

# CHEERSMART RESOURCES

## EMERGENCY PLAN

### 1. CREATING AN EMERGENCY PLAN

### 2. MEDICAL RELEASE FORM

Filled out for every participant.

### 3. ACCESS TO A PHONE

911 Emergency Call sheet filled out and posted by the phone (see below).

### 4. ASSIGNMENTS

- Coach stays with injured person.
- Remain calm and confident.
- Designated person calls 911.
- State name, emergency (what type of injury), specific location.
- Designated person calls parent(s).
- State name, injury, name of hospital.
- Designated person waits for the ambulance and directs it to the proper area.
- Designated person (if any) rides in the ambulance with the injured athlete.
- Coach fills out an accident report.

### 5. PRACTICE EMERGENCY PLAN

- Determine placement of nearest phone
- Determine who will call 911
- Determine who will contact parents
- Determine who will meet the ambulance
- Determine who will ride in the ambulance

## 911 EMERGENCY CALL

Hello, this is \_\_\_\_\_ . I am calling because one of our athletes (state injury). We are located at \_\_\_\_\_ (school name) at (address). We need an ambulance at \_\_\_\_\_ (location in school and directions). We will have someone outside to meet you.

**POLICE DEPARTMENT PHONE NUMBER**

**FIRE DEPARTMENT PHONE NUMBER**

**NOTES:**



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## CALL PERSON EMERGENCY ACTION PLAN

- **State that it is a medical emergency**
- **State what the emergency is**
- **Give the exact location and the name of the closest cross streets**
- **Give the telephone number from which you are calling from the gym phone, see below).**

**WAIT FOR THE OPERATOR TO HANG UP FIRST BEFORE YOU HANG UP**

**LOCATION:**

**Phone:**

**Main Intersection:**

**Room(s):**

**CHEERLEADING INJURIES LOG**



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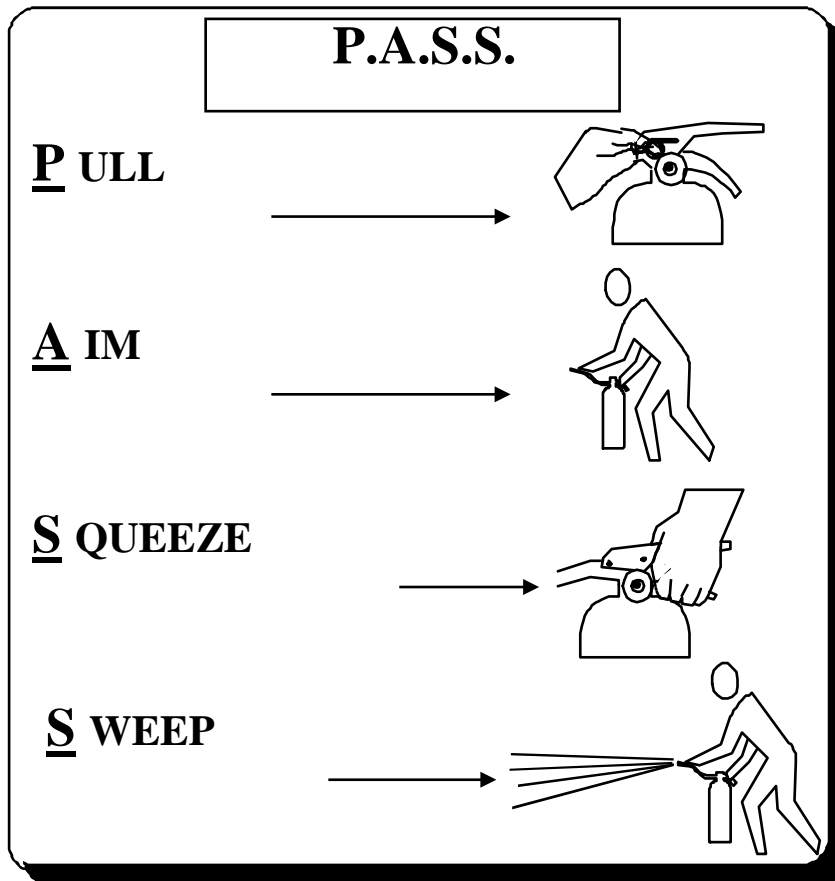
Use the acronym **PASS** to remember how to use an extinguisher.

**P** – **Pull** the safety pin.

**A** – **Aim** at the base of the fire.

**S** – **Squeeze** the trigger handles together.

**S** – **Sweep** from side to side across the fire.



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