

Emergency situations may arise at any time during athletic events and training. Expedient action must be taken in order to provide the best possible care to the athlete, coach, or other individual. The development and implementation of an emergency action plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, clubs should be prepared at all times. Frequent review of the emergency action plan, maintenance of appropriate emergency equipment and supplies, Coach and AT education, preparticipation physical screenings, safe practice and training techniques, and adequate medical coverage can help both in the response to and mitigation of emergency situations.

Coaches and staff should be CPR, First Aid, and AED certified and should be up to date on their concussion, sudden cardiac arrest and heat illness training.

#### Role of the First Responder

1. Establish scene safety
2. Immediate care of injured/ill individual (ATC if available)
  - a. Check circulation, airway, breathing, level of consciousness, and for severe bleeding
3. Determine the need to activate Emergency Medical Services (EMS)
4. Designate an individual to contact Emergency Medical Services (if you are alone contact EMS yourself)
  - a. Dial 911 from a landline or cellular device
  - b. If EMS is on site seek them
5. Retrieve emergency equipment
  - a. Designate an individual to retrieve the AED (if available) and medical bag
6. Direct EMS to the scene
  - a. Designate an individual to meet EMS at the entrance of the venue
7. Crowd control
  - a. Designate individuals as needed to control spectators and participants and make way for EMS
  - b. If security is onsite contact them to help with crowd control or other needs
8. A parent, guardian, assistant coach, or other familiar adult must go with the injured/ill individual if they are transported to the emergency department
9. Notify parents or guardians if they are not on site
10. Document
  - a. Document all injuries and illnesses that occur
11. Notify Club Director, Head Coach, and Player Welfare Program Manager

#### 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)

Activate Emergency Action Plan for:

- Any loss of consciousness
- Possible spine injury
- Dislocation, open fracture, closed displaced fracture
- Difficulting breathing
- Absence of breathing or pulse
- If you are uncertain if you have a medical emergency and there is not more advanced care on site

Documentation

- Injury or illness of a SCYR athlete or referee must be documented and reported to the Player Welfare Program Manager, Christine Mitchell, at [christine@socalyouth.rugby](mailto:christine@socalyouth.rugby)
- Injury or illness of a parent, coach, or spectator should be documented and reported to the Club Program Director

Suspected Concussion or Head Injury

Any athlete suspected of sustaining a concussion or head injury must be immediately removed from participation and may not return to play until cleared. An athlete may not participate unless they have been cleared by a physician (MD or DO working within their scope of practice) and in accordance with the SCYR Concussion policy by the Player Welfare Program Manager and are on the Match Report.

Any Loss of Consciousness

All athletes who experience any type of loss of consciousness must be immediately removed from participation and may not return to play until cleared. The athlete must be cleared by a licensed healthcare provider (MD, DO, NP, PA) and in accordance with the SCYR Sudden Cardiac Arrest and Heat Illness Policies prior to returning to play.

Lightning Policy and Response

- Designate a person to monitor threatening weather and notify the head coaches and officials
- Monitor local weather reports
- Know where the closest "lightning safe structure" is and have a plan to evacuate participants and spectators.
- If you hear a clap of thunder or see a flash of lightning, stop play and evacuate to a lightning safe structure.
- If you are using a lightning tracker, stop play and evacuate to a lightning safe structure when lightning is within 10 miles of the field.
- Stay in a lightning safe structure for 30 minutes after the last visible flash of lightning or heard clap of thunder or until all lightning strikes have been outside of a 10 mile radius for 30 minutes.

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\*



# Del Norte High School

## Emergency Action Plan: Athletics

16601 Nighthawk Lane, San Diego, CA 92127

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### Emergency Action Plan:

Emergency situations may arise at any time during athletic practices and events. Expedient action must be taken in order to provide the best possible care to the athletes in emergency and/or life threatening conditions. Preparation for emergency and/or life threatening conditions involves formulation of an emergency action plan (EAP), proper coverage of events, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency response.

Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, potential emergencies may be averted. However, accidents and injuries are inherent with sports participation. Proper preparation on the part of the Athletics Staff at Del Norte High School will enable each emergency situation to be managed properly

### Emergency Action Plan Personnel:

The first responder to an emergency will typically be a member of the Athletic training program or coaching staff. Certification in cardiopulmonary resuscitation (CPR), automated external resuscitation (AED); first aid, prevention of disease transmission, and Emergency Action Plan review is MANDATORY for all DNHS Coaching Staff associated with practices, competitions, skills instruction, and strength and conditioning. Certification in cardiopulmonary resuscitation (CPR), automated external resuscitation (AED); prevention of disease transmission and Emergency Action Plan review is required for the Certified Athletic Trainer (AT).

### Basic Emergency Response Team (First Responder's):

- Certified Athletic Trainer (AT)
- Administration
- Coaching Staff
- Custodial Staff

### Basic roles of the emergency response team:

1. Immediate care of the athlete: AT/Coach

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with training that is more adequate and assume a supportive role. I.e.: crowd/player/parent control, EMS activation when appropriately directed.

- Life Threatening: EMS personnel, AT, Coach
- Orthopedic: AT, Coach
- Medical: AT, Coach

2. EMS activation: Coach/Administration

This should be done as soon as the situation is deemed an emergency or a life-threatening event. Activating the EMS system may be done by anyone. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location of the injured person and the facility.



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3. Equipment Retrieval: usually coach or sports medicine interns

This is done by a person who is familiar with the type and location of the specific emergency equipment needed. I.e.: AED, Spine Board, splints.

4. Directing EMS to the scene: Custodians

One person should be responsible for meeting emergency medical personnel as they arrive at the facility. This person should have keys to any locked gates or doors and should know the fastest access to the emergency scene.

5. Crowd/Parent Control: Coach/Administration

One or more people that are familiar with the participating students and the family of the athlete will be responsible for controlling the reactions of the spectators and ensuring ample room for the medical personal to care for the athlete.

6. Parental Contact: Coach

If the athlete's parents/guardians are not present at the event, **they must be notified**. This person should be calm under pressure and able to communicate well over the telephone preferably in the parent/guardian's preferred language.

**\*Emergency Contact Binders** MUST be on hand at all Practices and Games to ensure quick communication with parents! You may also utilize Dragonfly MAX mobile app on your cellular device.

**\*\* DO NOT** have a student call the Parents, unless language barriers dictate the necessity.

### Emergency Communication:

The most common method of communication is a cellular phone. At any athletic venue, whether home or away, it is important to know the location of a workable landline telephone. Pre-arranged access to a phone should be established. If cellular phones are not working properly, there is a landline in the athletic training room, or in the coach's offices in the locker rooms.

### Emergency Equipment:

AED: There are AED's in the Health Office, Athletic Training Room (C100), Gym, and Pool office on the pool deck.

Epi-pen: There are emergency Epi-pens in the Health Office.

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of emergency equipment on site. Equipment should be in good operating condition and checked on a regular basis. Equipment will be appropriate for the sport and venue.

### Transportation:

DNHS has an average 5-minute response time for EMS personnel. As a result, there will rarely be ambulances on site for competition. Arriving ambulances should have rapid access to the site and a cleared route for entering/exiting. In the emergency situation, determining transport decisions is the responsibility for the highest-level trained person on the scene. Arrangements may be necessary to transport parents and family to the hospital from DNHS.

**Athletes will most likely be transported to Pomerado Hospital or Rady's Children Hospital at the discretion of the paramedics.**



# Del Norte High School

## Emergency Action Plan: Athletics

16601 Nighthawk Lane, San Diego, CA 92127

### EAP for Stadium:

**Emergency Personnel:** Certified Athletic Trainer (AT) on site for practice and competition.

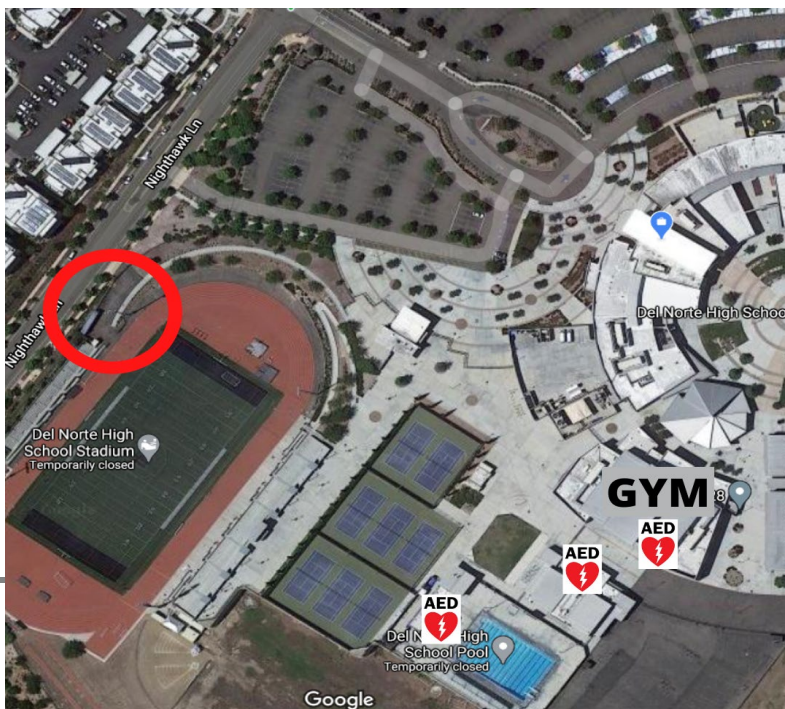
**Emergency Communication:** If a Cell Phone is unavailable, there is a fixed telephone line in the Del Norte High School Athletic Training Facility: call back # is (858)487-0877 x 6252

**Emergency Equipment:** Supplies (AED, trauma kit, splint kit, spine board) maintained in Del Norte Athletic Training Facility and/or Girls Equipment room (by the Girl's locker room entrance).

### Roles of First Responders

1. Immediate care of the injured or ill student-athlete.
2. Activation of emergency medical system (EMS)
  - a. 9-911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions, **including which EMS entrance to turn into- Ambulance will enter off of Nighthawk Lane- accessible by Del Sur Ridge Road or Camino San Bernardo.**
  - b. Notify administration and custodial staff that ambulance is in route, which entrance it has been directed to and where the injured person is located. Administration will send a custodial staff member with a radio to meet the ambulance at the Nighthawk Lane gate.
3. Emergency equipment retrieval
  - a. Send a Coach or Sports Medicine Intern to retrieve the equipment needed. All equipment is kept in the Athletic Training Facility and/or the Girl's Equipment Room located near the girl's locker room entrance.
4. Direction of EMS to scene
  - a. Open appropriate gates
    1. Main Gate at road
    2. Inner gate into the stadium (onto track/field)
  - b. Designate individual to "flag down" EMS and direct to scene – Custodial Staff
  - c. Scene Control: Limit the scene to first aid providers and move bystanders out of area - Administrator/Coaches

**Venue Directions:** The Stadium is in the south western corner of Campus. The EMS access gate is located on Nighthawk Ln, South of the traffic light.



Ambulance entrance indicated with red circle

AED locations:  
 Gym on southeast wall  
 C100  
 Athletic Training Facility (ATF) between locker rooms  
 Inside Pool Office

Note: the AED in ATF will travel with Athletic Trainer to various venues during athletic games and practices



# Del Norte High School Emergency Action Plan: Athletics

16601 Nighthawk Lane, San Diego, CA 92127

## EAP for Gymnasium / Sports Performance Center / Pool / Tennis Courts:

**Emergency Personnel:** Certified Athletic Trainer (AT) and/or Lifeguards on site for practice and competition.

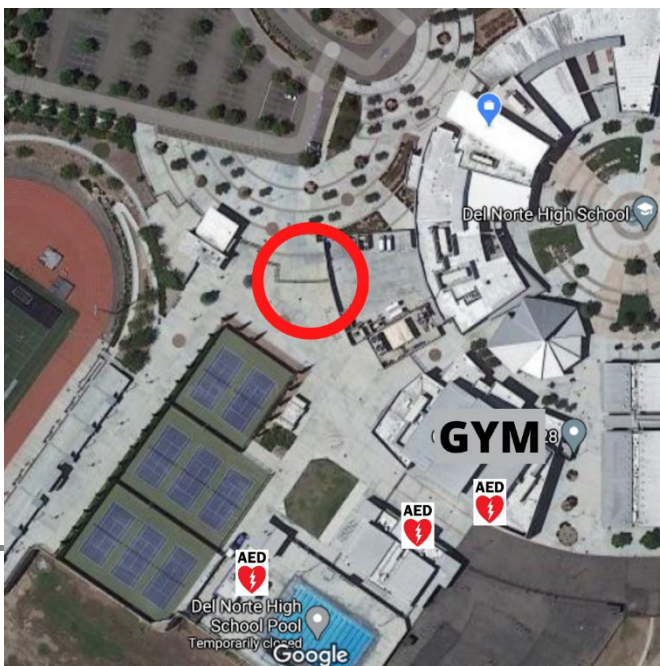
**Emergency Communication:** If a Cell Phone is unavailable, there is a fixed telephone line in the Del Norte High School Athletic Training Facility: call back # is (858)487-0877 x 6252

**Emergency Equipment:** Supplies (AED, trauma kit, splint kit, spine board) maintained in Del Norte Athletic Training Facility and/or Girls Equipment room (Girl's locker room entrance).

### Roles of First Responders

1. Immediate care of the injured or ill student-athlete.
2. Activation of emergency medical system (EMS)
  - a. 9-911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment given; specific directions, **including which EMS entrance to turn into- Ambulance will enter through Double Gates by the loading area through the Staff Parking Lot at the front of the school.**
  - b. Notify administration and custodial staff that ambulance is in route, which entrance it has been directed to and where the injured person is located. Administration will send a custodial staff member with a radio to meet the ambulance at the parking lot emergency access gate.
3. Emergency equipment retrieval
  - a. Send a Coach or Sports Medicine Intern to retrieve the equipment needed. All equipment is kept in the Athletic Training Facility and/or the Girl's Equipment Room located near the girl's locker room entrance.
4. Direction of EMS to scene
  - a. Open appropriate gates
    1. Double Emergency Access Gate (parking lot)
    2. Inner Double Gates by Boy's Locker Room
  - b. Designate individual to "flag down" EMS and direct to scene (follow the fire lane to rear of gym) – Custodian
  - c. Scene control: Limit scene to first aid providers and move bystanders out of area – Administrator /Coaches

**Venue Directions:** The Gymnasium is in the southern end of the school, directly along the fire lane route. Responding EMS will enter through the Staff Parking Lot (towards athletic facilities/stadium).



Ambulance entrance indicated with red circle

AED locations:  
 Gym on southeast wall  
 C100  
 Athletic Training Facility (ATF) between locker rooms  
 Inside Pool Office

Note: the AED in ATF will travel with Athletic Trainer to various venues during athletic games and practices  
 Updated June 2022



# Del Norte High School Emergency Action Plan: Athletics

16601 Nighthawk Lane, San Diego, CA 92127

## EAP for Baseball & Softball Fields / Lower (Back) Fields:

**Emergency Personnel:** Certified Athletic Trainer (AT) on site for practice and competition.

**Emergency Communication:** If a Cell Phone is unavailable, there is a fixed telephone line in the Del Norte High School Athletic Training Facility: call back # is (858)487-0877 x 6252

**Emergency Equipment:** Supplies (AED, trauma kit, splint kit, spine board) maintained in Del Norte Athletic Training Facility and/or Girls Equipment room (by the Girl's locker room entrance).

### Roles of First Responders

1. Immediate care of the injured or ill student-athlete.
2. Activation of emergency medical system (EMS)
  - a. 9-911 call (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions, **including which EMS entrance to turn into- Ambulance will enter off of Deer Ridge Rd.** (large new gate between baseball/softball fields)
  - b. Notify administration and custodial staff that ambulance is in route, which entrance it has been directed to and where the injured person is located. Administration will send a custodial staff member with a radio to meet the ambulance at the Deer Ridge Rd. gate.
3. Emergency equipment retrieval
  - a. Send a Coach or Sports Medicine Intern to retrieve the equipment needed. All equipment is kept in the Athletic Training Facility and/or the Girl's Equipment Room located near the girl's locker room entrance.
4. Direction of EMS to scene
  - a. Open appropriate gates – Custodial Staff
    1. Deer Ridge Road gate (between baseball/softball fields)
    2. Field Gate (Varsity Baseball only)
  - b. Designate individual to “flag down” EMS and direct to scene – Custodial Staff or administration
  - c. Scene control: limit scene to first aid providers and move bystanders away from area – Administrator/Coaches

**Venue Directions:** The Baseball/Softball Fields are located in the South East corner of school. Ambulance will enter gate on Deer Ridge Road between baseball/softball fields.



Ambulance entrance indicated with red circle

AED locations:  
Gym on southeast wall  
C100  
Athletic Training Facility (ATF) between locker rooms  
Inside Pool Office

Note: the AED in ATF will travel with Athletic Trainer to various venues during athletic games and practices  
Updated June 2022



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### Transportation:

SD Fire Station #33 is our Primary Responding Station  
Rancho Santa Fe is Secondary.

\*Which Hospital they transport to will depend on severity of injuries,  
Parent/Guardian preference, etc.

#### 1. **Palomar Pomerado Hospital** (Closest)

15615 Pomerado Road  
Poway, CA 92064-2460  
P: (858) 613-4000

##### **Directions from DNHS:**

Left on Lone Quail  
Right on Camino Del Norte  
Left on Pomerado Rd  
Hospital will be on the Right, follow the signs to EMERGENCY

#### 2. **Rady Children's Hospital** (Advanced Trauma)

3020 Children's Way  
San Diego, CA 92123  
P: (858) 576-1700

##### **Directions from DNHS:**

Left on Lone Quail  
Right on Camino Del Norte  
I-15 South  
CA-163 South  
Exit 5 for Genesee Ave, turn Left  
Genesee becomes Starling Dr.  
Left on Meadow Lark Dr.  
Meadow Lark Dr. curves to the right and becomes Birmingham Way  
Left onto Children's Way  
Hospital will be on your Left, follow the signs to EMERGENCY