**ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN:**

**RESPONSE TEAMS**

*(For Board Approval 8/30/2023)*

**Athletic Director/Coach Name:** Mikayla Haywood **School:** Health Sciences High & Middle College

**Facility:** Park De La Cruz Operation Center (Basketball Gym)

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

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| **911 TEAM** | | |  | **CPR/AED TEAM** |  | **AED TEAM** | | |
| **CALL 911. Explain emergency. Provide location.** | | |  | **START CPR.** |  | **GET THE AED KIT.** | | |
| Local EMS Number: 911 |  |  |  | 1. Position person on his/her back.  2. Put one hand on top of the other in the middle of a 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. |  | Nearest AED: Adjacent to the Gym, located in the Copley YMCA | Practices:  Varies Depending on Season and Sport | Events:  Athletic |
| EMS Access Point: Main Entrance 43rd Ave. |  |  |  |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Cross Streets: El Cajon Blvd. and 43rd |  |  |  |  | **GET THE ATHLETIC TRAINER.** | | |
| Responder 1: HSHMC Coach/Staff | | |  |  | Athletic Trainer: Mikayla Haywood | | |
| **MEET AMBULANCE** at EMS Access Point. Take to victim. | | |  | Coach/Advisor: HSHMC Staff |  | Cell/Contact Method: (909) 543-8732 | | |
| EMS Access Point: Main Entrance | Practices:  Varies Depending on Season and Sport | Events:  Athletic |  | Responder 1: Assigned by HSHMC Coach/Staff |  | Typical location: HSHMC and Athletic Events. | | |
| Cross Streets: El Cajon Blvd. and 43rd |  |  |  | Responder 2: Assigned by HSHMC Coach/Staff |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Responder 1: Assigned by HSHMC Coach/Staff | | |  | **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.** |  | \*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. | | |
| **CALL CONTACTS.** Provide location and victim's name. | | |  | 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. |  |
| Athletic Trainer: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Athletic Director: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Principal: Dr. Dominique Smith | | Cell: (619) 933-0610 |  |  |
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**ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS** 

**Athletic Director/Coach Name:** Mikayla Haywood **School:** Health Sciences High & Middle College

**Facility:** Cherokee Point Elementary (Field)

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

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| **911 TEAM** | | |  | **CPR/AED TEAM** |  | **AED TEAM** | | |
| **CALL 911. Explain emergency. Provide location.** | | |  | **START CPR.** |  | **GET THE AED KIT.** | | |
| Local EMS Number: 911 |  |  |  | 1. Position person on his/her back.  2. Put one hand on top of the other in the middle of a 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. |  | Nearest AED: Not Available | Practices:  Varies Depending on Season and Sport | Events:  Athletic |
| EMS Access Point: Main Entrance 38th Street |  |  |  |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Cross Streets: Wightman Street and 38th Street |  |  |  |  | **GET THE ATHLETIC TRAINER.** | | |
| Responder 1: HSHMC Coach/Staff | | |  |  | Athletic Trainer: Mikayla Haywood | | |
| **MEET AMBULANCE** at EMS Access Point. Take to victim. | | |  | Coach/Advisor: HSHMC Staff |  | Cell/Contact Method: (909) 543-8732 | | |
| EMS Access Point: Main Entrance 38th Street | Practices:  Varies Depending on Season and Sport | Events:  Athletic |  | Responder 1: Assigned by HSHMC Coach/Staff |  | Typical location: HSHMC and Athletic Events | | |
| Cross Streets: Wightman Street and 38th Street |  |  |  | Responder 2: Assigned by HSHMC Coach/Staff |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Responder 1: Assigned by HSHMC Coach/Staff | | |  | **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.** |  | \*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. | | |
| **CALL CONTACTS.** Provide location and victim's name. | | |  | 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. |  |
| Athletic Trainer: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Athletic Director: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Principal: Dr. Dominique Smith | | Cell: (619) 933-0610 |  |  |
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**ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS** 

**Athletic Director/Coach Name:** Mikayla Haywood **School:** Health Sciences High & Middle College

**Facility:** Hourglass Field (Miramar College)

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

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| **911 TEAM** | | |  | **CPR/AED TEAM** |  | **AED TEAM** | | |
| **CALL 911. Explain emergency. Provide location.** | | |  | **START CPR.** |  | **GET THE AED KIT.** | | |
| Local EMS Number: 911 |  |  |  | 1. Position person on his/her back.  2. Put one hand on top of the other in the middle of a 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. |  | Nearest AED: Building J1 Fieldhouse | Practices:  Varies Depending on Season and Sport | Events:  Athletic |
| EMS Access Point: Main Entrance Building J1 Cul De Sac |  |  |  |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Cross Streets: Black Mountain Rd and Miramar College Driveway |  |  |  |  | **GET THE ATHLETIC TRAINER.** | | |
| Responder 1: HSHMC Coach/Staff | | |  |  | Athletic Trainer: Mikayla Haywood | | |
| **MEET AMBULANCE** at EMS Access Point. Take to victim. | | |  | Coach/Advisor: HSHMC Staff |  | Cell/Contact Method: (909) 543-8732 | | |
| EMS Access Point: Main Entrance Building J1 Cul De Sac | Practices:  Varies Depending on Season and Sport | Events:  Athletic |  | Responder 1: Assigned by HSHMC Coach/Staff |  | Typical location: HSHMC and Athletic Events | | |
| Cross Streets: Black Mountain Rd and Miramar College Driveway |  |  |  | Responder 2: Assigned by HSHMC Coach/Staff |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Responder 1: Assigned by HSHMC Coach/Staff | | |  | **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.** |  | \*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. | | |
| **CALL CONTACTS.** Provide location and victim's name. | | |  | 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. |  |
| Athletic Trainer: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Athletic Director: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Principal: Dr. Dominique Smith | | Cell: (619) 933-0610 |  |  |
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**ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS** 

**Athletic Director/Coach Name:** Mikayla Haywood **School:** Health Sciences High & Middle College

**Facility:** Cuyamaca College (Soccer Field)

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

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| **911 TEAM** | | |  | **CPR/AED TEAM** |  | **AED TEAM** | | |
| **CALL 911. Explain emergency. Provide location.** | | |  | **START CPR.** |  | **GET THE AED KIT.** | | |
| Local EMS Number: 911 |  |  |  | 1. Position person on his/her back.  2. Put one hand on top of the other in the middle of a 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. |  | Nearest AED: Not Available | Practices:  Varies Depending on Season and Sport | Events:  Athletic |
| EMS Access Point: Cuyamaca College Drive West and Cuyamaca College Drive East |  |  |  |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Cross Streets: Rancho San Diego Pkwy and Cuyamaca College Drive |  |  |  |  | **GET THE ATHLETIC TRAINER.** | | |
| Responder 1: HSHMC Coach/Staff | | |  |  | Athletic Trainer: Mikayla Haywood | | |
| **MEET AMBULANCE** at EMS Access Point. Take to victim. | | |  | Coach/Advisor: HSHMC Staff |  | Cell/Contact Method: (909) 543-8732 | | |
| EMS Access Point: | Practices:  Varies Depending on Season and Sport | Events:  Athletic |  | Responder 1: Assigned by HSHMC Coach/Staff |  | Typical location: HSHMC and Athletic Events | | |
| Cross Streets: Rancho San Diego Pkwy and Cuyamaca College Drive |  |  |  | Responder 2: Assigned by HSHMC Coach/Staff |  | Responder 1: Assigned by HSHMC Coach/Staff | | |
| Responder 1: Assigned by HSHMC Coach/Staff | | |  | **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.** |  | \*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. | | |
| **CALL CONTACTS.** Provide location and victim's name. | | |  | 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. |  |
| Athletic Trainer: Mikayla Haywood | | Cell: (909) 543-8732 |  |  |
| Athletic Director: Ernest Reyes | | Cell: (909) 543-8732 |  |  |
| Principal: Dr. Dominique Smith | | Cell: (619) 933-0610 |  |  |
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