



SoCal Youth Rugby Emergency Action Plan

Mira Mesa High School Stadium

Name of Venue *	Mira Mesa High School Stadium
Address of Venue *	10510 Marauder Way, San Diego, CA 92126
Cross Streets *	Mira Mesa Blvd
Directions for EMS Access to the Field *	<p>Access can be obtained from off of Mira Mesa Blvd, through north parking lot of the school. There is an unnamed road that goes from the parking lot directly to the North end of the Stadium.</p> <p>Google Maps link: https://goo.gl/maps/ByuZStERJzP2</p>
Club Submitting EAP *	Mira Mesa High School Boys and Girls
Other Clubs That Use This Venue	
Program Director/Primary Contact *	Greg Piceno
Program Director Phone Number*	(858) 401-3185
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 *	Technical Zone near mid field
Lightning Safe Structure *	Mira Mesa High School Gymnasium
Hospital 1 *	UCSD Health
Address Hospital 1 *	 4520 Executive Dr San Diego, CA 92121 United States
Phone Number Hospital 1 *	(858) 657-7000
Hospital 2	Scripps Memorial
Address Hospital 2	 9888 Genesee Ave La Jolla, CA 92037 United States

Phone Number Hospital 2

(858) 626-4123

Urgent Care

AFC Urgent Care San Diego Mira Mesa

Address Urgent Care

8260 Mira Mesa Blvd
San Diego, CA 92126
United States

Phone Number Urgent Care

(858) 900-3550

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
- 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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