


SoCal Youth Rugby Emergency Action Plan

Los Alamitos High School

Name of Venue *	Los Alamitos High School
Address of Venue *	3591 W Cerritos Ave, Los Alamitos, CA 90720
Cross Streets *	Cerritos Ave. and Los Alamitos Blvd.
Directions for EMS Access to the Field *	From Cerritos Ave. heading east. Make a left turn at the first light – Los Alamitos HS. Take the right lane and continue slight right towards the back of the school. Proceed straight ahead to the field.
Club Submitting EAP *	Los Alamitos Boys & Girls Rugby
Other Clubs That Use This Venue	
Program Director/Primary Contact *	Dayna Faupusa
Program Director Phone Number*	(949) 678-8667
Does this site have its own security? *	No
Security Phone Number	
Is there an AED on site? *	No
Location of AED/AEDs and keys needed to access	
Location of Med Kit during events *	Med Kit will be located on the field with the Coach
Lightning Safe Structure *	Basketball Gym
Hospital 1 *	Los Alamitos Medical Center
Address Hospital 1 *	 3751 Katella Ave. Los Alamitos, CA 90720 United States
Phone Number Hospital 1 *	(562) 598-1311
Hospital 2	La Palma Intercommunity Hospital

Address Hospital 2

7901 Walker St.
La Palma, CA 90623
United States

Phone Number Hospital 2

(714) 670-7400

Urgent Care

MedPost Urgent Care

Address Urgent Care

3851 Katella Ave.
Los Alamitos, CA 90720
United States

Phone Number Urgent Care

(562) 430-4138

Attach a File

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)
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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
- 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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