



USA Federation for Sport Cheering

Emergency Action Plan

usacheer.org/eap

A vertical decorative bar on the left side of the slide features horizontal stripes in dark blue, medium blue, and light blue. In the bottom right corner of the bar, the USA CHEER logo is displayed. The logo consists of a stylized cheerleader icon above the word "USA" in a bold, white, sans-serif font, with "CHEER" in a smaller, white, sans-serif font below it.

This presentation is a visual sample that accompanies the complete “Sample Emergency Action Plan” found in the Safety section of the usacheer.org website.

Your EAP should be developed specifically for your team in your situation and in conjunction with supervisory and available medical staff such as a certified athletic trainer or a school nurse as well as local emergency services.

Prevention First

The best emergency plan is one that is prepared and never needed. The first priority should be injury prevention, which is improved by:

- Qualified supervision
- Performer readiness.
- The use of demonstrated mastery before skill progression.
- Following recognized safety rules.
- Proper environment.

Preparation

- Before an emergency occurs, these things should be in place:



First Aid/CPR
Training



AED Training



Access to a
Telephone and
9-1-1 Script



Forms:
Participant Info,
Medical
Release, etc.

The Plan

The coach should stay with the injured athlete. Apply any needed medical attention as trained. Know the location and proper use of available AED devices.



The Plan

Someone should be assigned to call 9-1-1 using the provided script. Provide backup personnel as well.



The Plan

At least two participants should be assigned to contact the school nurse or athletic trainer if available.



The Plan

Groups of at least two should be stationed along the path for emergency personnel



The Plan

At least two participants should be assigned to keep other students out of the area.



The Plan

Any remaining participants should give the injured person room. Do not crowd them.



The Plan

If the injury requires medical transportation, make sure the rest of the team is still supervised.



Practice the Plan

Drill the assigned roles (except actually calling 911) until everyone is prepared to act quickly and properly in an emergency.



Practice the Plan

After practicing the plan, make any necessary changes.
Review the team's performance.
Practice periodically





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**For more
information and a
complete sample
Emergency Action
Plan, visit
usacheer.org/eap**