



ATHLETIC DEPARTMENT EMERGENCY ACTION PLAN



Athletic Director: Peggy Brose School: Rancho Bernardo

Facility: Athletic Training 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: 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	
MEET AMBULANCE 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	
CALL CONTACTS. Provide location and victim's name.	
Athletic Trainer: Robbie Bowers	(858) 485-4800 Ext. 4541
Athletic Director: Peggy Brose	(858) 485-4800 Ext. 4808
Principal: Hans Becker	(858) 485-4800 Ext. 4844
Assistant Principals: Bill Egan	(858) 485-4800 Ext. 4807
Yael Bozzay	Ext. 4809
Kellie Moore	Ext. 4805

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 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
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 Director for data download.

AED TEAM
GET THE AED KIT.
Nearest AED: In Athletic training room, Pool or Health Office
Responder 1: Assistant Coach/any Adult
GET THE ATHLETIC TRAINER.
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

