



FREQUENTLY ASKED QUESTIONS ABOUT EMERGENCY ACTION PLANS

Q What are the benefits of having an Emergency Action Plan (EAP)?

A An EAP provides a risk management strategy and prepares you for an emergency situation. It ensures appropriate care is provided in a timely manner and leads to a more effective emergency response.

Q What does an Emergency Action Plan (EAP) do?

A A documented and rehearsed Emergency Action Plan provides information to ensure a rapid, appropriate, and controlled response to an emergency. As a coach directing their team, this Emergency Action Plan should be discussed, rehearsed, and documented within individual practice plans.

Q What should be included in the Emergency Action Plan?

A The plan includes the emergency team and the roles of each person involved in an emergency. This includes who establishes scene safety, what should be provided for the immediate care of the athlete, and who is included in emergency communication. Knowledge of where equipment is and how it can be accessed quickly, and venue-specific directions are also essential parts of an Emergency Action Plan.

Q How do I start this process?

A The information on the MHSAA Health and Safety resources page will assist in the process. Templates are available to help administrators and coaches create plans that can be implemented.

Q What should be included for emergency and non-emergency planning?

An EAP can be a standard framework for the common injuries/illnesses covered in a first aid class. Emergency circumstances could include someone who has a cardiac episode, sustains an allergic reaction, struggles with asthma, or has a general injury. They could also include severe weather or other local concerns. The EAP allows those responding to provide initial care and get advanced care at their specific location. The purpose is to provide care and streamline the arrival of advanced care to limit delays.

Q Should it include every scenario?

A An EAP can't realistically cover all possible scenarios. An EAP can help lead discussions among students, staff, and community about the basic items that can be included in a number of scenarios.

Q Who are good resources in my community to assist with the development of an EAP?

A Your Athletic Trainer, District Nurse, School Resource Office, and Local Fire/EMS are all valuable resources. Other schools in your league/conference may also help provide additional insight.

Q What areas should be considered when preparing a venue-specific EAP?

A Your planning should include areas besides competition and practice venues. These could include locker rooms, weight rooms, and private facilities that may be used.

Q Does activating an EAP mean that we need to have an ambulance come?

A Not necessarily. An EAP could be activated for any kind of injury/illness that needs attention. Calling 911 is not the only component of having an EAP. 911 can provide additional information to help troubleshoot the situation and get care to your venue as soon as possible.

Q What are some great basics to remember in the event of an emergency?

A Stay calm. Remember, you have a written, rehearsed, and practiced response. Recognize there is a situation and activate EMS (911) when in doubt. Dispatchers are trained to help guide you through the situation while you are waiting for advance care.

Q How much should an EAP be practiced?

A Practice the EAP until you feel comfortable that your team can also respond if you are the one in medical need.

Q What if my school uses a private facility (or parks/recreation) for practices/events? Do I still need an EAP?

A Yes. Reach out to venues and inquire about their current EAPs. They might not have anything, and you can assist in providing them with some resources to help them establish one. You should also establish one that can be shared with your staff during those practices/contests.

Q What is the difference between a venue-specific EAP (vEAP) and our school's regular Cardiac Emergency Response Team (CERT) from [Michigan Public Act 12 of 2014](#)?

A A venue-specific EAP is a plan specific to each location that a team may regularly utilize during the course of their season. It provides direction for additional emergency conditions, not just a cardiac response. Michigan Public Act 12 requires schools to have a CERT team that is specific to the school day and may not pertain specifically to school events (like athletics).