



Administrators, Coaches, and Athletic Trainers,

Those of us working in athletics know the importance of preparation. We spend hours developing practice and game plans. We work tirelessly to perfect performance, all in an effort to help our students excel in their sport or activity and in life. This pursuit of perfection takes time and commitment from all involved – but it doesn't end with competitions.

The one event we don't want to ever encounter is a life-threatening situation involving one of our student-athletes. Unfortunately, these emergency events occur and are devastating to friends and family, the school, and the community. Just as we prepare for athletic competitions, we need to commit the time and energy to prepare for athletic related emergencies.

While we always know when the next game is scheduled, we never know when a medical emergency is going to occur - and it may not be an athlete. It could be an official, a coach, or YOU! Quite frankly, it may never happen, but you have to prepare like it will because a lack of preparation for the emergency may lead to the loss of a life.

All of us involved in athletics – athletic directors, coaches, and athletic trainers - have a duty to provide the best possible care to the injured individual. The responsibility shouldn't fall on one individual. We need to work collaboratively to ensure we have the best possible response. To aid in this, the OSAA, OACA, OADA, and OATS, are partnering to help schools prepare for emergencies by providing resources to athletics personnel on implementing emergency action plans (EAPs) based on best practice recommendations.

For the next step in our campaign, we have developed a set of drills that you can [find here](#) to help you practice your emergency response.

Oregon Emergency Action Day!

October 18, 2023

Join us on Wednesday, October 18th for the very first Oregon Emergency Action Day! We are inviting all member schools to participate in a state-wide Emergency Action Plan Day. The idea is for all schools to take time at practice to execute their Emergency Action Plan in a drill. You can develop your own drills or [use these](#) to practice no matter where you are; in the gym, on a trail, or on the field.

We know some teams may not be able to participate on the 18th, so we ask that you pick an alternate time that week to put your plan to the test.

And don't forget to share it on social media! We would love to see photos and videos from our schools as they practice their plans. Tag us in your posts **@osaasports** and use **#OregonActionDay** to share!

For future planning:

- *Winter Season Emergency Action Day will be Tuesday, November 28*
- *Spring Season Emergency Action Day will be Tuesday, March 5*

