused on the actions needed to care for a collapsed athlete. When an athlete unexpectedly collapses it is the sign of a medical emergency and Emergency Medical Services (EMS) will need to be called for assistance. It is important to proactively work with your local EMS to help ensure the response is as efficient and effective as possible.

Why should schools be in contact with the local EMS Training Officer?

EMS personnel can come to campus and complete a walk through of the athletic facilities and identify challenges EMS may face when responding to emergencies.

For example:

- What is the best entrance to get an ambulance onto a field or a gurney into a gym?
- Are there gates or doors that may be locked after school hours when an athletic-related emergency is more likely to happen? If so, can they be opened in an emergency?

The local EMS Training Officer should be able to tell the school the average response time to respond to emergencies at the school. That allows schools to consider what emergency equipment may be needed while waiting for EMS to arrive.

The school can let EMS know what personnel and equipment are on campus to respond to an emergency; for example, does the school have an athletic trainer or where the AEDs are located.

Schools and local EMS can schedule trainings together. While the focus of the EAP campaign has been cardiac emergencies, there are other emergencies that EMS may respond to. For example, many athletic trainers in the state work with local EMS to practice removing football equipment in the event of an emergency or discuss procedures if an athlete is suffering from exertional heat stroke.

The take home message is that schools should contact local EMS to start this important collaboration – a little effort now will go a long way if an emergency happens.

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.



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