Factors to Consider when Establishing Emergency Action Plans

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Factors to Consider

- Basic Setup
- Personnel
- Venue Specificity
- Practice/Rehearsal
- Other Considerations

Why Establish an EAP?

- Liability/legal issues
- Greater efficiency during an emergency
- Responsibility to the patent/athletes

Basic Setup

- Where to Start?
- The NATA Position Statement as well as a Sample Emergency Protocol can be found at www.nata.org/statements/ppt/emergency planning.ppt

Sample EAP

1. Call 911 or other emergency number consistent with organizational policies

2. Instruct emergency medical services (EMS) personnel to "report to _____and meet at _____ as we have an injured student-athlete in need of emergency medical treatment."
University Football Practice Complex:_____Street entrance (gate across street from_____)
cross street:_____Street
University Stadium: Gate_____entrance off_____Road

J Athl Train. 2002;37(1):99-104.

Sample EAP

3. Provide necessary information to EMS personnel:

- name, address, telephone number of caller
- number of victims; condition of victims
- first-aid treatment initiated
- specific directions as needed to locate scene
- other information as requested by dispatcher

Sample EAP

4. Provide appropriate emergency care until arrival of EMS personnel: on arrival of EMS personnel, provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist with emergency care as needed.

Personnel

- Who is involved with establishing an EAP?
- Athletic Training Staff
- Coaches
- EMT Personnel
- Campus Police
- Administration

Personnel

- All Personnel should be First Responder Certified
- All personnel should be assigned specific roles and be familiar with them

Ex: Student A: Responsible for calling EMS

Student B: Responsible for flagging down EMS

Coach: Responsible for crowd control

Role of Specific Personnel

- Students
  - Assist on-site ATC
  - If alone activate EAP and render First Aid until help arrives
  - Traffic/crowd control
  - Call EMS/911
- Coaches
  - Crowd control
  - Unlock Gates/Doors
  - Call 911/ATC
- Campus Police
  - Unlock gates/doors
  - Escort EMS to scene
  - Assist other On-site Personnel

- On-site ATC
  - If not on-scene, arrive as quickly as possible
  - Activate and follow EAP
  - Coordinate on-site Personnel
  - Render appropriate First Aid and/or emergency treatment
  - Travel with athlete to hospital
  - Inform coaches and parents at appropriate time

Venue Location

- On campus v. off campus
- Indoor v. outdoor venue
- Multi sport venues
- Multi school venues
- Accessibility for EMS personnel

Venue Specificity

- Each venue should have specific EAP
- EAP for each venue should include directions where appropriate
- Practice v. Game directions
- Special Consideration for unique venues
  - Swimming Pool
  - Golf Courses

Practice/Rehearsal

- Practice makes Perfect
- Simply having an EAP is not enough
- Practice should involve as many personnel as possible
- Problems with set-up or procedure of EAP can be detected during practice
- Familiarity with procedures decreases nervousness and increase efficiency

When to Practice EAP

- At the beginning of each Semester, prior to the start of the competitive season
- At the end of the semester, after the competitive season
- On-site personnel should practice 1-2 times per month
- Specific skills (log rolling, First Aid, etc) of medical personnel should be practiced once per week
- A full rehearsal involving all personel should be done annually

Other Considerations

- Placement of EAP
  - Should be placed in a visible, easily accessible spot at the venue
  - Placed at or near a hard-line phone if possible

Equipment

- Equipment available
  - Hard-line Phone
  - Cell phone/walkie-talkie
  - AED
  - Spine Board
  - Oxygen Tank
  - BP Cuff
  - Watch
  - Gator/Golf Cart
  - Emergency sheers
  - All equipment should be properly maintained and regularly inspected
- Equipment storage
  - Some equipment can be stored in kits
  - Equipment should be accessible if not placed on field/floor of venue
  - All on-site personnel should be familiar with location of equipment
  - Equipment should be stored as to prevent damage

Extra considerations

- Visiting ATC's
- Hand Signals
  - May increase response time and efficiency
  - Ex: duel arm wave-bring everything
    head tap- bring splint bag
- Laminated note card with medical alerts
  - sickle cell trait
  - past hx of heat illness seizure disorder diabetic
  - allergies
  - medications

Other Considerations

- Copies of athletes insurance and emergency contact number
- Laminated Note Cards with copies of EAP
- Laminated Note Cards with copies of emergency contact numbers
  - Coaches
  - AD/Assistant AD
  - SID
  - Campus Police
  - Campus Health Center
  - Ambulance Service

Emergency Care Rendered

- Equipment Available
- Personnel Available
- Legal Considerations

Revisions to EAP

- Revisions for each venue should be done a minimum of once per calendar year
- Revisions should be considered whenever construction projects arise on campus
- Before any EAP is established, the procedures should be reviewed by the administration and/or the legal department

References

- National Athletic Trainers Association Position Statement: Emergency Planning in Athletics
  - JC Anderson, Ronald W. Courson, Douglas M. Kleiner, Todd A. McLoda

  URL Link: www.nata.org/statements/ppt/emergency planning.ppt

Thank You

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