



# ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN: RESPONSE TEAMS

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

Facility: On Campus/Kippy's Sports Center

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

*the AED.*

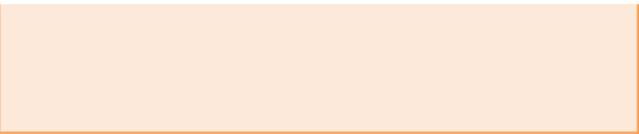
911 TEAM		
<b>CALL 911. Explain emergency. Provide location.</b>		
Local EMS Number:	619-285-6429	
EMS Access Point:	<b>Back Gate at Entrance</b>	
Cross Streets:	39 <sup>th</sup> St & University Ave.	
Responder 1: Nick Regas		
<b>MEET AMBULANCE</b> at EMS Access Point. Take to victim.		
EMS Access Point:	Practice 3910 University Ave & 39 <sup>th</sup> St	Events
Cross Streets:	In case of an emergency during school hours, the front office is notified and the response team is alerted of the emergency and the location via the telephone PA system/Emergency response button. The front office will	

CPR/AED TEAM
<b>START CPR.</b>
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: Nick Swift
Responder 2: Oscar Corrigan

AED TEAM		
<b>GET THE AED KIT.</b>		
Nearest AED: Lobby	Practices  Implement logistical changes to facilitate CPR and EMS functions. Designate people to cover the duties of the CPR responders. Help with administrative functions to assist EMS personnel. Notify school leadership, if not already done.	Events
Responder 1: Nick Swift		
<b>GET THE ATHLETIC TRAINER.</b>		
Athletic Trainer: Nick Swift		
Cell/Contact Method: 858-442-2187/Emergency Response Button		
Typical location: Room 107		
Responder 1: Nick Regas		

also active the EMS system by calling 9-1-1, if it is not already activated:	
Responder 1: Daisy Lopez	
<b>CALL CONTACTS.</b> 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

<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.</b>
<ol style="list-style-type: none"> <li>1. Remove clothing from chest.</li> <li>2. Attach electrode pads as directed by voice prompts.</li> <li>3. Stand clear while AED analyzes heart rhythm.</li> <li>4. Keep area clear if AED advises a shock.</li> <li>5. Follow device prompts for further action.</li> <li>6. After EMS takes over, give AED to Athletic Director for data download.</li> </ol>



\*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.