

Introduction

Roles of emergency personnel can vary due to the type, number, and severity of the injury. It is highly recommended that the **most qualified member of the emergency team take the lead** in delivering acute care; this is usually the athletic trainer or the team physician. There are four basic guidelines to follow when reacting to a medical emergency. First, **make sure the scene is safe** for any emergency personnel to enter. Second, activate the EMS by calling 911. Mortimer Jordan High School does not have onsite EMS personnel present at all games. Depending on the situation, the response time for EMS at MJHS is approximately 15 minutes. Any member of the emergency team can make the call. However, it is suggested that the team member that activates EMS should be someone who is familiar with the local area, can remain **calm**, and communicates well with other individuals. In most instances it is easiest to assign a team member other than the person who is giving acute care. For instance, if an athletic trainer is stabilizing an athlete, a coach or first responder should **call 911 (or local EMS number)** so the 3(s)]TJETBr6 3(t)6(h)-3(e)-3

Not all emergency team members will be present during each emergency. In such instances bystanders, athletes or officials might have to assist the first responder. It is important that all instructions given to untrained individuals be clear and concise. When the team is traveling without a certified athletic trainer, coaches should ask the host school if an athletic trainer will be present during the competition. If an emergency occurs at an away location, the emergency plan should be activated with the assistance of the host school's emergency personnel. It is also important for all coaches to have pre-assigned roles within their staff for home or away emergencies. For instance the roles can include: a coach to assist the medical staff on the field, a coach to meet the EMS and direct them to the emergency, a coach that will travel with an athlete to the hospital, and so on. An ideal time to assign various roles is during the emergency plan annual practicing sessions. Any athlete that has to be transported by the EMS must have a member of the emergency team accompany them if a parent or legal guardian is not present. **A legal guardian also must be contacted and informed of the emergency situation, the care provided, and which hospital the athlete will go to.** The preferred hospital and pertinent information can be found on the athlete's EMS form. It is highly suggested that coaches travel with their athlete's emergency contact information and pertinent medical histories. **The coach can obtain a copy of the EMS form for each of their athletes from the ATC prior to the season.** This information can be very helpful in decreasing the time that a physician can provide appropriate care to an injured athlete.

Communication

Communication is essential for a successful emergency response. **All members of the emergency team should know where a fixed or mobile telephone is in relation to their practices and games.** It is important to complete communication planning prior to athletic events as well as developing a telephone tree. **Personnel that decide to use cellular phones should make sure they are charged and that they have a signal at their location; this is especially important when traveling.**

Emergency Equipment

Emergency equipment should be accessible to all practices and games. Emergency equipment should be checked and updated on a regular basis. The Mortimer Jordan athletic training rooms are the central locations for emergency equipment. There are three athletic training rooms located on the campus of MJHS. (Football Stadium Field House, Competition Gymnasium, and Base/Softball Complex)

Conclusion

Preparedness can mean the difference between life and death during an emergency. It is very important for all members of the emergency personnel team to keep up to date in their training for athletic emergencies. Personnel that practices for emergencies will feel more comfortable and ready to act when an emergency occurs. Emergency personnel should practice at least once per year as a team and then again within their coaching staff prior to their athletic season. It is highly suggested that automated external defibrillation (AED), CPR, first aid, and head/neck stabilization techniques be reviewed during practice sessions. It is important to note that documentation such as an incident report must be completed directly after any emergency. **It is the responsibility of all coaches to maintain their CPR/AED/First Aid Training throughout their careers through attending on campus training courses or private courses.**

Mortimer Jordan High School Athletics Emergency Plan

The following emergency plan is a general outline for Mortimer Jordan High School athletics staff:
Recognition of an Emergency: Activate Emergency Plan