## **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.
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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	Assigned to
Immediate care of the injured or ill participant	<del></del>
Emergency equipment retrieval	
Call EMS	
Unlock and open doors for EMS	
Flag down EMS and direct to scene	
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	<del></del>
	<del></del>

### TEAM ROSTER WITH EMERGENCY CONTACT AND INFORMATION

For emergency use only, do not publish this information for distribution.

Athlete	Emergency #	<b>Emergency Contact</b>	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

**V**erbal: Is the person able to respond verbally?

Pain: What is the response to pain?

**U**nresponsive: The patient does not respond to eye, voice, motor or pain stimulus

