



# ATHLETIC DEPT EMERGENCY ACTION PLAN: RESPONSE TEAMS

School: Sacred Heart Cathedral Prep Facility: Beach Chalet Fields

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:	415-553-8090
EMS Access Point:	JFK Drive
Cross Streets:	JFK Drive & 47th Ave
Responder 1: Head Coach / Coaching Staff	

**MEET AMBULANCE** at EMS Access Point. Take to victim.

EMS Access Point:	<u>Practices</u> JFK Drive	<u>Events</u> JFK Drive
Cross Streets:	JFK Drive & 47th Ave	JFK Drive & 47th Ave
Responder 1: Coaching Staff / selected students		

**CALL CONTACTS.** Provide location and victim's name.

Athletic Trainer: Oscar Melero Jessica Markbreiter	415-775-6626 x788 415-775-6626 x648
Athletic Director: Phil Freed Margi Beima Caesar Smith	415-775-6626 x737 415-775-6626 x677 415-775-6626 x738
Principal: Gary Cannon	415-775-6626 x859
Dean: Mario Sazo	415-775-6626 x717

## 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, (100-120 compressions/minute.) Let chest completely recoil after each compression.
3. Take turns with other responders as needed.

Coach/Advisor: Head Coach

Responder 1: Coaching Staff

Responder 2: Athletic Trainer on duty

**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 Trainer for data download.

## AED TEAM

**GET THE AED KIT.**

Nearest AED:	<u>Practices</u> N/A	<u>Events</u> with Athletic Trainer
Responder 1: Coaching Staff / selected students		

**GET THE ATHLETIC TRAINER.**

Athletic Trainer: Oscar Melero / Jessica Markbreiter

Cell/Contact Method: 415-775-6626 x788 office  
415-775-6626 x648 office

Typical location: on field if present

Responder 1: Athletic Trainer on duty

\*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.