

Rehearsal Scenario: Response to a Catastrophic Injury with an Athletic Trainer on Scene

Scenario Overview:

This rehearsal is designed to simulate the emergency response to a catastrophic injury during a sporting event. 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.

Scenario:

Patient is at the high school football game, defensive lineman on the field. Player collapses on the field. Athletic trainer arrives at patient side and suspects cardiac arrest.

- **Participants:**
- Athletic Trainer (AT)
- Coaches
- Team Physicians
- Emergency Medical Services (EMS) Personnel
- Event Staff/Security
- Players

Scenario Details:

- Event: High School Football Game
- Location: Stadium Field
- Injury: Player collapses on the field with suspected cardiac arrest.

Step-by-Step Rehearsal:

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

- Athletic Trainer:
 - 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!").

2. Activation of Emergency Response (Time Frame: Immediate (1-2 minutes))

- Coaches:
 - Call for an ambulance (911), providing clear details: nature of the injury, location, and access points.
 - Clear the field of players and non-essential personnel.
- Event Staff/Security:
 - Ensure the ambulance access route is clear.
 - Direct EMS to the scene upon arrival.
- Team Physicians (if present):
 - Assist the Athletic Trainer in assessing and managing the player's condition.

Developed with assistance from ChatGPT – Prompt – "Write a rehearsal scenario for an organization to run through if an athletic trainer is present 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. On-Site Emergency Care (Time Frame: Immediate (2-5 minutes))

- Athletic Trainer:
 - Initiates CPR if the player is unresponsive and not breathing.
 - Requests an Automated External Defibrillator (AED) and continues CPR until it arrives.
- Coaches/Other Staff:
 - Retrieve the AED and bring it to the Athletic Trainer.
- Athletic Trainer:
 - Applies AED pads to the player's chest and follows the device's prompts.
 - Continues to provide CPR and defibrillation as needed until EMS arrives.

4. 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.

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

- Athletic Trainer and Team Physicians:
 - Document the incident, including actions taken and player's response.
 - Debrief with all involved parties to review the response and identify any 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.

6. 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:

- Athletic Trainer demonstrates immediate assessment and response skills.
- Communication pathways are clear and effective (e.g., calling 911, directing EMS).
- AED is accessible and used correctly.
- Field is cleared efficiently, and EMS has clear access.
- Documentation and debriefing procedures are followed.