


# SoCal Youth Rugby Emergency Action Plan

## Rancho Bernardo High School

<b>Name of Venue *</b>	RANCHO BERNARDO HIGH SCHOOL
<b>Address of Venue *</b>	13010 PASEO LUCIDO
<b>Cross Streets *</b>	AVENIDA VENUSTO
<b>Directions for EMS Access to the Field *</b>	EMS IS TO USE DRIVE WAY RAMP FROM LOWER STUDENT PARKING LOT ( AVE VENUSTO FEEDS OFF THIS PARKING LOT) , A PR1 GATE KEY IS NEEDED . SEND PEOPLE TO THE MAIN ENTRANCE OF SCHOOL AND STUDENT PARKING LOT TO GUIDE EMS TO PROPER SPOT.
<b>Club Submitting EAP *</b>	RB RUGBY CLUB
<b>Other Clubs That Use This Venue</b>	
<b>Program Director/Primary Contact *</b>	PEGGY BROSE
<b>Program Director Phone Number*</b>	(858) 485-4800
<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>	If no one is on campus at the time, or available to assist, care for the student as directed in your first aid/CPR training. Calling 911 if necessary. Automated External Defibrillators are located in the athletic equipment room, with the pool's lifeguard staff and in the school's health office (Administration Bldg.)
<b>Location of Med Kit during events *</b>	COACH HAS MED KIT
<b>Lightning Safe Structure *</b>	ENCLOSED VEHICLES
<b>Hospital 1 *</b>	POMERADO HOSPITAL
<b>Address Hospital 1 *</b>	 15615 Pomerado Rd, Poway, CA 92064 POWAY 92128 United States
<b>Phone Number Hospital 1 *</b>	(858) 613-4000
<b>Hospital 2</b>	

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**Address Hospital 2****Phone Number Hospital 2****Urgent Care**

Sharp Rees-Stealy Rancho Bernardo Urgent Care

**Address Urgent Care**

16899 W Bernardo Dr, San Diego, CA 92127

**Phone Number Urgent Care**

(868) 521-2300

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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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Created  
**10 Dec 2018**  
3:23:51 PM **PUBLIC**

