


SoCal Youth Rugby Emergency Action Plan

Rancho Bernardo High School

Name of Venue *	Rancho Bernardo HS
Address of Venue *	13010 Paseo Lucido, San Diego, CA 92128
Cross Streets *	Bernardo Hieghts Parkway
Directions for EMS Access to the Field *	Drive into RBHS main parking lot and turn right. Go down 60 yards and turn left into stadium.
Club Submitting EAP *	Rancho Bernardo Girls Rugby Club
Other Clubs That Use This Venue	Rancho Bernardo Boys
Program Director/Primary Contact *	Ken Devore
Program Director Phone Number*	(858) 229-9091
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	I believe main gym has AED.
Location of Med Kit during events *	On field with team
Lightning Safe Structure *	Return to vehicles
Hospital 1 *	Palomar Medical Center
Address Hospital 1 *	 15615 Pomerado Rd, Poway, CA 92064 Poway, CA 92064 United States
Phone Number Hospital 1 *	(858) 613-4000
Hospital 2	
Address Hospital 2	
Phone Number Hospital 2	
Urgent Care	Arch Medical Group

Address Urgent Care

15611 Pomerado Rd, Poway, CA 92064
Poway, CA 92128

Phone Number Urgent Care

(858) 675-3100

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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