

## Do You Have an Emergency Action Plan for Dance Injuries?

Fortunately, catastrophic injuries are an infrequent occurrence in a dance program. But unfortunately, they do occur; and often an effective response strategy is not in place. By establishing and practicing an Emergency Action Plan (EAP), you and your staff can be prepared to manage a severe injury until additional help arrives.

### Your EAP for dance injuries

How you develop an EAP depends on your dance program's activities. Like a dancer, your plan should be limber. The following guidelines can help to structure your plan:

- Start by recruiting an EAP planning team of teachers, students (particularly those with prior medical experience), parents, and local emergency personnel, along with anyone else you feel can benefit your team.
- Develop plans for medical emergencies that may occur, and specify duties and responsibilities for your program. Carefully outline tasks in a simple, concise written format.
- Identify issues specific to your business, as well as off-site venues. Know the location of emergency medical equipment, communication devices, emergency exits, shelters, elevators, alarm systems, and areas to serve as meeting locations.
- Assess equipment issues. Determine the type of equipment available and where it is stored. Designate someone to inspect and maintain it, as necessary.
- Develop a map or written directions to the facility and equipment for external help.
- Consider installing an Automatic Electronic Deliberator (AED), and train your staff on how to use it.

Identify who will make phone calls and in what order. Post emergency numbers and dialing instructions, if the caller needs to press a phone line number or other number prior to dialing "911."