

# Rehearsal Scenario: Response to a Catastrophic Injury with Athletic Trainer Not On Scene – Cardiac Arrest

## Scenario Overview:

This rehearsal is designed to simulate the emergency response to a catastrophic injury during a sporting event when the Athletic Trainer (AT) is on school premises but not immediately present at the scene. The goal is to ensure all stakeholders are familiar with the Emergency Action Plan (EAP), can perform their roles effectively, and can work together seamlessly to provide immediate and appropriate care until the AT arrives.

## Participants:

- Coaches
- Players
- Team Physicians (if available)
- Event Staff/Security
- School Administration
- Emergency Medical Services (EMS) Personnel
- Athletic Trainer (AT) (arriving partway through the scenario)

## Scenario Details:

- Event: High School Soccer Match
- Location: School Soccer Field
- Injury: Player collapses on the field with suspected cardiac arrest.

## Step-by-Step Rehearsal:

### 1. Initial Response (Time Frame: Immediate (0-1 minute))

#### Coach:

- Witnesses the collapse and rushes to the player.
- Quickly assesses the situation for responsiveness and breathing.
- Shouts for help, indicating a medical emergency (e.g., "Player down! Cardiac arrest!").

#### Assistant Coach/Designated Staff Member:

- Dials 911, providing clear details: nature of the injury, location, and access points.
- Sends a runner to immediately inform the Athletic Trainer and bring them to the scene.

### 2. Immediate On-Scene Care (Time Frame: Immediate (1-2 minutes))

#### Coach:

- Initiates CPR if the player is unresponsive and not breathing.
- Directs another staff member or player to retrieve the Automated External Defibrillator (AED).

#### Event Staff/Security:

- Ensure the ambulance access route is clear.
- Direct EMS to the scene upon arrival.

#### Assistant Coach:

- Retrieves the AED and brings it to the coach administering CPR.

*Developed with assistance from ChatGPT – Prompt – "Write a rehearsal scenario for an organization to run through if an athletic trainer is present at the school but not on scene and a patient collapses with a catastrophic injury"*

Developed as a sample document based on the NATA Position Statement: Emergency Action Plan Development and Implementation (2024) by the author group. This document is provided for illustrative purposes only.

### 3. AED Use and Continued CPR (Time Frame: Immediate (2-5 minutes))

#### Coach:

- Applies AED pads to the player's chest and follows the device's prompts.
- Continues to provide CPR and defibrillation as needed until EMS or the AT arrives.

#### Team Members/Additional Staff:

- Assist as needed, ensuring the area is safe and clear for emergency personnel.

### 4. Arrival of the Athletic Trainer (Time Frame: Within 5 minutes)

#### Athletic Trainer (upon arrival):

- Takes over CPR and AED management.
- Continues to provide advanced first aid until EMS arrives.

### 5. Arrival of EMS (Time Frame: Within 5-10 minutes)

#### EMS Personnel:

- Take over advanced life support upon arrival.
- Transport the player to the nearest medical facility once stabilized.

### 6. Post-Incident Procedures (Time Frame: After EMS Departure)

#### Athletic Trainer and School Administration:

- Document the incident, including actions taken and the player's response.
- Conduct a debriefing session with all involved parties to review the response and identify areas for improvement.

#### Coaches and Event Staff:

- Communicate with the player's family and provide necessary updates.
- Ensure emotional and psychological support is available for teammates and staff.

### 7. Review and Evaluation (Time Frame: Within 24-48 hours post-rehearsal)

- Conduct a formal debriefing session with all participants.
- Discuss what went well and identify areas needing improvement.
- Update the EAP based on feedback from the rehearsal.

#### Checklist for Rehearsal:

- Coaches demonstrate immediate assessment and response skills.
- Communication pathways are clear and effective (e.g., calling 911, informing the AT).
- AED is accessible and used correctly.
- Field is cleared efficiently, and EMS has clear access.
- Athletic Trainer arrives promptly and takes over emergency care effectively.
- Documentation and debriefing procedures are followed.