



EMERGENCY ACTION PLANS CAMPAIGN

Our goal with this collaboration between the four groups is to heighten awareness around emergency action plans (EAPs) in our school communities. We are looking to provide resources and best practice recommendations to school personnel on implementing venue specific EAPs.

ARTICLE #5 EMERGENCY EQUIPMENT

Whenever there is an emergency situation it is essential that school personnel do the following:

1. Recognize the emergency
2. Quickly alert trained personnel
3. Provide immediate care

This article centers on the last point – *provide immediate care*. A key component of delivering care is ensuring appropriate equipment is available and ready to be used.

What emergency equipment is needed?

The answer to this question depends on answering two additional questions:

1. What emergency conditions are likely to need care?

Emergency events can take many forms, but one of the scariest and most pressing is when an athlete suddenly collapses during activity. If this happens, we encourage the first responder to quickly attempt to determine the likely cause of the collapse. Heart conditions, a head injury, or a heat illness are often the reasons for a sudden collapse in a sports setting. Obviously, there are other conditions that can cause a collapse that medical personnel – such as athletic trainers, EMTs, paramedics, and physicians – need to consider. However, for the coach or administrator we believe thinking about the *3H's: Heart, Head, or Heat* will help the responder focus their immediate response.

The type of event and the environmental conditions will also aid the responder when making critical decisions. For example, a head injury doesn't happen unless the athlete has received a blow to the body or head from a collision or fall. A heat illness is more likely at the beginning of fall workouts, in overweight or poorly conditioned athletes, football players, or at times of sudden increases in the heat and humidity.

2. Who is available to provide the care?

The level of training of the responders will help determine what equipment is needed. A coach, administrator, or teammate will not have the same level of training as athletic trainers, EMTs, paramedics, or physicians.

While we do not want someone to use equipment they are not trained to use, we have an obligation to ensure the first responders have enough training to provide the critical care that is needed until medical personnel arrive. At a bare minimum, all potential responders must be trained to perform CPR and in the use of an AED.

Specific equipment for different conditions

Heart	Heat	Head
AED & AED kit that is available to be used within 3 mins of collapse, but ideally available immediately	Cold water immersion tank such as a plastic “kiddie” pool or horse “trough”	No specific equipment needed
CPR pocket mask	Ice towels & fan if cold water immersion is unavailable	
Facemask removal tools (for sports football and lacrosse)		

If there are students participating with known medical conditions the following would be helpful:

- Allergic reactions (anaphylaxis) – The individual’s or the school’s Epi-Pen
- Asthma – The individual’s metered-dose inhaler
- Diabetes – Fast acting carbohydrate, such as 6 ounces of sweet carbonated beverage or a half of cup of fruit juice

Additionally, schools that have an athletic trainer, the following equipment may be appropriate:

- Pulse oximeter
- Emergency oxygen
- Core temperature assessment (i.e., rectal thermistor)
- Airway adjuncts (e.g., OPA, NPA, or advanced airway) and suction device
- Glucagon

What else is important about emergency equipment?

Schools should ensure the following:

1. The equipment is working.
 - Check the AED batteries and pads on a regular schedule.
2. The equipment is available
 - There are too many cases where the AED was locked in an office or the cold water immersion tank was empty when they were needed. If the EAP says the equipment will be in a certain location it needs to be there ready to used!
3. Personnel are trained to use the available equipment.

Take Home Message

Many of the emergency conditions that individuals participating in school activities will suffer from can be managed with emergency equipment. It is essential that the equipment is working, available, and responders are trained to use the equipment.

Do you have feedback or questions about emergency planning?

Do you have questions about emergency action planning at your school? Do you have feedback on this campaign? Do you have examples of what has worked at your school that we can share in this campaign? Do you have specific challenges that you need help with? Please complete this [short online form](#).

South Eugene High School

Baseball Field

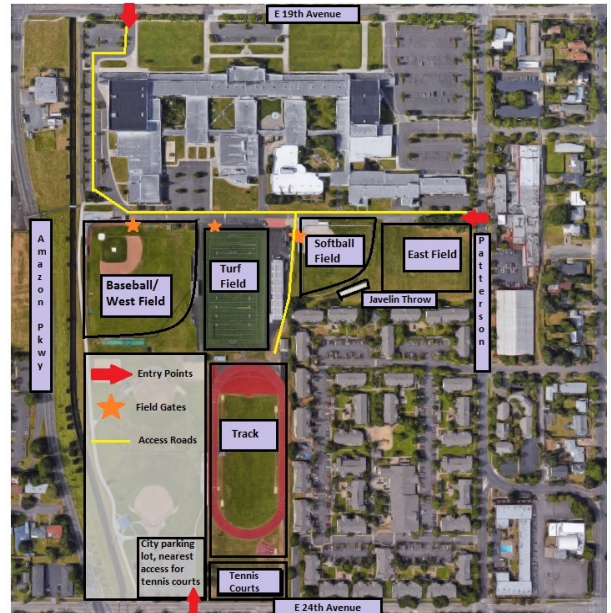
400 E 19th Ave Eugene, OR 97401

LOCATION

South Eugene High School's fields are on the south side of the high school. The school is bordered by 19th Avenue to the north, 24th Avenue to the south, Amazon Parkway to the west, and Patterson Street to the east.

EMS DIRECTIONS FROM E 19TH AVENUE

- Enter the school parking lot in the northwest corner of the school *at the E 19th Avenue & High Street intersection*.
- Follow the parking lot around the west side of the building until arriving at the baseball field located at the southwest corner of the school.
- The entrance to the baseball field will be along the north / 3rd base side of the field.



ROLES OF THE FIRST PEOPLE ON THE SCENE

1. Establish scene safety
2. Immediately care for the injured or ill student-athlete
3. Activate medical responders
 - a. Athletic Trainer – can be contacted by calling [INSERT NUMBER]
 - b. EMS – dial 9-911 [OR OTHER APPROPRIATE NUMBER] from a campus phone. Be prepared to provide your location, specific directions to the emergency, the condition of the individual, what treatment has been provided, and any other information that may be requested.
4. Retrieve emergency equipment
5. Direct EMS to the scene
 - a. Open gates to the baseball field
 - b. Designate someone to meet EMS and direct to the scene

EMMERGENCY COMMUNICATION

- Primary: Coaches, administrators, and athletic trainer will have a mobile phone.
- Back-up: Landline available [INSERT LOCATION OF NEAREST PHONE]. School administrators also have radios to communicate with school security and local police.

EMMERGENCY EQUIPMENT

- AED is available [INSERT LOCATION OF NEAREST AED].
- First aid kit is located in the home dugout
- The following is available in the athletic training room or with the athletic trainer:
 - [INSERT ADDITIONAL EQUIPMENT THAT IS AVAILABLE - SUCH AS SPLINTS, EQUIPMENT TO MONITOR VITAL SIGNS, ETC.]