

Cardiac Emergency Action Plan (CERP)

Plan adopted by **(Team/League Name)** effective **(DATE)**

Team/League Name: _____

[Practice and game facility Name and Address] _____

Emergency contact information: _____

AED LOCATION(s): _____

Signs of Sudden Cardiac Arrest can include one or more of the following

- **Not moving, unresponsive or unconscious,**
- **Not breathing normally (i.e., may have irregular or rapid breathing, gasping or gurgling or may not be breathing at all), or**
- **Seizure or convulsion-like shaking activity**

Sudden cardiac arrest events can vary greatly. Coaches, staff, athletic trainers, volunteers, and Cardiac Emergency Response Team (CERT) members must be prepared to perform the duties outlined below. Immediate action is crucial in order to successfully respond to a cardiac emergency.

Steps DURING Emergency

- Suspend all play immediately.
- Send all players to their appropriate team bench and off the field.
- Ensure scene safety.
- Shake the person by the shoulders and speak loudly to them in an attempt to get a response.
- **Call 9-1-1** as soon as you suspect a sudden cardiac arrest- that the heart has stopped.
- **Begin CPR** right away pushing hard and fast in the center of the victim's chest 100-120 times/minute.
 - Younger children, those who experience respiratory arrest first, and drowning victims may need rescue breaths in a 30:2 ratio if CPR trained individuals are present. Otherwise, provide hands-only CPR .
- Have a second person, if available, **Get AED** or get it yourself after 2 minutes of CPR. Open Up and / or Turn on the unit, Follow the VOICE Directions to apply pads to victim.
- Contact the player's parents/guardian. If providing care, have another coach or adult contact the parents/guardian.
- Have coaching staff or a parent wait at the entrance of the field to **meet and direct EMS to scene.**
- Transfer to EMERGENCY MEDICAL SERVICES (EMS) at their request.

Steps AFTER Emergency

- Replace AED electrode pads immediately following use of AED.
- Allow emergency medical services or victim's hospital care team access to AED to get data from the machine/AED about the cardiac arrest. This can generally can be done without having to give the AED to anyone so keep your AED on site, if possible.
- Coach will complete an Incident Report and submit to appropriate authorities.
- Schedule discussion of emergency with coaching staff and other stakeholders after event to review response performance and team/league's emergency response protocol.

Field Information / Emergency Vehicle Directions

If EMS is called, send several coaches, staff, or parents to the entrance of the facility to clear the path for the ambulance and direct them to the location of the scene.

FACILITY/PARK NAME

Address

City, State ZIP

Emergency Vehicle Directions EXAMPLE STADIUM FIELD

- From State Road, enter the parking adjacent to the stadium.
- Immediate access by foot through the **MAIN GATE**
- For vehicle access, proceed down the access road to the **RIGHT** of the stadium and make the first **LEFT** and proceed down the access road.
- Entrance to the field is on the **LEFT**.

Emergency Vehicle Directions – EXAMPLE TURF 1 and 2

- From State Road, enter the parking adjacent to the stadium.
- Proceed down the access road to the **RIGHT** of the stadium and make the first **LEFT** and proceed down the access road.
- Entrance to the turf fields is on the **RIGHT**.

