



ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS

Athletic Director/Coach Name: Nick Regas School: Health Sciences High

Facility: Park De La Cruz Operations

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

911 TEAM		
CALL 911. Explain emergency. Provide location.		
Local EMS Number:	619-285-6429	
EMS Access Point:	Park De La Cruz Operations Parking Lot	
Cross Streets:	Landis St & 40 th St..	
Responder 1: Salvador Partida		
MEET AMBULANCE at EMS Access Point. Take to victim.		
EMS Access Point	Practices Park De La Cruz Operations	Events
Cross Streets: Landis St. & 40 th St.	The Gym front office is notified and the response team is alerted of the emergency and the location via the PA system. The front office will also active the EMS system by calling 9-1-1, if it is not already activated	The Gym front office is notified and the response team is alerted of the emergency and the location via PA system. The front office will also active the EMS system by calling 9-1-1, if it is not already activated

CPR/AED TEAM
START CPR.
1. Position person on his/her back.
2. Put one hand on top of the other on middle of 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.
Coach/Advisor: Nick Regas
Responder 1: Salvador Partida
Responder 2: Park Staff

AED TEAM		
GET THE AED KIT.		
Nearest AED: Gymnasium Office	The AED will be retrieved and used by trained or voluntary responders closest to the emergency. The EMS system will be activated by calling 9-1-1.	Events
Responder 1: Salvador Partida		
GET THE ATHLETIC TRAINER.		
Athletic Trainer: N/A		
Cell/Contact Method: On Site Staff Support 619-516-3141		
Typical location: On Site		
Responder 1: Nick Regas		

Responder 1: Salvador Partida/Park Staff	
CALL CONTACTS. Provide location and victim's name.	
Athletic Trainer: Nick Swift	Cell: 858-442-2187
Athletic Director: Nick Regas	Cell: 619-987-5076
Principal: Dominique Smith	Cell: 619-933-0610
Assistant Principal: Oscar Corrigan	Cell: 619-852-5895

- WHEN AED ARRIVES,
TURN IT ON AND
FOLLOW VOICE
PROMPTS.**
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.

*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.