

# School / Team Cardiac Emergency Readiness

AED access, assigned roles, training, practice, and event-day checks.

A practical readiness checklist for athletic programs, schools, teams, and community events.

## AED Access

- AED location is known, visible, and reachable without unnecessary delay.
- Pads, battery status, and device readiness are checked on a documented schedule.
- Staff know who retrieves the AED during an emergency.

## Emergency Action Plan

- Roles are assigned for calling emergency services, beginning CPR, retrieving the AED, meeting responders, and managing the scene.
- The plan identifies venue access points and how emergency responders reach the patient.

## Training & Practice

- Appropriate staff and volunteers receive current CPR/AED training.
- The emergency plan is rehearsed periodically and revisited after staffing or venue changes.

## Event-Day Check

**AED present? Trained responders present? Emergency address confirmed? Communication available? Access route clear?**

## If a Person Collapses and Is Unresponsive

Call 911, put the phone on speaker, and follow the dispatcher's instructions. If the person is not breathing normally or is only gasping, begin CPR and use the AED as soon as it is available. A bystander without formal training should still follow dispatcher coaching. Use age-appropriate CPR and rescue-breath guidance from current training, especially for children, drowning, or breathing-related emergencies.

### RTH TAKEAWAY

Preparedness is a system: equipment, people, roles, access, training, and practice have to work together.

Educational resource. Use current official guidance for high-stakes medical, legal, school, workplace, housing, or emergency decisions.