



# SoCal Youth Rugby Emergency Action Plan

## La Jolla High School

<b>Name of Venue *</b>	La Jolla High School
<b>Address of Venue *</b>	750 Nautilus St, La Jolla, CA 92037
<b>Cross Streets *</b>	Fay and Rushville
<b>Directions for EMS Access to the Field *</b>	Go to the corner of Fay and Rushville. Go south on Rushville and see large access gate to the large end of the stadium. The field is right there, can't miss it.
<b>Club Submitting EAP *</b>	San Diego Youth Rugby Club
<b>Other Clubs That Use This Venue</b>	
<b>Program Director/Primary Contact *</b>	David Pool
<b>Program Director Phone Number*</b>	(858) 405-9271
<b>Does this site have its own security? *</b>	Yes
<b>Security Phone Number</b>	(858) 692-6761
<b>Is there an AED on site? *</b>	Yes
<b>Location of AED/AEDs and keys needed to access</b>	It is right by the Football lockers on the south side of the stadium field
<b>Location of Med Kit during events *</b>	Carried by the Athletic Trainers at each game
<b>Lightning Safe Structure *</b>	Yes
<b>Hospital 1 *</b>	Scripps Green Hospital
<b>Address Hospital 1 *</b>	 10666 Torrey Pines Road La Jolla, CA 92037 United States
<b>Phone Number Hospital 1 *</b>	(858) 554-8100
<b>Hospital 2</b>	Scripps Memorial Hospital
<b>Address Hospital 2</b>	9888 Genesee Ave La Jolla, CA 92037
<b>Phone Number Hospital 2</b>	(858) 626-4123

<b>Urgent Care</b>	Scripps Green Hospital
<b>Address Urgent Care</b>	 10666 Torrey Pines Road La Jolla, CA 92037 United States
<b>Phone Number Urgent Care</b>	(858) 554-8100

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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

### 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

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## 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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