

**\*AED Locations (Health Office, Pool Deck, Gym and Athletic Trainer's office RM 401 or with Athletic Trainer of game days)\***

**Athletic Trainer's Contact Information:**

- **John Torrez, MS, ATC**
- **Email: [jtorrez@rusd.k12.ca.us](mailto:jtorrez@rusd.k12.ca.us)**
- **Phone: 951-788-7311 ext.63047**

**First Responder's Responsibility:**

- After scene has been deemed safe, proceed to provide immediate care for injured or ill athlete.
- Dial 911 immediately for any medical emergency and locate ATC/administration for assistance.
- Check for patient's responsiveness, pulse and breathing. **\*Know where AED is located\***
- In cases of severe bleeding, use universal precautions and apply pressure with sterile equipment to control bleeding.
- Suspected cervical injuries, stabilize the neck and keep athlete calm until EMS arrives.
- Administration and Athletic Training Staff must be notified for all Emergencies within athletic department.

**Coverage Roles**

Athletic Trainer's / 1st Responders Coverage:

Hours: M-F from approximately 2:00pm- 6:00PM

- 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 CIF Playoff games without any home game conflicts.
- The Athletic Trainer/ 1st Responder are not available school holidays, or school summer sessions.

**EMS Direction & Access Routes**

Access to Baseball/Softball Field:

- Emergency Services will enter through side gate. Baseball field access will come Chicago Ave in between Linden and 3<sup>rd</sup> St.
- For softball, access will be through gate located at the corner of Linden and Chicago Ave.
- Patient's emergency contact information will be prepared and ready to be transferred to emergency personnel.
- **Coaches are to assist ATC with player/crowd control in an emergency situation**

Access to Stadium:

- Emergency Services enter through the front part of the school on 3<sup>rd</sup> St and proceed through gate entrance.

- Corresponding personal will guide emergency services to stadium and open gates to have open access to stadium.
- Patient's emergency contact information will be prepared and ready to be transferred to emergency personnel.
- **Coaches are to assist ATC with player/crowd control in an emergency situation**

#### Access to Gym:

- Emergency Services enter through the back part of the school on Linden St and proceed through gate entrance.
- Corresponding personal will guide emergency services to patient who needs medical attention.
- Patient's emergency contact information will be prepared and ready to be transferred to emergency personnel.
- **Coaches are to assist ATC with player/crowd control in an emergency situation**

#### Heat Index:

- On hot days the heat index will be referred to to determine the necessary water breaks throughout the duration of practices.
- Work to rest ratio will change depending on the heat category of the day.
- An athlete who begins to show signs of heat exhaustion will be removed from activity immediately and will not be allowed to return for the day.
- An athlete who suffered a possible heat stroke will be immediately submerged into cold water to begin cooling down the body temperature. EMS will be activated and parents will be contacted immediately.

#### Thunder/Lighting:

- Games will be able to be continued if lighting is present and still outside of the 8 mile radius.
- Once lighting reaches 8 miles, participation will be stopped for at least 30 minutes from last thunder sound before returning to activity.
- WhetherBug App will be used to provide live updates of storms and direction they are moving in.
- Athletes will be moved into boys/girls locker room during duration of the break.
- Fans will be asked to leave outdoor event and seek shelter.

#### EAP Handouts:

- Seizures
- Allergic Reaction
- Asthma Attacks
- Wound Control
- Concussion