

Rubric for Emergency Action Plan

Directions: You are to create an Emergency Action Plan for a sport at Bonita High School. You will be assigned the sport, this will require you to gain knowledge about the facility and location.

I have included all of the topics in **BOLD** you are to fill in the areas with the specific information about the sport you are assigned. This has to be TYPED!!!! It can be done on power point or as a pamphlet or other format if you choose.

Due **October 28th**. (50 pts)

I. Purpose (5 pts)

What is the purpose of this document?

II. Personnel/ Emergency Contact (5pts)

Who is involved in Bonita's athlete health care team? Consider including the ATC, coaches, assistant coaches, athletic director, administration, doctors, parents, EMS. (Include contact information IF you have it. If not you can make them up.)

III. Training of Personnel (5 pts)

What type of training will the athletic health care team need?

Who needs it?

How often?

Who will do the training?

What additional training (CPR) is required of the personnel?

IV. Communication (15 pts)

Who determines when EMS will be activated?

Who will call?

Who do they call? Include

When to call?

Who will go on the field/court when athlete is injured?

Who will go to the hospital?

Who will meet EMS at gates/doors?

Who will go to the hospital?

Who will document the injury?

Who will contact parents?

Provide information that will be given to EMS...write out a phone script.

- Phone number that call is being made from
- Specific **directions** to the site. (Include specific doors and gates EMS personnel will use- remember they need ambulance access as well as enough room to transport a backboard.
- Type of situation to expect and suspected injury/illness
- The condition of the athlete and care that is being given

V. Chain of command (5 pts)

I have included almost everything you need in this area. Include the two paragraphs and then answer and include what would happen if the ATC is not present when an injury occurs- what is the chain of command then?

The head ATC will enter the playing area to assess an injured athlete. A decision will be made by the ATC whether or not EMS needs to be activated. All AT students and other medical personnel, with the exclusion of the MD, should remain off the court unless summoned by the ATC.

In the case that EMS is activated, the head ATC will remain in charge of the situation until EMS personnel arrive. If the athletic training staff is spine boarding, the head ATC will take command and control the head of the injured athlete. Doctors and AT students are available for assistance upon request of the ATC. In the case of visiting teams, their ATC will remain in charge of the situation until EMS arrive or assistance is requested.

VI. Equipment On-Site- (5 pts)

What type of supplies are available? (kits)

Where are additional first aid supplies?

Where is a backboard, AED and splints?

If supplies are locked up- who has keys. Explain how the equipment will be accessed.

VII. Procedures (5 pts)

I have included what needs to be in this section. At the bottom I have included a few questions that need to be addressed in your plan about medical information / release forms.

Primary Evaluation should be performed on arrival to the injured athlete. This may include checking for:

Life threatening conditions

Level of consciousness

Open airway

Breathing

Circulation

Severe Bleeding

Call 9-1-1 if necessary

Begin CPR if needed (30 compressions to 2 breaths)

Support head and neck if a head, neck, or back injury is suspected

Cervical collar should be used if any neck, head, or back injury is suspected to prevent movement. Athlete should then be strapped to the spine board.

Apply first-aid as necessary

Apply direct pressure for bleeding

Fractures should be splinted.

Treat for shock.

Triage

In the case that more than one athlete becomes injured at the same time, a triage plan may be necessary. A triage plan will help to quickly identify which victims have life threatening injuries and who has the best chance of survival. This will be indicated using athletic tape in the following manner:

A -- One strip of tape will be placed on athletes who require immediate care due to life-threatening serious injuries. This includes, respiratory and cardiac emergencies, and severe bleeding.

B -- Two strips of tape will be placed on the athletes who have substantial injuries, but are not immediately life threatening. These athletes have stable vital signs that should be monitored as time and resources permit.

C -- Three strips of tape will be placed on individuals with minor injuries and stable vitals that require no immediate care. You may ask some of these athletes to identify themselves to save the ATC time. These athletes should be re-evaluated when time permits to reaffirm that they have no critical injuries.

When initially tagging the victims, the ATC should not stop to perform care on an athlete until all victims have been tagged. If the ATC stops to help one person, many others may die. Coaches or student ATs may assist in giving CPR to victims in critical condition.

Environmental Conditions:

Heat Illness:

Remove the athlete from the heat to cool the athlete's body

Remove excess clothing

Immerse the athlete in cold water

Replace fluids

Transport the athlete to the emergency room. DO NOT wait for an ambulance.

Cold Weather Injuries:

Move the athlete to a warm, dry location

Be careful not to warm the area too quickly

DO NOT rub across the area(s) that may be affected

Remove any wet clothing that may be on the athlete

Wrap the athlete in blankets and/or warm clothing

Monitor the athlete's LOC

Refer to a physician if needed.

Lightening:

A member of the emergency care team (ATC, coach, AT Student, or staff supervisor of event management) will monitor weather conditions that could threaten safety. This includes obtaining a weather report prior to the event. A decision will be made if it is safe to carry out the event. Beware of thunderstorms that may form. Be aware of the warnings given by the National Weather Service. A "watch" means conditions are favorable for severe weather to develop in a certain area; a "warning" means that severe weather has been reported in an area and for everyone to take proper precautions.

If lightning is taking place, use the flash-to-bang ratio to determine how close it is. (Flash to Bang Ratio - Count the seconds from the flash of lightning to the bang of the thunder and divide by five. This gives you the distance in miles that the lightning strike occurred.) If the Flash-to bang count reaches 30 seconds or fewer, all athletes and spectators should be moved to safety. Ideally 30 minutes should pass following the last flash of lightning before the return to play.

In the case of a fire, all athletes and staff will exit through the nearest exit. If on the court, athletes will exit through the tunnel on the north-west side of the building.

Where is medical information on athlete kept?

Who will retrieve it?

Does it need to be in more than one place- and additional copies need to be made.

VIII. Access to Facilities (5 pts)

In case doors or gates are locked who has keys and who will go get them. What are the immediate streets and access the EMS will use to enter the facility.