YOUR EMERGENCY ACTION PLAN; ARE YOU REALLY READY?
Athlete’s safety is the #1 Priority

Who responds?

Athletic Trainer?

How do you reach him/her?
Contacting your Athletic Trainer?
COMMUNICATION

Who picked up the radio today?

Did you bring your cell phone to practice?
Do you carry a cell phone at all times?

- Do you have your local police, EMS, fire number in your cell phone? How quickly can you access this number?
- Cell phone wireless access good from your field/court, etc…?
LOCAL EMERGENCY NUMBER?
EMS/FIRE/POLICE RADIO?

- Can you get one?
- Local Fire Department
- EMS
- Police

DIRECT LINE INTO DISPATCH CENTER
Athletic Trainers-How quickly can you get to your athletic venues?

- Medical cart ready to go?
- Shared with B & G?
- AED?
- Trauma box?
- Airway kit?
- Vacuum splints?
Medical Cart Conversion
Who goes with a student by ambulance?
CPR
Who is certified?

- Are coaches CPR and First Aid certified?
- Is this training required for non-athletic faculty/staff, students?
- Who monitors the “requirement” or is it really just preached and not practiced?
Do you have AED’s?

Are they at each athletic venue?
If not, how quickly can they be accessed?
Who checks them to make sure they are in working order?
Are they internally alarmed?
Do they activate police, fire, EMS?
Is there a pocket mask/gloves, etc.. with the AED?
ARE FIRST AID KITS AT EACH ATHLETIC VENUE?

- Coaches/Team managers remember to take kits or ice to practices/games?
- Do you have kits inside?
- Outside during fall/spring?
Home and Away- Practice and Games

- Venue specific EAP?
- EAP for off-campus sites?
- First Aid Kit
- Ice (and bags!)
- Water
- Cell phone/two-way radio
- Medical Alert List
- Emergency Contact List
- Access to school release forms.
EPI-PENS?

- Expired?
Easily accessible?
Concussion Assessment and Management?

- ATC?
- RN in Health Office?
- Management plan?
- Communication with faculty/coaches?
- Academic accommodations?
- On going monitoring and communication with faculty/coaches?
- Daily symptom check?
Academic Accommodations (Concussion)

Once the school receives notification from a doctor of a student’s condition, the adults (academic, residential and athletics) in the student’s life will be notified of what level of activity the student will be able to engage in. Athletic clearance will come after a student is cleared by the doctor and trainer. Students will complete a daily post-concussion symptom scale. If symptoms return, he/she will return to the previous level for at least 24 hours.

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>ACCOMMODATIONS</th>
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<tbody>
<tr>
<td>1</td>
<td>At home, no academic work</td>
</tr>
<tr>
<td>2</td>
<td>Attending partial classes as tolerated</td>
</tr>
<tr>
<td>3</td>
<td>Attending classes, not able to complete out-of-class work or take quizzes or tests</td>
</tr>
<tr>
<td>4</td>
<td>Attending classes, able to complete out-of-class work but not able to take quizzes or tests</td>
</tr>
<tr>
<td>5</td>
<td>Cleared to engage in all academic work</td>
</tr>
</tbody>
</table>

STUDENT: ______________________  ADVISOR: ______________________  DATE: ________________

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COMMENTS: ____________________________________________

If you have questions about specific areas of the student’s life, please contact:

Sue McKenna (health)  Frank Mastrangelo (athletics)
Chris Ellsasser (academics)  Libby Margraf (student life)
Weather

- Thunderstorms
- Protocols reviewed?
- Safe shelter locations?
- Communicate by:
  - Air horn
  - Two-way radio
  - Cell phone/Group Text
  - Back-up communication
Exertional Heat Illnesses

Environmental Temperatures

- How do you assess the temperature and humidity?
- If you use a rectal thermistor, have you pulled it out from the box?
- Do you have ice ready to go? Freezer?
EMERGENCY ACTION PLANS

There is no perfect Emergency Action Plan.

Look at your needs and create one that works for YOUR school.
RESOURCES

- Ksi.uconn.edu
- nata.org
Thank you