‘Drop the Dummy’ Drill Instructions

Introduction
Doing a practice drill for your cardiac Emergency Action Plan (EAP) is the best way to find out if your EAP works and to test your response team’s readiness. The Drill Report Card allows you to obtain objective data, and the scenarios provide a realistic framework for your team to work from.

Planning the Practice Drill

When: Each coach should conduct a drill once per year per sport. Do not tell the athletes exactly when you will do the drill. You might tell your team that you will be doing a ‘drop the dummy’ drill in the next couple of weeks so that they have a chance to review the EAP Protocol Worksheet ahead of time.

Who: The drill will involve your student responder teams, your athletic director and/or your athletic trainer, and an objective observer to ‘drop the dummy’ and fill out the Drill Report Card.

What: Choose a scenario from the ones provided or make one up that fits your setting.

Materials Required:
- Manikin with a T-shirt
- AED trainer
- Telephone (unconnected)
- First aid kit
- Real AED in its usual location
- Drill Report Card on a clipboard

The Day of the Drill

Have the objective observer place the manikin on the floor in a visible location sometime during your practice. That person can say, “Someone has collapsed, we need help,” or just wait until someone recognizes the manikin. At this time, your EAP should go into effect as outlined in the EAP Protocol Worksheet.

Once the team is gathered near the victim, the objective observer should read the scenario. Your observer will fill out the Drill Report Card, recording the times at which each event occurs. When the real AED arrives, the observer gives them the AED trainer to use and encourages the rescuer to carry on as if this were a real arrest situation.

After the Drill

Congratulate everyone and then take a few minutes to go over the Drill Report Card together, checking the times for each action.

- Ask everyone how they felt about the drill and discuss any concerns.
- Evaluate the Drill Report Card and see if there are any action steps that need to be taken. Were there any communication problems?
- If the drill indicates any needed changes, discuss these with your response team and Athletic Director, make the changes and communicate them clearly to your team, and then plan to have another drill that same season to test the new plan.
‘Drop the Dummy’ Drill Report Card

SEASON: _______________  SPORT: ______________________  COACH RUNNING THE DRILL: ____________

SCENARIO 1: The high school football team is practicing after school on the football field. Tom, one of the defensive players, is experiencing shortness of breath and dizziness. Suddenly, Tom collapses. You saw Tom collapse and reach the victim first. Begin to activate the Emergency Action Plan now.

Time drill started: ________________
Time drill stopped: ________________

1. Time victim discovered (Rescuer 1): ______________________________________________
2. Staff member’s response (check one):
   Called for help (vocal): __________________________________________________________
   Called for help (phone): ________________________________________________________
   Assessed victim first, then called for help: _________________________________________
   Ran for help: _________________________________________________________________
   Other: _______________________________________________________________________

3. Time rescue team arrived on scene: ______________________________________________
4. How many people responded to scene: ____________________________________________
5. Who was contacted by phone: 911, Athletic Director, Athletic Trainer, other? ____________
6. Time 911 was called: __________________________________________________________
7. Time other staff/officials notified: ________________________________________________
8. Did Rescuer direct others to await EMS? __________________________________________
9. Time AED sent for: __________________________________________________________________
10. Time CPR started: ______________________________________________________________
11. CPR started by Rescuer who discovered victim? Yes ___ No, performed by: _______________
12. Is the Rescuer doing hard, fast chest compressions, 100 per minute? _________________
13. Time AED arrived: __________________________________________________________________
14. Time AED applied to victim: __________________________________________________________________
15. Who performed AED functions: __________________________________________________________________
16. Time other school staff arrived: __________________________________________________________________
17. Time EMS arrived on the scene: __________________________________________________________________

QUESTIONS:

What did the rescuers do right? __________________________________________________________
What could the rescuers do better? ______________________________________________________
What was easy to remember to do? _______________________________________________________
What was hard to remember to do? _______________________________________________________

COMMENTS:
‘Drop the Dummy’ Drill Report Card

SEASON: ____________ SPORT: ____________________ COACH RUNNING THE DRILL: _________________

SCENARIO 2: Mr. Jones, the custodian, is fixing the gym doors while the basketball team gets ready to practice. As you look over, you see Mr. Jones lying on the floor. Begin to activate the Emergency Action Plan now.

Time drill started: ____________________
Time drill stopped: ____________________

1. Time victim discovered (Rescuer 1): ________________________________________________
2. Staff member’s response (check one):
   Called for help (vocal): ____________________
   Called for help (phone): ____________________
   Assessed victim first, then called for help: ____________________
   Ran for help: ____________________
   Other: ____________________

3. Time rescue team arrived on scene: ____________________

4. How many people responded to scene:

5. Who was contacted by phone: 911, Athletic Director, Athletic Trainer, other? _________________
6. Time 911 was called: ____________________
7. Time other staff/officials notified: ____________________
8. Did Rescuer direct others to await EMS? ____________________
9. Time AED sent for: ____________________
10. Time CPR started: ____________________
11. CPR started by Rescuer who discovered victim? Yes ___ No, performed by: ____________________
12. Is the Rescuer doing hard, fast chest compressions, 100 per minute? ____________________
13. Time AED arrived: ____________________
14. Time AED applied to victim: ____________________
15. Who performed AED functions: ____________________
16. Time other school staff arrived: ____________________
17. Time EMS arrived on the scene: ____________________

QUESTIONS:
What did the rescuers do right? ____________________
What could the rescuers do better? ____________________
What was easy to remember to do? ____________________
What was hard to remember to do? ____________________

COMMENTS:
‘Drop the Dummy’ Drill Report Card

SEASON: ____________ SPORT: __________________ COACH RUNNING THE DRILL: ____________

SCENARIO 3: Your team is practicing outside. You (student athlete) see your coach collapse across the field. Begin to activate the Emergency Action Plan now.

Time drill started: ________________

Time drill stopped: ________________

1. Time victim discovered (Rescuer 1): _______________________________________________

2. Staff member’s response (check one):
   - Called for help (vocal):
   - Called for help (phone):
   - Assessed victim first, then called for help:
   - Ran for help:
   - Other:

3. Time rescue team arrived on scene: ________________________________________________

4. How many people responded to scene:

5. Who was contacted by phone: 911, Athletic Director, Athletic Trainer, other? ________________

6. Time 911 was called: ____________________________________________________________

7. Time other staff/officials notified: _________________________________________________

8. Did Rescuer direct others to await EMS? ____________________________________________

9. Time AED sent for: _____________________________________________________________

10. Time CPR started: ______________________________________________________________

11. CPR started by Rescuer who discovered victim? Yes ___ No, performed by: ______________

12. Is the Rescuer doing hard, fast chest compressions, 100 per minute? ________________

13. Time AED arrived: ______________________________________________________________

14. Time AED applied to victim: ______________________________________________________

15. Who performed AED functions: __________________________________________________

16. Time other school staff arrived: __________________________________________________

17. Time EMS arrived on the scene: __________________________________________________

QUESTIONS:

What did the rescuers do right? _______________________________________________________

What could the rescuers do better? ____________________________________________________

What was easy to remember to do? ____________________________________________________

What was hard to remember to do? ____________________________________________________

COMMENTS: