

Softball Emergency Action Plan
Rosemont High School
9594 Kiefer Blvd, Sacramento, CA 95827



ACTIVATING EMS

1) Identify Yourself:

- "Hello, this is _____ (your name)."
- "I am the _____ (your role: athletic trainer, coach, athletic director, etc.)."

2) State Your Location:

- "I am at the Rosemont High School Softball Field."
- "The address is 9594 Kiefer Blvd, Sacramento, CA 95827."

3) Describe the Emergency:

- "We have an athlete down on the field, and EMS assistance is needed."
- "The athlete is _____ (responsive/unresponsive) and has a suspected _____ (e.g., spinal injury, head trauma, cardiac event, etc.). The athletic trainer is with the athlete and providing care."

4) Provide Instructions for EMS Arrival:

- "Please enter the school off Kiefer Blvd. Once on the school grounds, head to the left-side entrance that leads to the back parking lot. Continue straight down the hill towards the football field. Softball fields are located on the left behind the track."
- "We will have a coach or staff member meet you at the entrance to direct you to the field where the athlete is located."

5) **Answer Additional Questions:**

- Stay on the line with the dispatcher to answer any further questions and provide updates if the athlete's condition changes.

ROLES/RESPONSIBILITIES

Chain of Command:

1) Certified Athletic Trainer - Drew Olin, ATC

a) *Primary Responder*

- Lead staff in life or limb-threatening intervention, including any necessary immediate delegation (i.e. initiate EMS, provide care, retrieve emergency equipment, direct EMS to site, retrieve the emergency card, contact parent/guardian)
- Maintain a calm and confident atmosphere for all personnel
- Inform the athletic director or coach of the situation
- Document the event in fine detail

2) Coaches

a) *Secondary Responders*

- Activate EMS (CALL 911)
- Assume the lead position in the absence of an Athletic Trainer (AT)
- Assist the AT with providing care (CPR, spine boarding, splinting)
- Retrieve emergency equipment (see "Emergency Equipment" below)
- Keep the environment safe. Control athletes, parents, and fans from crowding the injured athlete
- Contact parents/guardian injured/ill athlete if Athletic Director is not available
- Actively flag EMS to the directed venue
- Accept any delegation from the AT
- *If AT is not present, contact AT immediately upon EMS transport of athlete*

3) Athletic Director

a) *Main Communicator*

- Assist the lead position
- Provide a safe environment (contact security/campus police if available)
- Contact parents/guardians of injured/ill athlete
- Proactively assume role of first responder (see Roles of First Responder below) when nearest to the victim, until AT arrives (if certified to do so)

4) Security/Sports Medicine Students

a) *Scene Safety, Guide EMS*

- Proactively assume role of first responder (see Roles of First Responder below) when nearest to the victim, until AT arrives (if certified to do so).
- Initiate EMS (CALL 911) when instructed to do so by any superior personnel on the Chain of Command
- Retrieve emergency equipment (see "Emergency Equipment" below).

- Actively flag EMS in route.
- Accept any other delegation provided by AT or acting lead staff.

ROLE OF FIRST RESPONDER

Immediate care of the injured/ill athlete:

Life/limb-threatening emergency

1. Activation of emergency medical system (EMS)
 - a. If possible, the AT directs the coach to activate EMS while AT attends to the collapsed athlete.
 - b. Call 911 (follow the 911 prompt on page 1).
2. Perform Basic Life Support (CPR, Rescue Breathing, AED, First Aid), if necessary, until emergency personnel arrive
 - a. Assign a medical staff member (coach, security, AD) to meet the ambulance at a designated location.

Non-threatening emergency

1. Helps the athlete remain calm and provide reassurance.
2. Provide First Aid care as necessary.
3. Apply direct pressure on wounds using sterile gauze from First Aid kit.
4. Stabilize fractures or dislocated joints using splints, elastic bandages and/or sling.
5. Do not provide food or water for injuries requiring medical care and/or transport.

EMERGENCY EQUIPMENT

1. Automated External Defibrillator (AED)
 - a. Traveling: (1) with Certified Athletic Trainer (when present).
 - b. Stationary: (1) located in the football stadium announcers booth.
2. Medical Kit
 - a. A medical kit will accompany the AT during practices and competitions when present.

NEAREST EMERGENCY ROOMS

Kaiser Permanente - Approx. 8 miles away
 2025 Morse Ave
 Sacramento, CA 95825

UC Davis Medical Center - Approx. 10 miles away
 2315 Stockton Blvd
 Sacramento, CA 95817