

Emergency Action Plan

_____ *Team Name*

Head Coach: _____ **Phone:** _____

Assistant Coach: _____ **Phone:** _____

Park Supervisor: _____ **Phone:** _____

Director of Athletics: _____ **Phone:** _____

Emergency Medical Services Phone Number: _____

EMS Protocol

When you call EMS, provide your name and title or position, current address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions; other information as requested.

Scene control: Limit scene to first aid providers and 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

Assigned to

Immediate care of the injured or ill participant _____

Emergency equipment retrieval _____

Call EMS _____

Unlock and open doors for EMS _____

Flag down EMS and direct to scene _____

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**

• Pulse

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

Lack of Oxygen

Heat Stroke

High Blood Pressure

White

Shock

Heart Disease

Blue

Air not being carried adequately

Airway Obstruction

• 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



Developed by Karen M. Lew, MEd., ATC, LAT
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