



EAP Practice Drills - Winter

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 winter 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.

Basketball

During a live 5-on-5 part of practice, a player collapses running down the court. The is not breathing and does not have a pulse.

Spirit

During warmups one of the athletes complains of dizziness and not feeling well. The athlete decides to take a break and then collapses. The athlete is not breathing and does not have a pulse.

Swim

The coaches are getting ready for practice just as the team starts to arrive on the pool deck. One of the assistant coaches tells the head coach they are not feeling well and then collapses. The assistance coach is not breathing and does not have a pulse.

Wrestling

Immediately after a wrestle-off, one of the wrestlers stands up from the mat and then immediately collapses. The athlete 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?