



# ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN



Athletic Director: Peggy Brose School: Rancho Bernardo

Facility: Bronco Pool

*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: 911 Dispatch	
EMS Access Point: Bottom of Ramp in Student Parking Lot	
Cross Streets: Paseo Lucido and Avenida Venusto	
Responder 1: Head Coach on field at practice/event	
<b>MEET AMBULANCE</b> at EMS Access Point. Take to victim.	
EMS Access Point: Bottom of Ramp/Student Parking Lot	
Cross Streets: Paseo Lucido and Avenida Venusto	
Responder 1: Head Coach on field at practice/event	
<b>CALL CONTACTS. Provide location and victim's name.</b>	
<b>Athletic Trainer:</b> Robbie Bowers	(858) 485-4800 Ext. 4541
<b>Athletic Director:</b> Peggy Brose	(858) 485-4800 Ext. 4808
<b>Principal:</b> Hans Becker	(858) 485-4800 Ext. 4844
<b>Assistant Principals:</b> Bill Egan	(858) 485-4800 Ext. 4807
Yael Bozzay	Ext. 4809
Kellie Moore	Ext. 4805

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: Coach/AT on field at practice/event
Responder 1: Head Coach
Responder 2: Assistant Coach/any Adult
<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.</b>
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 Director for data download.

AED TEAM
<b>GET THE AED KIT.</b>
Nearest AED: In Athletic training room, Pool or Health Office
Responder 1: Assistant Coach/any Adult
<b>GET THE ATHLETIC TRAINER.</b>
Athletic Trainer: Robbie Bowers
Cell/Contact Method: (858) 485-4800 ext. 4541
Typical location: Athletic Training Room (adjacent to girls locker room)
Responder 2: Assistant Coach/any Adult

**CLOSEST HOSPITAL:**  
**Palomar Pomerado Hospital**  
**15615 Pomerado Road**  
**Poway, CA 92064**  
**(858) 613-4000**

