



EMERGENCY PLAN

- _____ will stay with athlete
- _____ will call 911
- _____ will call 911 (back up)
- _____ will go outside and wait for ambulance
- _____ will go outside and wait for ambulance
- _____ will go get ice if needed
- _____ will call injured person's parents

EMERGENCY NUMBERS & CONTACTS

- _____ Coach's Home Phone Number
- _____ Coach's Room Number
- _____ Principal/Athletic Director
- _____ School Trainer
- _____ Poison Control Number
- _____ Training Room Number

** Always have a plan ready that states who will do each task in case of an emergency. In most cases the coach will disperse the duties but all squad members should know what to do if the coach is not present.