

# Riverside Poly Athletic Emergency Action Plan

\*AED Locations (Pool Office, Health Office, Gym ~roll up by the girl's locker room~, portable unit with Megan Lopez Athletic Trainer)

*In the case of LIFE THREATENING or other Emergency's when you feel uncomfortable about the medical care you have available - call.*

## Dial 911

1) Identify yourself and stay on the phone with them until “they” say they have the information that is needed - *only hang up the phone after the 911 operator does.*

Be prepared to give them the following information

- Extent and description of the injury and what is being done
- Location of the person needing the care (Riverside Poly High School – 5450 Victoria Ave., Riverside, CA 92506)
- The best way to access that person and if a person will meet them (Location here - football field, gym, etc.)
- The phone number they can call you back on **951-788-7203** School Phone #
- Have the athlete's “Emergency Information Form” ready when they arrive
- Emergency equipment retrieval if needed
- Contact parent/guardian as soon as possible

## Direction of EMS to Scene

- Open Appropriate gates / doors
- Designate individual to “flag down” EMS & direct them to the scene

***Designate an individual for “Scene Control”: Limit only appropriate person or people in the 1<sup>st</sup> aid area, all other bystanders should be asked to moved away***

These emergency procedures are applicable at the following locations at Riverside Poly High School: Baseball Fields, Football Stadium, Gymnasium, Wrestling Room, Outdoor Courts, Pool, Softball Fields, Soccer Fields, Tennis Courts, and Weight Room.

***Golf, cross country, away events and any athlete leaving the school venue to work out will need specific EAP instructions to be established prior. Taking concerns of those athletes having predisposed illnesses i.e. Asthma, allergies, diabetes, sickle cell, etc. These athletes must be aware of how to access emergency care from where they are and to be aware of the predisposed illness and immediate care of the person/s they are running or golfing with.***



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**Emergency Personnel:** Athletic Trainer, 1<sup>st</sup> Responder, student athletic trainer and Coaching Staffs. These individual are all certified in CPR & First Aid.

## Phone Numbers for Athletic Trainer – Taylor Ross

- Cell: 760-554-3875
- [taross@riversideunified.org](mailto:taross@riversideunified.org)
- *In her absence, Megan Lopez.*

## Athletic Trainer's / 1<sup>st</sup> Responders Coverage:

- *Hours: M-F from approximately 1:00pm- 7:00PM*
- *Coverage for all home events. (Unless schedules conflict)*
- *Coverage for all Varsity Football Games. (Home and away)*
- *Away Football game covered by Head Coaches, home by Taylor Ross.*
- *The Athletic Trainer/ 1<sup>st</sup> Responder is not available weekends, school holidays, or school summer sessions.*

## ROLE OF FIRST RESPONDERS:

1. Immediate care of the injured or ill student athlete.
2. Check **C A B (Circulation, Airway, Breathing)**, Severe Bleeding, and Levels of Consciousness.\***AED** (if applicable)
3. Notify administration/athletic trainer via phone or radio.
4. Begin CPR if needed and/or necessary first-aid care.
5. If a spine board, or an ambulance is necessary, send someone to call 911. If splinting is not possible, stabilize and comfort athlete until EMS (**Emergency Medical System**) arrives.

**NOTE:** If cervical injury is suspected and the individual is breathing and/or conscious, stabilize and instruct victim to remain calm and motionless until (**EMS**) arrive.

- Administration & Athletic Training Staff must be notified of all emergencies within the athletic department.
- Administration & Student Health Services must be notified for any NON-ATHLETIC injuries or illnesses or medical emergencies occurring on campus.



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## **AFTER HOURS**

In the event of an emergency after office hours, the following plan should be initiated:

- Call 911
- Notify Administration – Jim Vaughan- Assistant Principal of Athletics- 951-255-7465
- Head Athletic Trainer: Taylor Ross 760-554-3875
- Contact your head coach/staff and a family member if necessary.

## **VENUE DIRECTIONS**

- 1. Gymnasium and Football Stadium, Tennis Courts, Pool, and all other athletic fields.** 5450 Victoria Ave. Enter off the Central Avenue Entrance turn south into the parking lot by the Aquatic Center and enter access road to Stadium and main campus.
- 2.** Golf plays their home matches and practices at Victoria Country Club, located off Victoria Ave. and Arroyo Avenue in Riverside, California.

## **RELATED EMERGENCY SITUATIONS AND PREPERATIONS**

### **Hot Days**

- Make sure all athletes have adequate water available
- Coaches should ask their athletes if they have properly hydrated & eaten throughout the day
- Have an “Emergency Cooling Station” available that all coaches have access to and know how to use it. Go to <http://www.youtube.com/watch?v=93n3l3AqOpI>

### **Fire**

In case of fire, follow these instructions:

1. Evacuate building immediately by following nearest exit sign.
2. Exit in a calm and orderly fashion through nearest fire exit.
3. Call 911
4. If smoke is present, crawl low to escape.
5. If you cannot escape, stay in room, stuff door cracks and vents with wet towels or clothes.
6. Call 911 and let dispatcher know your location.

### **Poisoning**

In case of poisoning, follow these instructions:



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1. Check scene to make sure it is safe.
2. Remove victim from source of Poison.
3. Check for life threatening situation.
4. If victim is conscious, ask questions to get more information.
5. Look for poison container and take it with you to telephone.
6. Call Poison Control Center or 911.
7. Give care according to directions of PCC or 911.
8. Find out what type of poison did the victim ingest.
9. How much poison did victim ingest?
10. When did the poisoning take place?

## Dates and Times the EAP (Emergency Action Plan) was practiced

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Riverside Poly High School Athletics Contact List

<b>Director of Athletics:</b> Jim Vaughan	951-255-7465
<b>School Resource Officer:</b> Tim Stanfield	951-470-5471
<b>Assistant Principal:</b> Ulises Romero	909- 641-1960
<b>Head Custodian</b> Tony Inzinga	951-334-3768
<b>Athletic Trainer:</b> Taylor Ross	760-554-3875

Baseball – Bill Ermert	<a href="mailto:wpermert@riversideunified.org">wpermert@riversideunified.org</a>
Girls Basketball – TBA	<a href="mailto:jvaughan@riversideunified.org">jvaughan@riversideunified.org</a>
Boys Basketball – Travis Showalter	<a href="mailto:tshowalter@riversideunified.org">tshowalter@riversideunified.org</a>
Cross-Country – TBA	<a href="mailto:jvaughan@riversideunified.org">jvaughan@riversideunified.org</a>
Football – Jarron Gilbert	<a href="mailto:jgilbert@riversideunified.org">jgilbert@riversideunified.org</a>
Boys Golf – Eric Chavez	<a href="mailto:erchavez@riversideunified.org">erchavez@riversideunified.org</a>



# Riverside Poly Athletic Emergency Action Plan

Girls Golf – Erin Garrett	<a href="mailto:egarrett@riversideunified.org">egarrett@riversideunified.org</a>
Boys Soccer – “Rusty” Bailey	<a href="mailto:wbailey@riversideunified.org">wbailey@riversideunified.org</a>
Girls Soccer – Josh Nash	<a href="mailto:polygsoccer@yahoo.com">polygsoccer@yahoo.com</a>
Softball – Robert Sakaguchi	<a href="mailto:rookiesgold@hotmail.com">rookiesgold@hotmail.com</a>
Boys Swimming – Bill Grisham	<a href="mailto:wgrisham@riversideunified.org">wgrisham@riversideunified.org</a>
Girls Swimming – Bill Grisham	<a href="mailto:wgrisham@riversideunified.org">wgrisham@riversideunified.org</a>
Boys Tennis – Nick Mateljan	<a href="mailto:nmateljan@riversideunified.org">nmateljan@riversideunified.org</a>
Girls Tennis – Nick Mateljan	<a href="mailto:nmateljan@riversideunified.org">nmateljan@riversideunified.org</a>
Track and Field – TBA	<a href="mailto:jvaughan@riversideunified.org">jvaughan@riversideunified.org</a>
Boys Volleyball – Manuel Savalza	<a href="mailto:manuelsavalza@icloud.com">manuelsavalza@icloud.com</a>
Girls Volleyball – Manuel Savalza	<a href="mailto:manuelsavalza@icloud.com">manuelsavalza@icloud.com</a>
Boy’s Water Polo – Bill Grisham	<a href="mailto:wgrisham@riversideunified.org">wgrisham@riversideunified.org</a>
Girls Water Polo – Bill Grisham	<a href="mailto:wgrisham@riversideunified.org">wgrisham@riversideunified.org</a>
Wrestling – Tim Stanfield	<a href="mailto:tstanfield@riversideunified.org">tstanfield@riversideunified.org</a>
Cheer – Madison Mapes	<a href="mailto:mdmapes@riversideunified.org">mdmapes@riversideunified.org</a>
Song – Madison Mapes	<a href="mailto:mdmapes@riversideunified.org">mdmapes@riversideunified.org</a>
Boys’ Lacrosse – Jim Mushaney	<a href="mailto:jmush81@gmail.com">jmush81@gmail.com</a>
Girls’ Lacrosse – Emily Gamez	<a href="mailto:egamez@riversideunified.org">egamez@riversideunified.org</a>