



Seattle United

Emergency Action Plan (EAP)

OUR PLAN:

- During an emergency, this EAP will be activated:
 - Assess situation to determine what steps are needed.

Sudden Cardiac Arrest (SCA)

1. Recognize SCA – ***collapsed and unresponsive athlete***
2. Call 9-1-1
3. Begin CPR with chest compressions
4. Retrieve & apply AED as soon as possible (if available)
5. Continue CPR until medical personnel takes over
6. Transfer to appropriate hospital with parent or coach
7. Contact parents or emergency contact of athlete if not present
8. Contact ATC and club director
9. Document incident through injury reporting form

Cervical Spine Injury

1. Recognize – ***traumatic head/neck injury***
2. Call 9-1-1
3. DO NOT MOVE ATHLETE!
 - a. Only move if CPR is needed (i.e. not breathing and/or no pulse)
4. Transfer to appropriate hospital with parent or coach
5. Contact parents or emergency contact of athlete if not present
6. Contact ATC and club director
7. Document incident through injury reporting form

Exertional heat stroke

1. Recognize – ***athlete confused and in distress***
2. Call 9-1-1
3. Cool athlete down by putting them in shaded area
4. Immerse in cold water tub or apply ice packs, cold packs, cold/wet towels to major blood vessels (neck, armpits, groin, and behind knees)
5. Cool first – Transfer to hospital second with parent or coach
6. Contact parents or emergency contact of athlete if not present
7. Contact ATC and club director
8. Document incident through injury reporting form

Traumatic & Other Emergent Injuries

1. Call 9-1-1
2. Stabilize injury on the field if indicated
3. Use team first aid equipment if indicated (i.e. inhaler, Epi-Pen, etc. for self-administration)
4. Transfer to appropriate hospital with parent or coach if no improvement or worsens
5. Contact parents or emergency contact of athlete if not present
6. Contact ATC and club director
7. Document incident through injury reporting form

Lightning Procedure

1. At the first sight of lightning, STOP.
2. Find shelter (substantial building or hard-top car)
3. Wait for 30 minutes after lightning strike; If another strikes, restart time.
4. Contact parents of storm
5. Contact director of storm

IF SOMEONE IS STRUCK:

1. Call 9-1-1
2. Give first aid, CPR, and/or AED (whatever is needed)
3. If possible, move person to a safer place. Lightning CAN strike twice!



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OUR GOAL:

KEEPING OUR ATHLETES SAFE!

- Emergency situations can happen at any time – practices and/or games. They cannot be predicted, but they can be best managed through the following:
 1. **Preparation:** CPR & First Aid Certification of coaches/staff & annual review of Emergency Action Plan (EAP)
 2. **Teamwork:** Coaches and medical personnel working together
 3. **Communication:** Informing families involved, director, and ATC
 4. **Implementation** of EAP

OUR TEAM:

1. **Certified Athletic Trainer**—*Jasmin Zachwieja*
2. **Directors**—*Jimmy McAlister, Kevin Long, Kyle Rodeheaver, Rich Reece, Alex Chursky*
3. **Emergency Responders** – *paramedics, firefighters, police officers, etc.*
4. **Volunteer Club Physician**—*Dr. Jon Drezner*

OUR TOOLS:

- AED and team first aid kit
- **Most** Seattle fields are equipped with an **AED** (if not, then continue with CPR/first aid kit tools until medical personnel arrive)
- Use your CPR/First Aid Training & team first aid kit

OUR CONCERN:

Be prepared for:

- **Sudden Cardiac Arrest (SCA)**
 - a. **Leading cause of sudden death** in young athletes during sports
- Cervical Spine Injuries
- Serious or Life-Threatening Injuries/Illnesses

OUR PLAN:

- During an emergent situation, the EAP will be activated:
 1. Call 9-1-1
 2. Begin CPR (if indicated)
 3. Retrieve & apply AED (if indicated/available)
 4. Stabilize injury on the field (if indicated)
 5. Transfer to appropriate hospital with parent or coach
 6. Contact parents or emergency contact of athlete if not present
 7. Contact ATC and director of incident
 8. Document incident through injury reporting form

Contact Information

- **Jasmin Zachwieja, ATC** – (805)558-6356; jasmin@seattleunited.com
- **Jimmy McAlister** – (253)530-6225; directorofcoaching@seattleunited.com
- **Kevin Long** – (206)525-3330; executivedirector@seattleunited.com
- **Dr. Jon Drezner** – jdrezner@uw.edu

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