



EAP Practice Drills - Fall

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. Just like we practice our sport or activity, we need to also practice our emergency response.

Setting Up the Drill

Who: Someone needs to run the drill. In our EAP template, we state someone must take the lead during an emergency – often this will be a coach. We suggest the person running the drill is not the leader of the emergency response. The person running the drill needs to be able to evaluate everyone’s response.

When: Notify the team in advance about the drill, but we suggest keeping the exact timing undisclosed. Emphasize that it's a drill once it begins.

What You'll Need:

- Drill Summary Checklist (next page)
- Stopwatch

Where: Conduct drills anywhere on campus but be sure to let bystanders know this is not an actual emergency. Another reason why the leader of the response shouldn’t be running the drill.

Conducting the Drill

Below are scenarios for each fall sport. The scenarios are intentionally short and can be adapted to meet your needs. We suggest the focus of the drill is to assess the response: did someone take the lead, was 911 called, was CPR started, and was an AED retrieved. Ideally, the response should occur in less than 3 minutes.

Cross Country

Towards the end of practice, the part of the team is gathered waiting for the rest of the team to finish the run. One of the last runners collapses right as they reach the group of teammates. The athlete is not breathing and does not have a pulse.

Football

One of the wide receivers is hit by another player while attempting to catch a ball during the live portion of practice. The hit is directly to the chest and the wide receiver does not immediately get up from the hit. The athlete is not breathing and does not have a pulse.

Soccer

During an intersquad scrimmage one of the players collapses while running near midfield. The athlete is not breathing and does not have a pulse.

Volleyball

One of the assistant coaches is setting up for practice and tells one of the other coaches they are not feeling well. The coach then collapses. The coach is not breathing and does not have a pulse.

EAP Practice Drill Summary Checklist

School Name:

Location of Drill:

Date:

Goal: Complete the drill in under 3 minutes

Y	N	N/A	EAP Assessment	Comments
			Communication that there is an emergency is clear and without delay?	
			Team responded with urgency?	
			Scene checked for safety?	
			Team members communicated with each other throughout drill?	

Y	N	N/A	911 Team	Comments
			EMS was called	
			Someone was sent to meet ambulance	
			Entry door/gate was opened	
			AT and/or AD was notified of situation (if available)	

Y	N	N/A	CPR/AED Team	Comments
			CPR is started	

Y	N	N/A	AED Team	Comments
			AED arrived at scene within 3 minutes?	

Questions for post-drill reflection:

How long did it take to activate the EAP, call EMS, and get the AED to the “victim”?

What went well?

What could be improved?

Are there any updates and/or revisions that need to be done for the EAP?

Other thoughts, comments, concerns, or questions?