

# SoCal Youth Rugby Emergency Action Plan

## La Costa Canyon High School

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<b>Name of Venue *</b>	La Costa Canyon High School
<b>Address of Venue *</b>	1 Maverick Way Carlsbad, Ca. 92009
<b>Cross Streets *</b>	Camino de las Coches/Calle Acervi
<b>Directions for EMS Access to the Field *</b>	Access stadium off of Calle Acervo into the south driveway. Drive around to the gym, there is an access ramp to field at that point.
<b>Club Submitting EAP *</b>	LCC Girls Rugby
<b>Other Clubs That Use This Venue</b>	
<b>Program Director/Primary Contact *</b>	Michel Bowidowicz
<b>Program Director Phone Number *</b>	(619) 405-8430
<b>Does this site have its own security? *</b>	Yes
<b>Security Phone Number</b>	
<b>Is there an AED on site? *</b>	Yes
<b>Location of AED/AEDs and keys needed to access</b>	
<b>Location of Med Kit during events *</b>	Home team sideline
<b>Lightning Safe Structure *</b>	Home team side stadium

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**Hospital 1 \*** Scripps Encinitas

**Address Hospital 1 \*** 

354 Santa Fe Ave  
Encinitas , Ca 92024  
United States

**Phone Number  
Hospital 1 \*** (760) 633-6501

**Hospital 2**

**Address Hospital 2**

**Phone Number  
Hospital 2**

**Urgent Care**

**Address Urgent Care**

**Phone Number  
Urgent Care**

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### **Role of First Responder**

1. Immediate care of injured/ill individual (ATC if available)
  2. Determine the need to activate EMS
  3. Designate an individual to contact Emergency Medical Services (if you are alone contact EMS yourself)
    - Dial 911 from a land line or cellular device
    - If EMS is on site, seek them
  4. Emergency Equipment Retrieval
    - Designate an individual to retrieve the AED (if available) and medical bag
  5. Direct EMS to the Scene
    - Designate an individual to meet EMS at the entrance of the venue
  6. Crowd Control
    - Designate individuals as needed to control spectators and participants and make way for EMS
    - If security is onsite contact them to help with crowd control or other needs
  7. Document
    - Document all injuries and illnesses that occur
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## Speaking with Dispatch

- Identify yourself (Name and Title)
- State the need for an ambulance
- Identify the type of injury/illness and the treatment that is being given
- Give location and phone number (address and cross streets)
- Give specific directions to the location of the patient
- Answer all questions and follow the dispatcher's instructions
- HANG UP LAST (only after the dispatcher has hung up)

## Documentation

- Injury or illness of a SCYR athlete or referee must be documented and reported to the Player Welfare Program Manager
  - o Christine Mitchell [cmitchell@socalyouthrugby.org](mailto:cmitchell@socalyouthrugby.org)
- Injury or illness of a parent, coach, or spectator must be documented and reported to the Club Program Director

## Lightning Safe Structure

This should be a fully enclosed grounded building that teams and spectators can be evacuated to. If a structure of this sort is not available, enclosed metal vehicles can be used as an alternative.

## Concussion

Any athlete suspected of sustaining a concussion must be removed from participation and may not return to play that day. An athlete may not participate unless they have been cleared by the Player Welfare Program Manager in Match Apt and are on the match report.

## Reminders:

\*Home team is to provide injury ice\*

\*Each team should have a med kit on site\*

\*EAP should be posted on site during any practice or match\*

\*All coaches and team admin should be familiar with the EAP prior to any practice or match\*

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