

# EMERGENCY ACTION PLAN

School: **Aliso Niguel High School** Facility: Shot Put

**Call 911** or your local EMS/paramedics for life-threatening emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.

911	
<b>CALL 911. Explain emergency. Provide location.</b>	
Local EMS Number:	OCFA Fire Station 57 (949) 770-6016
EMS Access Point:	Mid-Campus Cow Gate
Cross Streets:	Wolverine Way & Deerhurst
Address:	<b>28000 Wolverine Way, Aliso Viejo, CA 92656</b>
<b>MEET AMBULANCE</b> at EMS Access Point. Take to victim.	
<b>CALL CONTACTS.</b> Provide location and victim's name.	
Athletic Trainer: <b>Jessica Barr</b>	Google #: 949-216-0395
Athletic Director: <b>Andrew Mashburn</b>	Office: 949-831-9471
Principal: <b>Dr. Manoj Mahindrakar</b>	Office: 949-831-5590 ext. 14001
School Nurse: <b>Tracy Campbell, LVN</b>	Office: 949-831-5590 ext. 14026

CPR/AED
<b>START CPR.</b>
<ol style="list-style-type: none"> <li>1. Position person on back.</li> <li>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.</li> <li>3. Take turns with other responders as needed.</li> </ol>
Coaches/Advisor:
<b>WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.</b>
<ol style="list-style-type: none"> <li>1. Remove clothing from chest.</li> <li>2. Attach electrode pads as directed by voice prompts.</li> <li>3. Stand clear while AED analyzes heart rhythm.</li> <li>4. Keep area clear if AED advises a shock.</li> <li>5. Follow device prompts for further action.</li> <li>6. After EMS takes over, give AED to Athletic Director for data download.</li> </ol>

AED	
<b>GET THE AED KIT.</b>	
Nearest AED:	Pool deck Wall
<b>GET THE ATHLETIC TRAINER.</b>	
Athletic Trainer: Jessica Barr, MS ATC	
Contact Method: (949) 216-0395	
Typical location: Athletic Training Clinic	

\*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.



## Venue Directions:

Take Wolverine Way downhill towards campus and past Deerhurst. Turn left into cow gates where main school sign is located. Turn left at bottom of entranceway and continue through parking lot to middle of campus. Shot Put fields are located past blacktop basketball and tennis courts. Cowgates can be opened to allow entrance onto dirt road for direct access to field. Follow dirt road past blacktop basketball courts and tennis courts.



## Urgent Care:

South Coast Medical Group  
5 Journey, Aliso Viejo, 92656  
(949) 360-1069  
8am-7pm (Mon—Sat), 10am-3pm (Sun)

## Hospital:

Providence Mission Hospital Laguna Beach  
31872 Coast Highway, Laguna Beach, 92651  
(949) 499-1311

## Trauma Hospital:

Providence Mission Hospital, Mission Viejo  
27700 Medical Center Road, Mission Viejo, 92691  
(949) 364-1400