



ATHLETIC DEPT EMERGENCY ACTION PLAN: RESPONSE TEAMS

School: Sacred Heart Cathedral Prep Facility: Weight Room

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:	SLC entrance	
Cross Streets:	Ellis & Franklin St.	
Responder 1: Head Coach / Coaching Staff		

MEET AMBULANCE at EMS Access Point. Take to victim.

EMS Access Point:	<u>Practices</u> SLC entrance	
Cross Streets:	Ellis & Franklin St.	
Responder 1: Coaching Staff / selected students / campus security		

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:	outside weight room entrance	
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: Athletic Training Room

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.