

SoCal Youth Rugby Emergency Action Plan

Patrick Henry High School

Name of Venue:	Patrick Henry High School
Address of Venue:	6702 Wandermere Dr, San Diego, CA 92120
Cross Streets:	Park Ridge
Directions for EMS Access to the Field:	They can enter at the north end zone of the stadium of Navajo Rd. or through the main entrance of the football stadium
Rugby Club Submitting this EAP:	Patrick Henry High (boys and girls)
Other Rugby Clubs that Host Matches at this Venue:	None
Program Director/Primary Contact:	Greg Chronopolos
Program Director/Primary Contact Phone Number:	(858) 354-3454
Does this site have its own security?	No
If yes, Security Phone Number:	N/A
Is there an AED on site?	Yes
If yes, Location of AED/AEDs and procedure to access (ie keys need, campus contact number):	In the Gym and in the Press Box (Football Stadium)
Location of medical kit during events:	With each team on the sideline
Location of athlete's emergency contact info:	Each coach has emergency contact info
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	There is ample indoor space for players and spectators to seek relief from inclement weather
Hospital 1:	Alvarado Hospital
Address of Hospital 1:	6655 Alvarado Rd, San Diego, CA 92120
Phone Number Hospital 1	(619) 287-3270
Hospital 2:	Sharp Grossmont Hospital
Address Hospital 2:	5555 Grossmont Center Drive, La Mesa, CA 91942
Hospital 2 Phone Number:	(619) 740-6000
Nearest Kaiser Hospital:	Kaiser Zion
Address Kaiser Hospital:	4647 Zion Ave, San Diego, CA 92120
Phone Number Kaiser Hospital:	(833) 574-2273
Urgent Care:	Perlman Clinic La Mesa
Address Urgent Care:	6386 Alvarado Ct #101, San Diego, CA 92120
Urgent Care Phone Number:	(858) 900-9490
Urgent Care Hours of Operation:	M-F 8:00 - 6:00pm
Looking form Primary Care, Sports Medicine Care, or Urgent Care with physicians who specialize in sports injuries and even rugby, check out San Diego Sports Medicine and their 3 San Diego locations at sdsdm.com	
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