

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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