EMERGENCY ACTION PLAN

	Team Name
Head Coach:	Phone:
Assistant Coach:	
Park Supervisor:	
Director of Athletics:	
Emergency Medical Services Phone Number:	
·	or position, current address, telephone number; number aid treatment; specific directions; other information as
Scene control: Limit scene to first aid providers a	and move bystanders away from area
Seeme control. Elimit seeme to mist did providers d	ind move bystanders away from area.
Facility Addresses	
Practice Facility:	
Competition Facility:	
Strength and Conditioning Venue:	
Outdoor Facility:	
Indoor Facility:	
Hospital Name:	
Emergency Room Phone Number:	
Hospital Directions	
Emergency Task Assignments Immediate care of the injured or ill participant Emergency equipment retrieval Call EMS	Assigned to
Unlock and open doors for EMS	
Flag down EMS and direct to scene	

TEAM ROSTER WITH EMERGENCY CONTACT AND INFORMATION

For emergency use only, do not publish this information for distribution.

Athlete	Emergency #	Emergency Contact	Special Condition



8 AREAS TO EXAMINE WHEN A PLAYER IS INJURED



- PULSE RESPIRATION TEMPERATURE AND SKIN
- SKIN COLOR
 PUPIL SIZE
 MOVEMENT ABILITY
 PAIN REACTION
 LEVEL OF CONSCIOUSNESS



Normal Range: 60-80 beats per minute in children; 80-100 beats per minute in adults

- · A rapid, weak pulse indicates SHOCK
- · Absence of a pulse indicates CARDIAC ARREST

Please note that athletes may have slower pulses than the typical population because of the effects of training.



Respiration

Normal: 12-20 breaths per minute in children; 13-17 breaths per minute in adults

- · Shallow breathing indicates shock
- · Irregular or gasping indicates there is an air obstruction
- · Frothy blood from the mouth indicates a chest injury



Temperature and Skin Reaction

Normal Temperature: 98.6 F

· Temperature changes are caused by disease or trauma

Skin

- · Infection: Hot, dry skin
- · Shock: Cool, clammy skin



Skin Color

Red White Blue

Lack of Oxygen Shock Air not being carried adequately

Airway Obstruction

Heat Stroke Heart Disease

High Blood Pressure



Pupil Size

Injuries can alter the size of pupils:

- · Dilated Pupils: May indicate an unconscious athlete
- · Unequal Pupils: May indicate neurological problems

However, some people naturally have unequal pupils. If so, it should be noted during a pre-season screening.



Movement Ability

Inability to move a muscle part may indicate a serious Central Nervous System (CNS) injury.



Pain Reaction

Pain or lack of pain can assist the athletic trainer in making a judgment:

- · Immovable body part with severe pain, numbness or tingling indicates a CNS injury
- · Injury that is extremely painful, but not sensitive to touch may indicate a lack of circulation



Level of Consciousness

Is the injured individual alert and aware? Use the AVPU scale:

Alert: Evaluate the level of alertness

Verbal: Is the person able to respond verbally?

Pain: What is the response to pain?

Unresponsive: The patient does not respond to eye, voice, motor or pain stimulus

