



SITE SPECIFIC EMERGENCY ACTION PLAN: GYMNASIUM

Facility: Gymnasium

- **Address:** 1101 Alberta Way, Concord, CA 94521

Sports

- Volleyball
 - Mireya Del Rio-Salamasidis
- Basketball
 - Frank Allocco (Men's Coach)
 - Damian Young (Women's Coach)
- Wrestling
 - Kyle Behmlander
- Stunt
 - Nichole Schumann
- Badminton
 - TBD

Key Contacts

- **Call 911 for all medical emergencies.**
- **Athletic Trainer:** Dr. Tony Kearns, DC, ATC
 - Cell: 925-878-9418
 - Usual Hours: Monday-Friday 2pm-10pm
 - Be clear & concise.
 - State the purpose of the call
 - Location of student athlete
 - Nature of incident (ex: broken bone, unconscious, head injury)
 - Indicate if 911 has been called

- **Athletic Director:** Eric Bamberger
 - Cell: 925-726-9999
 - Contact Parents
- **Main Office:** CVCHS
 - Office: 925-682-7474
 - Usual Hours: Monday-Friday 7:30am-4pm

Emergency Procedures

Initial Steps

- Assess the situation
 - Ensure the scene is safe
 - Check for responsiveness
 - Remove other athletes from area/field

"You go call 911, You go get the AED, I will start CPR"

1. **Call 911 (Coach/Administrator)**

- Explain emergency
- Provide location **1101 Alberta Way, Concord, CA 94521**
 - Clayton Valley Charter High School Gymnasium (Large and Small Gym)
- Send someone to unlock door(s)/gate(s)
- Meet Ambulance at EMS Access Point
 - Gymnasium Entrance (Front or Side Doors closest to Senior parking lot)
 - Keep Area Clear of Traffic and Pedestrians

2. **Go Get the AED (Coach/Administrator/Player)**

- Nearest AED Locations:
 - Practices & games: On wall above the drinking fountain in large gym

3. **Start CPR**

- Position person on their back.
- Put one hand on top of the other in the middle of the person's chest.
- Keeping arms straight, push hard and fast (100 compressions/minute).
- Let chest completely recoil after each compression.
- Take turns with other responders as needed.

AED Usage

- Retrieve the AED
 - AED Location
 -
 - Open the AED case
 - Turn on the AED and follow voice commands

- Prepare the patient
 - Expose the patient's chest
 - Shave chest hair if it interferes with pads

- Attach the AED pads
 - Place one pad on the patients upper right side of the chest& other pad on the patients lower left side of the chest
 - Pad Placement

- Follow AED prompts
 - Stand clear (waive hand over victim) while the AED analyzes the heart rhythm
 - Deliver shock if advised by the AED
 - Resume CPR if prompted

- Continue CPR and AED use until EMS arrives
 - Perform 2 minutes of CPR
 - Allow AED to re-analyze and deliver additional shocks if necessary

- After EMS takes over, give AED to Athletic Director or athletic trainer for data download.

Additional Actions

- **Call Athletic Trainer:** Tony Kearns
 - Cell: 925-878-9418
 - Usual Hours: Monday-Friday 2pm-10pm

Legal Requirements

By law, all athletic coaches, paid and/or volunteer, must be currently certified in: CPR, First Aid, Concussion, & Heat Illness Prevention

- CPR
- First Aid
 - Assess the Situation**
 - Ensure the scene is safe
 - Determine the nature of the injury or illness
 - Control Bleeding**
 - Apply direct pressure to the wound
 - Use a clean cloth or bandage
 - Elevate the injured area if possible
 - Treat for Shock**
 - Lay the person down
 - Elevate the legs
 - Keep the person warm
 - Anaphylaxis**
 - Epinephrine Auto-Injectors (EpiPens)
 - Ensure epinephrine auto-injectors are available and accessible for athletes with known severe allergies.
 - Follow First Aid training on the recognition of anaphylaxis and the use of EpiPens.
 - Call 911
 - Call athletic trainer
 - Contact athletes emergency contact
 - Treat Burns**
 - Cool the burn under running water for at least 10 minutes
 - Cover with a sterile, non-adhesive bandage
 - Fractures/Dislocations**
 - Immobilize the injured area as found
 - Use a splint if available
 - Avoid moving the injured part
 - Cervical Spine Injuries**
 - Neutral Alignment and Stabilization:

- Maintain or create neutral alignment of the cervical spine to minimize further injury.
- Airway Access and Management:
 - Ensure the airway is accessible and clear of obstructions, using face-mask removal if necessary.
 - Use the jaw-thrust maneuver over the head-tilt technique to avoid unnecessary cervical spine movement.
- Face-Mask Removal:
 - Utilize a cordless screwdriver first, followed by a backup cutting tool if necessary.
 - Remove the screws or cut loop straps in a sequence that prevents the face mask from falling onto the athlete's face or throat.
- Check with football and lacrosse coaches prior to season to determine which helmets are to be used so proper helmet removal tool is readily accessible by athletic trainer and other coaches
- Equipment Considerations:
 - In sports requiring helmets and shoulder pads (e.g., football, lacrosse), manage equipment removal carefully to keep the cervical spine neutral.
- Face-mask removal should be prioritized to allow airway access, and if helmet or shoulder pads must be removed, both should be taken off together to maintain alignment.
- Asthma Attack**
 - Medication Accessibility
 - Ensure athletes' rescue inhalers are easily accessible during practices and games.
 - Call 911 if athlete turning blue or cant speak
 - Call athletic trainer
 - Contact athletes emergency contact
- Seizures**
 - Stay Calm**
 - Ensure Safety:**
 - Move any dangerous objects away from the person.
 - Place a soft object under their head to prevent injury.
 - Do not try to hold the person down or stop their movements.
 - Do Not Place Anything in the Mouth**
 - Note time of the Seizure:**
 - If the seizure lasts longer than 5 minutes, seek emergency medical help.
 - Position:**

- If possible, gently roll the person onto their side to prevent choking and help keep the airway clear.
 - Loosen any tight clothing around the neck.

Stay With Them

- Stay with the person until the seizure ends and they are fully conscious.

Post-Seizure Care

Recovery Position:

- After the seizure ends, continue to place the person on their side in the recovery position.
 - Bend the top leg at the knee to prevent rolling.
 - Tilt the head slightly back to keep the airway open.

Monitor

- Stay with the person and observe their breathing and responsiveness.

Comfort and Reassure

- Once the person regains consciousness, they may feel confused, tired, or embarrassed.
 - Provide reassurance and a calm environment.

Check for Injuries

- Look for any injuries that may have occurred during the seizure and provide appropriate first aid.

Do Not Offer Food or Drink Immediately

- Wait until the person is fully alert and oriented before offering food or drink.

When to Seek Emergency Help

- lasts longer than 5 minutes.
- Another seizure follows immediately without recovery in between.
- Difficulty breathing or is experiencing prolonged confusion.
- Person's first seizure.
- Pre-existing medical condition like diabetes or is pregnant.
- Injured during the seizure.

Monitor and Reassure

- Keep checking the person's condition
- Offer reassurance and comfort

● Concussion Awareness

- Research basic information about concussions
 - Symptoms
- Identify risk factors for concussions
 - High-risk activities and sports: Football, Lacrosse, Cheer, Soccer
 - Pre-existing health conditions
 - Previous concussions
 - Seizures Disorders
 - Recent or current medication use
- Explore treatment and recovery options
 - Do **NOT** allow athlete back into the game or practice
 - Immediate steps post-injury
 - If unconscious, call 911
 - Contact Parents or athletic trainer
- Review educational materials for concussion awareness
 - Pamphlets and brochures
 - Yearly Certification
 - Submit records to Athletic Director
- Heat Illness Prevention
 - Device