

Emergency Action Plans for Schools

Emergency action plans (EAP) provide guidelines to prepare schools to respond to a serious or life threatening injury or medical emergency during extracurricular activities. Some causes of sudden death in sports are: cardiac, head injuries, heat stroke, asthma, anaphylaxis, and direct trauma. Even with pre-participation sports physicals healthy appearing youth may have an unsuspected potential of sudden cardiac death. It is this which prompts the creation of a guide for emergency action plans in schools.

Once developed, the EAP should be reviewed annually with all athletic personnel.

BEST PRACTICE RECOMMENDATIONS	NOTES
Our school has an EAP for managing serious and/or potentially life-threatening injuries.	
Our EAP has been developed and coordinated with local EMS, public safety officials, on-site medical personnel and school administrators.	
Our EAP is a written document that has been distributed to all staff members.	
Our EAP addresses all areas of school grounds and includes maps and/or directions to each location.	
Our emergency equipment that may be needed in an emergency is listed in our EAP.	
Our EAP identifies school staff and their responsibilities to carry out the plan of action with a designated chain of command.	
Our EAP has contact information for local EMS.	
Facility address, location, contact information is identified in the EAP.	
Our plan specifies any documentation that is needed after the emergency.	
Our EAP has been reviewed and rehearsed annually with all parties involved.	
Our planning process included healthcare professionals who will be providing medical coverage during games, practices, and other events.	

For more information:

Maine Principals' Association www.mpa.cc

Anyone Can Save a Life www.anyonecansavealife.org

Resources:

National Athletic Trainers' Association Position Statement: Preventing Sudden Death in Sports. Journal of Athletic Training 2012;47(1):96-118.