



Rochester CUSD #3A

4 Rocket Drive Rochester, Illinois 62563-9282, United States

Rochester School District Cardiac Emergency Response Plan

This Cardiac Emergency Response Plan is adopted by the Rochester School District effective on January 1, 2025, pursuant to Public Act 103-0608 passed by the Illinois Legislature on July 1, 2024 and signed by Governor Pritzker with an effective date of January 1, 2025. This plan has been reviewed and approved by the appropriate legal counsel for the Rochester School District, January 2025.

Public Act 103-0608 requires Illinois schools to do the following:

- A school district shall develop a cardiac emergency response plan in place in accordance with guidelines set forth by either the American Heart Association or other nationally recognized, evidence-based standards.
- The plan must address the appropriate response to incidents involving an individual experiencing sudden cardiac arrest or a similar life-threatening emergency while at a school or at a school-sponsored activity or event.
- The plan must be distributed to all teachers, administrators, school support personnel, coaches, and other school staff identified by school administrators at each school.
- A cardiac emergency response plan shall include, but is not limited to, the following:
 - Procedures to follow in the event of a cardiac emergency at a school.
 - A listing of every automated external defibrillator that is present and clearly marked or easily accessible at school athletic venues and events and at school and the maintenance schedule for the automated external defibrillator.
 - Information on hands-only cardiopulmonary resuscitation and use of automated external defibrillators to teachers, administrators, coaches, assistant coaches, and other school staff identified by school administrators.

American Heart Association Cardiac Emergency Response Plan Checklist

- Establish a school Cardiac Emergency Response Plan and Team
- Share the CERP with school faculty and staff.
- Ensure the plan is integrated with local emergency medical services, fire, and police.
- Post the CERP in key locations throughout the school.
- Implement Automated External Defibrillator placement and a routine maintenance schedule within the school.
- Schedule and maintain ongoing school faculty and staff training in First Aid, CPR, and AED.
- Educate as many people as possible in Hands-Only CPR. Include rescue breathing if feasible.



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- Practice the CERP using routine drills.
- Activate the CERP Team in response to a Sudden Cardiac Event
- Review and evaluate the school's CERP on an annual basis.
- Debrief immediately after a Sudden Cardiac Event to identify opportunities for improvement.

Cardiac Emergency Response Plan

For All Responders (Staff, Faculty, Emergency Response Team, etc.) Sudden Cardiac Arrest events can vary greatly. All faculty, staff and Emergency Response Team members must be prepared to perform duties. Early action is crucial to successfully treating a cardiac arrest.

In the event a person collapses, do not move the patient unless the scene is unsafe.

Perform the following 5 steps:

1. Early Recognition of cardiac arrest

- Person is not moving, or is unresponsive or unconscious
- Person is not breathing or not breathing normally (irregular breaths, gasping or gurgling, not breathing)
- Seizure or convulsion-like activity may also occur
- Person may have just received a blunt blow to the chest

2. Early call to 911 and Alert within school

- Call 911 as soon as a potentially life-threatening event is recognized
- Provide school address, cross streets (below), patient condition; remain on the phone with 911
- Call school emergency number (insert school name to activate response – i.e., “Code CPR”):
- Give exact location (“Mr. /Ms. _____ classroom, Room # _____, Gym, football field, cafeteria, etc.”)
- All Emergency Response Team members proceed immediately to scene of the cardiac emergency
- Closest team member retrieves the AED en route to the scene
- Leave AED cabinet door open; the alarm signals the AED was taken for use

3. Early CPR

- If CPR/AED trained, BEGIN CPR/AED as per standard training; have the defibrillator (AED) brought to the scene
- If not CPR/AED trained, begin Hands-Only CPR until the CPR trained response team or a responder arrives
- Press hard and fast in center of chest
- The 911 operator may give you directions for CPR and AED use



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4. Early Defibrillation

- When the AED arrives, attach pads to patient, using the following AED instructions:
- The AED will ONLY deliver a shock if it is needed; if NO shock is needed, NO shock is delivered
- Continue CPR until patient is responsive or EMS responder arrives

5. Early Advanced Life Support

- Transition care to EMS upon their arrival, to provide advanced life support



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American
Heart
Association.

Hands-Only CPR

Join a Nation of Lifesavers™ today.



TWO STEPS TO SAVE A LIFE

1 Call 911



2 Push hard and fast in the center of the chest



Don't drop the beat!
Know it. Feel it. Push it. Keep it.



CPR week is June 1-7 | **#CPRwithHeart**

heart.org/handsonlycpr

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Cardiac Emergency Response Plan

Office Staff (Main, Athletics, Security)

- Confirm exact location and condition of the patient
- May repeat page to activate the Cardiac Emergency Response Team (as above) and give the exact location
- Confirm that the Cardiac Emergency Response Team has responded
- Confirm that 911 was called; if not – call 911 STAT
- Assign a staff member to direct EMS to the scene
- Perform “Crowd Control” – directing others away from the scene
- Notify other staff: School nurse, athletic trainer, athletic director, etc.
- Consider: Delaying class dismissal, recess, other changes to facilitate CPR and EMS functions
- Designate people to cover the duties of the CPR responders
- Copy the patient’s emergency information for EMS
- Notify the patient’s emergency contact (Parent, Spouse or Guardian)
- Notify staff and students when to return to normal schedule
- Contact School District Administration

Training in Cardiopulmonary Resuscitation and AED Use

- Staff Training
 - In addition to the school nurse, a sufficient number of staff shall be trained in cardiopulmonary resuscitation (CPR) and in the use of an AED to enable Rochester CUSD #3A to carry out this plan. Training shall be renewed at least every two years. The school shall designate the person responsible for coordinating staff training as well as the medical contact for school-based AEDs, if available.
 - Training shall be provided by an instructor, who may be a school staff member, currently certified by a nationally-recognized organization to conform to current American Heart Association guidelines for teaching CPR and/or Emergency Cardiac Care (ECC).
 - Training may be traditional classroom, online, or blended instruction, but should include cognitive learning, hands-on practice and testing.
- Cardiac Emergency Response Drill:
 - Cardiac Emergency Response Drills are an essential component of this Plan. Rochester CUSD #3A shall perform a minimum of two (2) successful Cardiac Emergency Response Drills each school year with the participation of as many of the following as is possible: athletic trainers, athletic training students, team and consulting physicians, school nurses, coaches, campus safety officials and other targeted responders. A successful Cardiac Emergency Response Drill is defined as full and successful completion of the Drill



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in five minutes or less. Rochester CUSD #3A shall prepare and maintain a Cardiac Emergency Response Drill Report for each Drill. These reports shall be maintained for a minimum of five (5) years with other safety documents. The reports shall include an evaluation of the Drill and shall include recommendations for the modification of the CERP if needed. (It is suggested that the school district consider incorporating the use of students in the Drills).

School/Building Location Information

School Name: **Rochester Elementary School EC-1**

Address: 707 West Main Street, Rochester, IL 62563

AED Location: Outside of the Gym on the left hand side of the gym doors

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

Rochester District Office (217) 498-6210

RES EC-1 Office: 217-498-9778

Principal: Adrienne VanFossan

School Name: **Rochester Elementary School 2-3**

Address: 456 Bertrand Avenue, Rochester, Illinois 62563

AED Location: Outside of the Gym on the left hand side of the gym doors, across from the main office

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

Rochester District Office (217) 498-6210

RES 2-3 Office: 217-498-6216

Principal: Randy Krepel



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School Name: **Rochester Intermediate School**

Address: 900 Jack Taylor Drive, Rochester, Illinois 62563

AED Location: Outside of the North Gym Doors, on the East wall

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

School/Building Location Information

Rochester District Office (217) 498-6210

Rochester Intermediate School Office (217) 498-6215

Principal: Jamie Toland

Assistant Principal: Aimee Sutton

School Name: **Rochester Junior High School**

Venue: **RJHS Gym**

Address: 3 Rocket Drive, Rochester, Illinois 62563

AED Location: Outside of the Gym, Cafeteria Side on the Northwest Corner

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

Rochester District Office (217) 498-6210

Rochester Junior High School Office (217) 498-9761

Principal: Kim Poole

Assistant Principal: Matt Lauber

School Name: **Rochester High School**

Venue: **Auditorium**

Address: 1 Rocket Drive, Rochester, Illinois 62563



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AED Locations: RHS/RJHS Cafeteria outside RJHS gym doors on the east side; In the hallway by the double doors next to the Principal's Office; Outside the Auditorium on the left side of the restrooms on the High School side.

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

Rochester District Office (217) 498-6210

Rochester High School Office (217) 498-9761

Principal: Jeff Reed

Assistant Principal: David Hawkins

School/Building Location Information

School Name: **Rochester High School**

Venue: **Rochester Booster Stadium**

Address: 1 Rocket Drive, Rochester, Illinois 62563

Portable AED on Sidelines During Games

School Emergency Phone # or #s

Please Call 911 (if an ER)

Local Law Enforcement Number (217) 498-7125

Rochester District Office (217) 498-6210

Rochester High School Office (217) 498-9761

Principal: Jeff Reed

Assistant Principal: David Hawkins

School Name: **Rochester High School**

Venue: **Rochester Athletic Complex (RAC)**

Address: 1 Rocket Drive, Rochester, Illinois 62563 (North of RHS Main Building)

AED Location: North Wall of the RAC (By Elevator)

School Emergency Phone # or #s

Please Call 911 (if an ER)



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