RPCS REDS

RPCS Athletics Cardiac Emergency Action Plan

RPCS follows a written emergency plan that should be followed in the event of a medical emergency. All athletics personnel should be familiar with the emergency plan and their role and responsibility in an emergency. This cardiac emergency response plan is designed with components suggested from the American Heart Association Cardiac Response Plan Resources.

Cardiac Emergency Response Team (CERT)
Members of the CERT include school staff members or coaches who have current CPR/AED training and are designated to respond to and provide basic life support during a cardiac emergency. Members of RPCS CERT include:

- Athletic trainers
- Athletics administration team
- Coaches
- School Nurse
- Staff members with current CPR and AED training

Automated External Defibrillators (AEDs)
AEDs are located in the following areas:

1. Athletic Training Room (mobile unit)
2. Athletic Center outside Athletic MPR
3. Sinex Theater
4. Dance Studio
5. Middle School Commons
6. 200 Level Grand Staircase
7. Dining Hall
8. Harris Center
9. Ward House outside Development Office
10. Maintenance Shop
11. Squash Courts (off-campus at 2 Tower Lane)
12. Athletic Center outside bathroom near lower turf field

AED monitoring: AEDs in the above locations will be checked and monitored each month. The inspector (athletic trainer, nurse, or other designated personnel) will ensure the readiness of each AED and record the check in the provided manual in the AED box. The inspector will sign and date the manual after the inspection is completed.

Training in Cardiopulmonary Resuscitation (CPR) and AED Use
All members of the CERT must be certified in CPR and AED use. This includes athletic trainers, school nurses, athletics administration, and coaches for all teams. Training is available annually at a minimum and must be completed every two years or as indicated on the individual's certification card.

Communication System

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RPCS uses radios to communicate. Security, athletics administration team, athletic trainers, and coaches should have a radio with them to communicate in activation of emergency action plans.

Procedures for Activating Cardiac Emergency Response Plan

1. Recognize the following signs of sudden cardiac arrest:
    - The person is not moving, unresponsive, or unconscious
    - The person is not breathing normally (has irregular breaths, gasping or gurgling, or is not breathing at all)
    - The person appears to be having a seizure or is experiencing convulsion-like activity. Cardiac arrest victims commonly appear to be having convulsions. If it's a true seizure, the AED will not deliver a shock.
    - If the person received a blunt blow to the chest, this can cause cardiac arrest, a condition called commotio cordis. The person may have the signs of cardiac arrest described above and is treated the same.
2. Facilitate immediate access to Emergency Medical Services (EMS)
    - Call 9-1-1 as soon as you suspect a sudden cardiac arrest.
    - Contact the members of the CERT using radios.
    - Give the exact location of the emergency (office or room number, field, etc.). Follow directions on RPCS Venue Specific Emergency Action Plan for directions.
    - The closest team member should retrieve the AED en route to the scene.
3. Start CPR.
    - Begin CPR and have someone retrieve the AED if not at the scene.
        i. Press hard and fast in the center of the chest, at 100-120 compressions per minute (faster than once per second, but slower than twice per second). Use 2 hands: the heel of one hand and the other hand on top (or one hand for children under 8 years old), pushing to a depth at least 2 inches (or 1/3rd the depth of the chest for children under 8 years old). Follow the 9-1-1 telecommunicator's instructions, if provided.
        ii. If you are able and trained to give rescue breaths, provide 2 rescue breaths after 30 compressions.
4. When the AED arrives
    - Turn it on, attach the pads as indicated on the device, and follow the AED's audio and visual instructions
5. Transition Care to EMS
    - Once EMS arrives, aid in transition of care from CERT to EMS.
    - EMS will be responsible for determining the best hospital for care, unless the parents have a specific request.
    - A member of the CERT will designate someone else to contact the athlete's parents if they are not present. Contact information for all athletes can be found in myRPCS and on Magnus Health. In the event that an athlete's parents are not able to accompany them to the hospital, an athletics admin team member will.

Emergency Telephone Numbers:

Erin Frey (athletic trainer)	410-941-8840 (office)
Angela Palmeri (athletic trainer, assistant AD)	410-941-8841 (office)

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Dani Steinbach (athletic director)	410-941-8838 (office)
Scott Buckley (associate director of athletics)	410-941-8839 (office)
Joe Martin (director of operations)	410-921-6064 (office)
Danielle Thiboutot (lead school nurse)	410-941-8842 (office)

Updated 8/2026