

Cardiac Emergency Action Plan (CERP)

Project ADAM[®]
SAVES LIVES

Plan adopted by _____ Effective _____

Site/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, eye may be open or closed), 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 or remove them from the immediate area
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- Ensure scene safety and maintain crowd control to protect victim's privacy.
 - 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.
 - Give detailed instructions to dispatch on location and directions to navigate area.
 - Have coaching staff or parents wait at the entrance of the field to meet and direct EMS to scene.
- **Begin hands-only CPR** right away pushing hard and fast in the center of the victim's chest 100-120 times/minute.
 - If there are CPR trained individuals present, they may provide rescue breaths at a rate of 2 breaths after every 30 compressions.
- Send someone to get **AED**
 - Open Up and / or turn on the unit
 - Follow the voice directions to apply pads to the victim as shown in pictures.
- Contact the player's parents/guardian.
- Continue supporting the victim until EMS arrives and you transfer to their care.

STEPS AFTER EMERGENCY

- Replace AED electrode pads immediately following use of AED.
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- Allow EMS or victim's hospital care team access to AED to get data from the AED or download per unit instructions and sent to care team.
 - Coach will complete an Incident Report and submit to appropriate authorities.
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- Schedule discussion of emergency with coaching staff and other stakeholders after event to review response performance and team/league's emergency response protocol.
 - Consider mental health resources for those involved or those who witnessed the event.

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

Emergency Vehicle Directions

PLACE YOUR FIELD IMAGE HERE