



Plan. Learn. Save.

## Implementing Anyone Can Save A Life

This program is a first-of-its-kind emergency action plan program for after-school practices and events. It is designed to provide a coordinated response to **every emergency**, including sudden cardiac arrest (SCA), a leading cause of death among adults and student-athletes nationwide.

By implementing Anyone Can Save A Life – and establishing **Student Response Teams** – each school is empowering students to be a part of the coordinated response necessary to ensure the best possible outcome to every emergency.

**The goal is to save lives by immediately responding to life-threatening emergencies with a simple protocol:**

- **Call 911 to alert the Emergency Medical System (EMS)**
- **Early cardiopulmonary resuscitation (CPR)**
- **Early use of an automated external defibrillator (AED)**
- **Early transition to EMS**

Emergencies go hand-in-hand with after-school participation, so it's not a matter of *if* an emergency will happen, it's a matter of *when*. By having an Emergency Action Plan (EAP) in place, you are preparing your school community to respond immediately to get the help that is needed.

### Everything You Need to Implement the Program

The Anyone Can Save A Life guide will walk you through the steps necessary to implement this program successfully in your school. It provides a step-by-step guide to put an EAP in place, train staff, and educate students and parents. The guide and website contain all the instructions, handouts, and information you will need to implement the program.

The guide your high school association received and distributed is only the first step in being prepared to deal with emergencies. **Every team, at every level, in every sport must have an Emergency Action Plan in place prior to the start of the season** to provide a coordinated response to emergencies that may happen. It only takes ten minutes to put in place and then all you have to do is remind students of their roles and practice the response a couple of times throughout the season. This is the most important game plan you can put in place. It does save lives.

### Athletic Administrator Steps for Implementation

1. Review the in-person training DVD and on-line training at [www.anyonecansavealife.org](http://www.anyonecansavealife.org)
2. Choose the training method you will utilize in your school community
3. Train Coaches
  - a. In-Person Training
    - i. Provide a hard copy of the EAP prior to the start of the training and COLLECT completed EAP
  - b. On-Line Training
    - i. EAP – The final step when the coach completes the EAP will be inputting the AD's email address. The completed EAP will be sent electronically to the AD and the Coach
4. Ensure Coaches turn in their completed EAP
  - a. In-Person Training – Collect hard copy of the EAP
  - b. On-Line Training – EAP will be send via email to the AD and Coach
5. Provide CPR and AED Training
  - a. Contact local EMS or state association sponsored training programs (NM – Project Heart Start)
  - b. Utilize the Anyone Can Save A Life Training DVD
6. Ensure you have access to at least one AED that is located in a central location close to your game and practice sites.

**Once the EAP has been completed, the athletic administrator should review for accuracy and provide a copy back to the coach.** In addition, the AD should be sure to coordinate a practice session or ensure the coach conducts a practice session.