


# SoCal Youth Rugby Emergency Action Plan

## Westchester Recreation Center

<b>Name of Venue *</b>	Westchester Recreation Center
<b>Address of Venue *</b>	7000 W Manchester Ave, Los Angeles, CA 90045
<b>Cross Streets *</b>	Lincoln Blvd. and W Manchester Ave.
<b>Directions for EMS Access to the Field *</b>	Best Access at parking lot along Lincoln Blvd. Address: 9298 CA-1 (Lincoln Blvd), Los Angeles, CA 90045  There is a gate there if need to drive onto field.
<b>Club Submitting EAP *</b>	Los Angeles Rugby Club
<b>Other Clubs That Use This Venue</b>	TBD
<b>Program Director/Primary Contact *</b>	Rory Kaclik - President
<b>Program Director Phone Number*</b>	(724) 462-4658
<b>Does this site have its own security? *</b>	No
<b>Security Phone Number</b>	
<b>Is there an AED on site? *</b>	No
<b>Location of AED/AEDs and keys needed to access</b>	
<b>Location of Med Kit during events *</b>	On-Field
<b>Lightning Safe Structure *</b>	Gymnasium in NW corner of park
<b>Hospital 1 *</b>	Cedars-Sinai Marina Del Rey Hospital
<b>Address Hospital 1 *</b>	 4650 Lincoln Blvd Marina Del Rey, CA 90292 United States
<b>Phone Number Hospital 1 *</b>	(310) 823-8911
<b>Hospital 2</b>	
<b>Address Hospital 2</b>	
<b>Phone Number Hospital 2</b>	

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<b>Urgent Care</b>	New Care Clinic
<b>Address Urgent Care</b>	 8610 S Sepulveda Blvd #208 Los Angeles, CA 90045 United States
<b>Phone Number Urgent Care</b>	(310) 645-2273

### **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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