



North Athletic Emergency Action Plan

***AED (Located inside Health Office, Upper concessions near pool
the Gym, and Trainer's office**

In the case of LIFE THREATENING - call.

Dial 911

1) Identify yourself and stay on the phone with them until “they” say they have the information that is needed - *only hang up the phone after the 911 operator does.*

Be prepared to give them the following information

- Extent and description of the injury and what is being done
- Location of the person needing the care (JW North High School- 1550 3rd Street, Riverside, CA 92507)
- The best way to access that person and if a person will meet them (Location here - football field, gym, etc.)
- The phone number they can call you back on [951-788-7311](tel:951-788-7311) School Phone #
- Have the athlete's “Emergency Information Form” ready when they arrive.
- Emergency equipment retrieval if needed.
- Contact parent/guardian as soon as possible

Direction of EMS to Scene

- Open appropriate gates (3rd Street access driveway) / doors
- Designate individual to “flag down” EMS & direct them to the scene

Designate an individual for “Scene Control”: Limit only appropriate people in the first aid area, all other bystanders should be asked to moved away



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These emergency procedures are applicable at the following locations at North High School: Baseball Fields, Football Stadium, Gymnasium, Wrestling Room, Outdoor Courts, Pool, Softball Fields, Soccer Fields, Tennis Courts, and Weight Room.

Golf, cross country, away events and any athlete leaving the school venue to work out will need specific EAP instructions to be established prior. Taking concerns of those athletes having predisposed illnesses i.e. Asthma, allergies, diabetes, sickle cell, etc. These athletes must be aware of how to access emergency care from where they are and to be aware of the predisposed illness and immediate care of the person/s they are running or golfing with.

Emergency Personnel: Athletic Trainer, 1st Responder, and Coaching Staff. These individuals are all certified in CPR & First Aid.

Athletic Trainer – Alicia Stephens

➤ *Email: AStephens@rusd.k12.ca.us*

Athletic Trainer's / 1st Responders Coverage:

- *Hours: M-F from approximately 2:00pm- 8:00PM*
- *Coverage for all home events. (Unless schedules conflict)*
- *Coverage for all Varsity Football Games. (Home and away)*
- *No Away Games are covered, except for Varsity Football and league finals we host.*
- *The Athletic Trainer/ 1st Responder is not available school holidays, or school summer sessions.*

ROLE OF FIRST RESPONDERS:

1. Immediate care of the injured or ill student athlete.
2. Check **C A B (Circulation, Airway, Breathing)**, Severe Bleeding, and Levels of Consciousness. ***AED** (Located inside Athletic Training Room **if applicable**)
3. Notify administration/athletic trainer via phone or radio.
4. Begin CPR if needed and/or necessary first-aid care.
5. If spine board, or an ambulance is necessary, send someone to call 911. If splinting is not possible, stabilize and comfort athlete until EMS (**E**mergency **M**edical **S**ystem) arrives.



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NOTE: If cervical injury is suspected and the individual is breathing and/or conscious, stabilize and instruct victim to remain calm and motionless until **(EMS)** arrive.

- Administration & Athletic Training Staff must be notified of all emergencies within the athletic department.
- Administration & Student Health Services must be notified for any NON-ATHLETIC injuries or illnesses or medical emergencies occurring on campus.

AFTER HOURS

In the event of an emergency after office hours, the following plan should be initiated:

- Call 911
- Notify Administration –Steve Bernard - Assistant Principal of Athletics- sbernard@rusd.k12.ca.us
- Head Athletic Trainer: Alicia Stephens – astephens@rusd.k12.ca.us
- Contact your head coach/staff and a family member if necessary.

VENUE DIRECTIONS

1. **Gymnasium and Football Stadium, Tennis Courts, Pool, and all other athletic fields.** Enter off Linden Street. Emergency vehicles can access driveway on Third Street.
2. Golf plays their home matches and practices at Canyon Crest Country Club, located at 975 Country Club Drive in Riverside.

RELATED EMERGENCY SITUATIONS AND PREPARATIONS

Hot Days

- Make sure all athletes have adequate water available
- Coaches should ask their athletes if they have properly hydrated & eaten throughout the day
- Have an “Emergency Cooling Station” available that all coaches have access to and know how to use it. Go to <http://www.youtube.com/watch?v=93n3l3AqOpI>

Fire

In case of fire, follow these instructions:

1. Evacuate building immediately by following nearest exit sign.
2. Exit in a calm and orderly fashion through nearest fire exit.
3. Call 911
4. If smoke is present, crawl low to escape.
5. If you cannot escape, stay in room, stuff door cracks and vents with wet towels or clothes.
6. Call 911 and let dispatcher know your location.



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Poisoning

In case of poisoning, follow these instructions:

1. Check scene to make sure it is safe.
2. Remove victim from source of Poison.
3. Check for life threatening situation.
4. If victim is conscious, ask questions to get more information.
5. Look for poison container and take it with you to telephone.
6. Call Poison Control Center or 911.
7. Give care according to directions of PCC or 911.
8. Find out what type of poison did the victim ingest.
9. How much poison did victim ingest?
10. When did the poisoning take place?