

SoCal Youth Rugby Emergency Action Plan

Rancho Bernardo High School Football Field

Name of Venue:	Rancho Bernardo High School Football Field
Address of Venue:	13010 Paseo Lucido, San Diego, CA 92128
Cross Streets:	Calle Saucillo
Directions for EMS Access to the Field:	*Fastest Response: Enter the main entrance. Turn Right. Follow the street down until you reach the driveway. Turn Left into Driveway and follow down to reach the top of the football field stadium. *For EMS Vehicle to get on the field: Enter the student parking lot off of Avenida Venusto. Proceed to the front of the parking lot. Follow the ramp up and to the right until you reach the pool area. At the pool area make a left. When you reach the stairs make a left and proceed onto the track.
Rugby Club Submitting this EAP:	Rancho Bernardo High School Girls Rugby Club
Other Rugby Clubs that Host Matches at this Venue:	N/A
Program Director/Primary Contact:	Isabella DeVore
Program Director/Primary Contact Phone Number:	(442) 222-9441
Does this site have its own security?	Yes
If yes, Security Phone Number:	858-485-4800
Is there an AED on site?	Yes
If yes, Location of AED/AEDs and procedure to access (ie keys need, campus contact number):	Athletic Trainer Office (Also Pool Area/Gym/Main Office) *Mindy Bailey (Coach has a key to office) *Mindy Bailey not available, contact: Office (858) 485-4800 Robby Bowers (858) 485-4800 ext 4541 Mel Agbayani (858) 922-0159
Location of medical kit during events:	On Field
Location of athlete's emergency contact info:	RBGRC Head Coach
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	Girls Locker room, HS Gym, Men/Women Bathrooms
Hospital 1:	Palomar Medical Center Poway
Address of Hospital 1:	15615 Pomerado Rd, Poway, CA 92064
Phone Number Hospital 1	(858) 613-4000
Hospital 2:	Palomar Medical Center Escondido
Address Hospital 2:	2185 Citracado Parkwy, Escondido, CA 92029
Hospital 2 Phone Number:	(442) 281-5000
Nearest Kaiser Hospital:	Kaiser Permanente San Diego
Address Kaiser Hospital:	9455 Clairemont Mesa Blvd, San Diego, CA 92123
Phone Number Kaiser Hospital:	(858) 266-5000
Urgent Care:	Sharp Rees-Stealy Rancho Bernardo
Address Urgent Care:	16899 W Bernardo Dr, San Diego, CA 92127
Urgent Care Phone Number:	(858) 499-2600
Urgent Care Hours of Operation:	7:30AM-5PM M-F
Looking for 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 sdsm.com	
EAP updated:	1/12/2023

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