

SoCal Youth Rugby Emergency Action Plan

Francis Parker Upper School - Lauer Field

Name of Venue:	Francis Parker Upper School - Lauer Field
Address of Venue:	6501 Linda Vista Road San Diego, CA 92111
Cross Streets:	Northrim Court
Directions for EMS Access to the Field:	Enter off Linda Vista Road at the Entry Kiosk. Follow security personnel's guidance to turn left and head east about 500 feet until you get to Lauer Field.
Rugby Club Submitting this EAP:	Francis Parker
Other Rugby Clubs that Host Matches at this Venue:	None
Program Director/Primary Contact:	Warren Spieker
Program Director/Primary Contact Phone Number:	858-232-9949
Does this site have its own security?	Yes
If yes, Security Phone Number:	858-569-7900 x5555 or x4170
Is there an AED on site?	Yes
If yes, Location of AED/AEDs and procedure to access (ie keys need, campus contact number):	Call Security
Location of medical kit during events:	Athletic Trainer's office is adjacent to the field in the "Field House"
Location of athlete's emergency contact info:	With Warren Spieker or Francis Parker Athletic Training Staff
Lightning Safe Structure: This should be a fully enclosed grounded building that participants and spectators can be evacuated to. If a structure of this sort is not available enclosed metal vehicles can be used as an alternative	Multiple buildings including Field House, Student Learning Center or underground garage
Hospital 1:	Sharp Memorial Hospital
Address of Hospital 1:	7901 Frost St, San Diego, CA 92123
Phone Number Hospital 1	(858) 939-3400
Hospital 2:	Radys Children's Hospital
Address Hospital 2:	3020 Children's Way, San Diego, CA 92123
Hospital 2 Phone Number:	(858) 576-1700
Nearest Kaiser Hospital:	Kaiser Permanente San Diego Medical Center
Address Kaiser Hospital:	9455 Clairemont Mesa Blvd 1st floor, San Diego, CA 92123
Phone Number Kaiser Hospital:	(858) 266-2000
Urgent Care:	San Diego Sports Medicine & Family Health Center - Urgent Care
Address Urgent Care:	1945 Garnet Ave, San Diego, CA 92109
Urgent Care Phone Number:	(858) 224-7977
Urgent Care Hours of Operation:	Mon-Fri 8AM-8PM; Sat & Sun: 8AM- 4PM
EAP updated:	12/2022

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
- 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