



# SoCal Youth Rugby Emergency Action Plan

## Westview High School

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<b>Name of Venue *</b>	Westview HS
<b>Address of Venue *</b>	13500 Camino Del Sur, San Diego, CA 92129
<b>Cross Streets *</b>	Wolverine Way
<b>Directions for EMS Access to the Field *</b>	Baseball field Back Gate off of Torrey Meadows Dr
<b>Club Submitting EAP *</b>	Westview Rugby
<b>Other Clubs That Use This Venue</b>	
<b>Program Director/Primary Contact *</b>	Travis Stoddard
<b>Program Director Phone Number*</b>	(760) 518-9254
<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>	50yd line home side
<b>Lightning Safe Structure *</b>	HS gymnasium
<b>Hospital 1 *</b>	
<b>Hospital 1 *</b>	Palomar Medical Center
<b>Address Hospital 1 *</b>	 15615 Pomerado Rd Poway, CA 92064 United States
<b>Phone Number Hospital 1 *</b>	(858) 613-4000
<b>Hospital 2</b>	
<b>Hospital 2</b>	Scripts Memorial Hospital
<b>Address Hospital 2</b>	

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9888 Genesee Ave  
La Jolla  
United States

**Phone Number Hospital 2** (858) 626-4123

**Urgent Care** AFC Urgent Care

**Address Urgent Care**



8260 Mira Mesa Blvd Ste A  
San Diego 92126  
United States

**Phone Number Urgent Care** (858) 900-3550

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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)
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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](mailto: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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# ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS

Athletic Director/Coach Name: STEVE MCLAUGHLIN School: WESTVIEW HIGH SCHOOL

ADDRESS: 13500 CAMINO DEL SUR, SAN DIEGO, 92129

Facility: **Stadium** {Lacrosse, Football, Track, Cross Country, Field Hockey}; **Baseball, Softball Fields, Tennis Courts**

*Call 911 or your local EMS for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.*

911 TEAM	
<b>CALL 911. Explain emergency. Provide location.</b>	
Local EMS Number:	911
EMS Access Point:	<b>Ramp Off Torrey Meadows</b>
Cross Streets:	<b>Torrey Meadows &amp; Torrey Ranch Court</b>
Responder 1:	<b>OPEN GATES</b>
<b>MEET AMBULANCE</b> at EMS Access Point. Take to victim.	
EMS Access Point:	Practices//Events <b>Enter @top; meet @ bottom of ramp</b>
Cross Streets:	<b>Torrey Meadows &amp; Torrey Ranch Court</b>
Responder 1:	
<b>CALL CONTACTS.</b> Provide location and victim's name.	
Custodian Covering Event:	Should be the first one you contact.
Athletic Director: STEVE MCLAUGHLIN	Cell: 858-414-0118
Principal: TINA ZIEGLER	
Assistant Principal: DARCEL GLOVER	

CPR/AED TEAM
<b>START CPR.</b>
1. Position person on his/her back.
2. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, (100 compressions/minute.) Let chest completely recoil after each compression.
3. Take turns with other responders as needed.
Coach/Advisor:
Responder 1:
Responder 2:
<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.</b>
1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Director for data download.

AED TEAM
<b>GET THE AED KIT.</b>
Nearest AEDS: <b>Pool, Gym, Softball Shed {Key DK29}, Athletic Trainer's Cart/Room; Health Office</b>
Responder 1:
<b>GET THE ATHLETIC TRAINER.</b>
Athletic Trainer: <b>CHRISTINA SCHERR</b>
Cell/Contact Method:
Typical location:
Responder 1:

\*By law, all athletic coaches, paid and or volunteer, must be currently certified in CPR and First Aid and Concussion Awareness as outlined in Section 5590- 5596 of Title V of the California Code of Regulations and Education Code Sections 35179.5 and 44919. More information can be found at <http://cifstate.org> under the Health & Safety tab, in the Sports Medicine Handbook.