

“911... What is Your Emergency?”

Create your own emergency response team!

University of Wisconsin-La Crosse

University of New Hampshire

Western Carolina University

University of Florida



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Sudden Cardiac Arrest

January 27, 2010

9:24 PM

20 year old female

Group X class

- 21:24:13 - call received by 911
- 21:25:11 - call dispatched to station
- 21:26:12 - University Police informed
- 21:26:20 - call to Mo
- 21:26:21 - paramedics in route
- 21:26:46 - face is blue
- 21:28:40 - AED in use
- 21:29:00 - University Police arrive
- 21:30:50 - paramedics on scene
- 21:31:09 - code in progress
- 21:49:30 - ambulance departs to hospital
- 21:57:42 - ambulance arrives at hospital



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UW-L Collaboration

- Recreational Sports
- Training with Exercise and Sports Science Department
- University Police
- Student Life Office
- Counseling & Testing Department



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Improvements

- Verbiage on 911 phone calls
- Building Manager cell phones
- CPR masks for entire facility and employees
- Red Cross reference cards
- Semester CPR reviews with staff
- Bystander awareness



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Make it Happen

Develop Your Own ERT

Follow these 5 steps to start an ERT on your campus

1. CREATE YOUR TEAM
2. Evaluate current procedures
3. Prepare emergency action plans
4. Develop & implement red shirt reviews
5. Evaluate progress



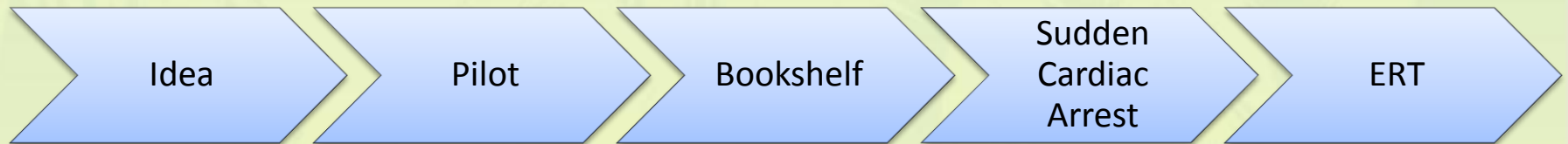
For additional information:
www.uwlax.edu/recsports/ert.htm



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Evolution of Emergency Response Team (ERT)



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Mission

As a preparatory unit of the Recreational Sports student staff, the Emergency Response Team (ERT) will ensure the readiness of the Recreational Sports Department for any potential emergency, review emergency action plans, and strive for efficiency in upholding accident, incident, and injury protocol.



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Current Structure

- Advisor:
 - Associate Director
- Chair:
 - Student staff member
- Representatives:
 - 1 from each position area



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Make it Happen

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1. Create your team
2. EVALUATE CURRENT PROCEDURES
3. Prepare emergency action plans
4. Develop & implement red shirt reviews
5. Evaluate progress



University of Wisconsin-La Crosse
REC SPORTS

For additional information:
www.uwlax.edu/recsports/ert.htm



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What are your current procedures?

- Your demographics
- Emergency action plans
- Common practices
- Reports and documentation
- Equipment and supplies
- Certifications and training of staff
- Institutional coordination



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UW-L Demographics

- Enrollment of 10,000 students
- Recreational Eagle Center, Mitchell Hall, Sports Complex, and North Campus
- 96% entered the facility at least once
- 6 professional staff
- 3 graduate assistants
- 85 service staff
- 165 additional student staff



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UW-L Current Practices

- Injury and incident reports
- AED
- Portable first aid packs
- Two-way radio and cell phones
- Graduate certified athletic trainer
- Undergraduate student athletic trainers
- All service staff certified
- Relationship with University Police



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2. Evaluate current procedures
3. PREPARE EMERGENCY ACTION PLANS
4. Develop & implement red shirt reviews
5. Evaluate progress



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Emergency Action Plans

- Definition: a written plan detailing procedures that facilitate and organize the actions taken during an emergency situation
 - Medical emergencies
 - Severe weather
 - Campus threat



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Emergency Action Plans

- Bullets vs. Paragraph
- Consistency
- Locations
 - Indoor and Outdoor
 - Staff Handbook
- Collaboration
 - Risk Management
 - University Police

EMERGENCY PROCEDURES

REC INFO COUNTER

LIFE-THREATENING SITUATION

1. Remember check, call, and care. Perform emergency first aid and CPR if required. If available, utilize automated external defibrillator (AED).
2. Use radio or send help to notify the Office/Information Counter to call 911 and University Police. Indicate injury and state of injured person (i.e. male adult with head injury, is unconscious).
3. If training room/first aid room is open, use radio or send help to get first aider.
4. If possible, get staff member to the scene with REC cell phone.
5. When calling 911:
 - A. Dial **911**
 - B. State the following information:

My name is _____, I am calling from Recreational Eagle Center at UW-La Crosse. The address is **1601 Badger Street**. The phone number I'm calling from is **608-785-5225**.

Be prepared to give the following information:

 1. **DESCRIBE THE SITUATION**
 2. **NUMBER OF PERSON(S)** needing help
 3. **CONDITION OF PERSON(S)** - male/female, child/adult, conscious/unconscious
 4. **WHAT IS BEING DONE** for victim - first aider is performing CPR
 - C. **YOU HANG UP LAST - let EMS hang up first**
6. Call University Police (either you or instruct someone else) to notify them of situation (extension 9-9999). When calling University Police:
 - A. Dial **9-9999**
 - B. State the following information:

My name is _____, I am calling from Recreational Eagle Center. **911 has been called** for...(explain scenario).



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UW-La Crosse Examples

Announcements

In case of fire:

“Attention all REC users: there is a fire in the facility, please leave through the nearest exit as quickly as possible.”

In case of tornado:

“Attention all REC users: the National Weather Service has issued a tornado warning. Please seek shelter near the southeast corner near the women’s locker room.”

In case of severe weather:

“Attention all REC users: the National Weather Service has issued a severe weather warning for La Crosse County until _____am/pm. Please listen for further updates or come to the Info Counter for more info.”

Handbook

Emergency Action Plan – fire & weather

In the event of a *fire*:

1. In case of fire alarm, notify University Police (9-9999 or use speed dial).
2. In case of **FIRE**, make the following announcement:
“Attention all REC users: this is a fire **DRILL**; please leave through the nearest exit as quickly as possible.”
3. No staff members should attempt to make rounds in the building. However, assist any disabled person(s) that you know might be in facility. Exit building behind last visible patron without endangering self.
4. If there is a wheelchair user on the track, quickly move patron to area of rescue assistance. Exit rescue assistance area to outside of building. Be sure to inform firefighter immediately upon arrival.
5. If there are two staff members present, one should exit the south entrance (near Strength Center) while the other exit the north entrance (near martial arts room). Take radios to communicate with each other.
6. Once you have exited the building, usher all people at least 100 yards from the building. EXCEPTION: if inclement weather and you are SURE of a false alarm, people may stand in the entrance area between interior and exterior doors.
7. One staff member should meet firefighter to explain knowledge of situation. Immediately inform firefighter if patron is in area of rescue assistance. Direct to main alarm control panel located near doors at main north entrance (parking lot side).
8. Do not re-enter or allow anyone to re-enter the building until instructed by a firefighter (this includes a false alarm).
9. *Strength Center Personnel* should assist in ushering patrons out of the two exits in the Strength Center.
10. *The Child Center* has their own instructions to follow and should hear announcement if the “all rooms” button is pushed. Therefore, it is not necessary to assist their exit.

In the event of a *tornado/severe weather*:

If severe weather is approaching, advise students of oncoming weather in an attempt to clear the facilities well in advance of threatening conditions. In the event of threatening conditions, implement following procedures:

1. Listen for latest advisories through the media (Channel 3 on the radios, Channel 59 on TV, www.weather.com, and REC/MH Office radio station).
2. Ensure all staff members have a radio for constant communication.



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Make it Happen

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1. Create your team
2. Evaluate current procedures
3. Prepare emergency action plans
4. DEVELOP & IMPLEMENT RED SHIRT REVIEWS
5. Evaluate progress



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Red Shirt Reviews

- Purpose: to create a non-intimidating environment with real life situations for staff members to practice and become comfortable implementing EAP's
- Resources
 - Your institution
 - Other institutions
 - NIRSA Habitat



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Red Shirt Reviews

Red Level

- Life-threatening
- 911 and University Police
- Factors above training level
- May include first aid treatment
- May include shock

Green Level

- Non-life-threatening
- Within training level
- May include some first aid treatment
- Does not include 911, University Police, or shock



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CPR/AED REVIEW RED

reported victim

Date: _____ Reviewed Staff: _____ Reviewers: _____

Situation A person in a GroupX class when he/she starts to feel severe chest pain.

Victim Clutch your chest in pain, showing signs of cardiac arrest. Once staff member reaches you, collapse to the ground lying "unconscious" face up; there should be no response from you throughout the rest of the review.

Witness Run to the front counter staff member and explain your friend is having severe chest pain and needs help right away.

CHECKLIST (verbalize words in parenthesis)

- Grab AED and first aid kit
- Check the scene (**scene is safe**)
- Check the victim; tap shoulder and shout "are you okay, are you okay?"

(victim does not respond Consent is implied due to unconsciousness of the victim)

- Direct someone to call 911 and University Police
- Radio staff for first aid kit & AED (if not already there)
- Open the airway
- Do a 10-second check for breathing and other signs of life

(there are no signs of life)

If another staff member is with you, have that person prepare the AED while you perform CPR

- Begin CPR based on certification
- Continue CPR until prompted by AED

If another staff member is NOT available

- Turn on AED and follow instructions
- Ensure no one and no objects are in contact with the person during AED analyzing and shocking
- Vocalize AED commands; "analyzing, stand clear" "shocking, stand clear"
- Continue until one of the following occurs:

(ask staff member to list reasons they would stop)

1. EMS or another trained responder arrives and takes over
2. Person shows signs of life
3. Scene becomes unsafe
4. Responder is too exhausted to continue
5. AED arrives

After EMS has arrived and taken over

- Fill out injury report
- Call Pro Staff to report the emergency

OTHER

Does staff member have CPR pocket mask clipped on?

Comments: _____



FIRST AID REVIEW GREEN

Minor cut

Date: _____ Reviewed Staff: _____ Reviewers: _____

Situation A student was playing table tennis when he/she tripped and cut his/her cheek on the corner of the table.

Victim Approach a staff member holding your cheek showing the staff member the blood on your hand and face.

CHECKLIST

(Verbalize words in parenthesis)

- Grab a first aid kit
- Check the scene (**scene is safe**)
- Tell him/her you are first aid certified and want to help; obtain consent
- Assist person to a seated position
- Before dealing with blood, put on gloves
- Apply pressure with a clean gauze pad
- Continue applying additional dressings as needed until cut stops bleeding
- Assist victim with bandage for location
- Monitor for signs of shock*
- Fill out an injury report
- Clean the area with appropriate solution
- Place all bloody materials into biohazard bag and place bag in biohazard container

OTHER

Does staff member have CPR pocket mask clipped on?

*Symptoms of shock: confusion, altered level of consciousness, pale or ashen, cool, moist skin, rapid breathing, excessive thirst, nausea or vomiting

Comments: _____



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Red Shirt Reviews

- Checklists
 - Scenarios
 - Front Desk
- Logistics
 - Training ERT members
 - Scheduling
 - Planning coverage
 - Props



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Mock Red Shirt Review




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Red Shirt Reviews

- Debriefing
 - Review entire scenario with staff on duty
- Paperwork
 - Injury Report
 - Incident Report





UW-L Recreational Sports Injury Report

Name: _____ Date: _____ Time: _____

Student ID: _____ M F Student _____ Staff _____ Other _____ D.O.B.: ____/____/____

Address: _____ Phone: _____

Indoor Facilities	Location	Outdoor Facilities	Activity	Area of Participation
Mitchell Hall:	Rec:		<input type="checkbox"/> Aerobics	<input type="checkbox"/> Intramural Sports
<input type="checkbox"/> Gyms	<input type="checkbox"/> Fieldhouse	<input type="checkbox"/> VMSC Sports Fields	<input type="checkbox"/> Basketball	<input type="checkbox"/> Open Recreation
<input type="checkbox"/> Fieldhouse	<input type="checkbox"/> Aerobics Room	<input type="checkbox"/> North Campus Fields	<input type="checkbox"/> Dodgeball	<input type="checkbox"/> Special Events
<input type="checkbox"/> Racquetball Court	<input type="checkbox"/> Multipurpose Room	<input type="checkbox"/> Other	<input type="checkbox"/> Flag football	<input type="checkbox"/> Spectator
<input type="checkbox"/> Fitness Center	<input type="checkbox"/> Martial Arts		<input type="checkbox"/> Floor hockey	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Racquetball Court			

Type of Injury:	Part of Body:		
<input type="checkbox"/> Abrasion	<input type="checkbox"/> Generalized	<input type="checkbox"/> Pelvis	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><i>Front</i></p>  </div> <div style="text-align: center;"> <p><i>Back</i></p>  </div> </div> <p style="margin-top: 10px;">Place an "X" at the site of injury</p>
<input type="checkbox"/> Bleeding	<input type="checkbox"/> Skull/Scalp	<input type="checkbox"/> Shoulder	
<input type="checkbox"/> Contusion	<input type="checkbox"/> Eye	<input type="checkbox"/> Upper Arm	
<input type="checkbox"/> Dislocation	<input type="checkbox"/> Ear	<input type="checkbox"/> Elbow	
<input type="checkbox"/> Fainting	<input type="checkbox"/> Nose	<input type="checkbox"/> Forearm	
<input type="checkbox"/> Fracture	<input type="checkbox"/> Mouth	<input type="checkbox"/> Wrist	
<input type="checkbox"/> Frostbite	<input type="checkbox"/> Tooth	<input type="checkbox"/> Hand	
<input type="checkbox"/> Heart	<input type="checkbox"/> Jaw	<input type="checkbox"/> Finger	
<input type="checkbox"/> Heat Exhaustion	<input type="checkbox"/> Neck	<input type="checkbox"/> Hip	
<input type="checkbox"/> Internal Injury	<input type="checkbox"/> Spine	<input type="checkbox"/> Thigh	
<input type="checkbox"/> Laceration	<input type="checkbox"/> Chest	<input type="checkbox"/> Knee	
<input type="checkbox"/> Shock	<input type="checkbox"/> Lungs	<input type="checkbox"/> Lower Leg	
<input type="checkbox"/> Sprain	<input type="checkbox"/> Abdomen	<input type="checkbox"/> Ankle	
<input type="checkbox"/> Strain	<input type="checkbox"/> Back	<input type="checkbox"/> Foot/Toe	
<input type="checkbox"/> Other: _____			

Witness	Student Identification Number
1 _____	_____
2 _____	_____

Equipment Checked Out by First Aider:

Equipment _____ # _____

Equipment _____ # _____

Also complete checkout slip or card and place on bulletin board at REC or in checkout box at Mitchell Hall



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5. EVALUATE PROGRESS



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Staff Comfort Level

- Survey tool and results
- Daily implementation
- Positive comments from University Police
- Increased level of care in real situations



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Staff Training

Fall (prior to academic year)

- Emergency procedures and action plans
- Mini-red shirt reviews
- Large group debriefings
- Facility tours
- Introduction to emergency equipment and location

Spring (first week of semester)

- Updates on emergency procedures and action plans
- Hands on CPR and AED review
- First aid presentations by student athletic trainers



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Staff Training

- Certifications
 - CPR, AED, and first aid
- Weekly Staff Meetings
 - ERT updates from committee members
 - Debriefings regarding recent incidents
- Situational Debriefings
 - Review with staff involved



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[Thank You Video](#)

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NIRSA