

# Canyon Springs High School Emergency Action Plan

## Emergency Personnel:

- 1. Head Athletic Trainer:** Jessica Gomez **Phone #:** 626-602-4509
- 2. CSHS Athletic Director:** Justin Remington **Phone #:** 951-315-4397
- 3. CSHS Administrator:** Tamara Kerr **Phone #:** 951-571-4760

## EMS Phone #: 9-1-1

**EMS Protocol:** number and names of individuals injured; condition of injured; first aid treatment; address and/or specific directions from map to the location of the injured; other information as requested.

**Scene control:** Limit scene to first aid providers and move bystanders away from area

## Site Name: Canyon Springs High School

**Address:** 23100 Cougar Canyon Rd, Moreno Valley, CA 92557

**Sports Onsite:** Stadium (Football/Soccer/Track & Field), Soccer (FR/JV fields), Baseball Fields, Softball Fields, Tennis Courts, Gymnasium (Volleyball/Basketball/Cheer), Pool Deck Area (Swim/Waterpolo), Wrestling Room

**Sports Offsite:** Golf Course

## Emergency Equipment Locations:

**AED Locations (6):** Stadium Press Box (Home side), Stadium Athletic Training Room, Pool Deck, Gymnasium, Front office, AD's office (D Wing)

**Spine Board:** Football Stadium Athletic Training Room

## Roles of First Responders:

Immediate care of the injured or ill participant/instructor & emergency equipment retrieval.

## Roles of Administrators:

Crowd control, scene control, escort/ "flag down" and open gates for emergency personnel.

## Hospitals, Phone Numbers, and Addresses:

- 1. Riverside County Regional Medical Center** **Phone #:** 951-486-4000  
**Address:** 26520 Cactus Ave, Moreno Valley, CA 92555
- 2. Kaiser Permanente Moreno Valley Medical Center** **Phone #:** 951-243-0811  
**Address:** 27300 Iris Ave, Moreno Valley, CA 92555
- 3. Riverside Sports Clinic (Urgent Care Locations)**  
**Address:** 7150 Brockton Ave, Riverside, CA 92506 **Phone #:** 951-321-6338  
**Address:** 6405 Day Street, Moreno Valley, CA 92507
- 4. Concussion Clinic** **Phone #:** 951-782-3682

## **Directions to Canyon Springs High School Emergency Location**

### ***From the 60 Freeway***

Turn Right onto Cougar Canyon Road.

Turn left into student parking lot.

Park along emergency zones.

### ***From Old Lake Drive***

Turn Left onto Cougar Canyon Road.

Turn Left into student parking lot.

Park along emergency zones.

**\*\*Administrator or designated person will/should be present to “flag down” and escort emergency personnel to the emergency needed location.\*\***

**Stadium:** Emergency personnel is to park near/next to the stadium ramp, go up the big ramp, go through the big black gates, and enter through the gates between the snack shack and Athletic Training Room.

**Varsity Baseball Field:** Emergency personnel is to park near/next to stadium ramp, go up the big ramp, enter through the big black gates, walk all the way down and enter through the gate on right field side.

**Varsity Softball Field (1<sup>st</sup> Field):** Emergency personnel is to park near stadium ramp, enter through the gate on left field side.

**FR/JV Softball (2<sup>nd</sup> Field), FR/JV Baseball, FR/JV Soccer Fields:** Emergency personnel is to park between softball fields and walk out towards FR/JV softball/baseball/soccer fields. Or, emergency personnel may park near right field of the FR/JV softball field and walk out towards FR/JV softball/baseball/soccer fields.

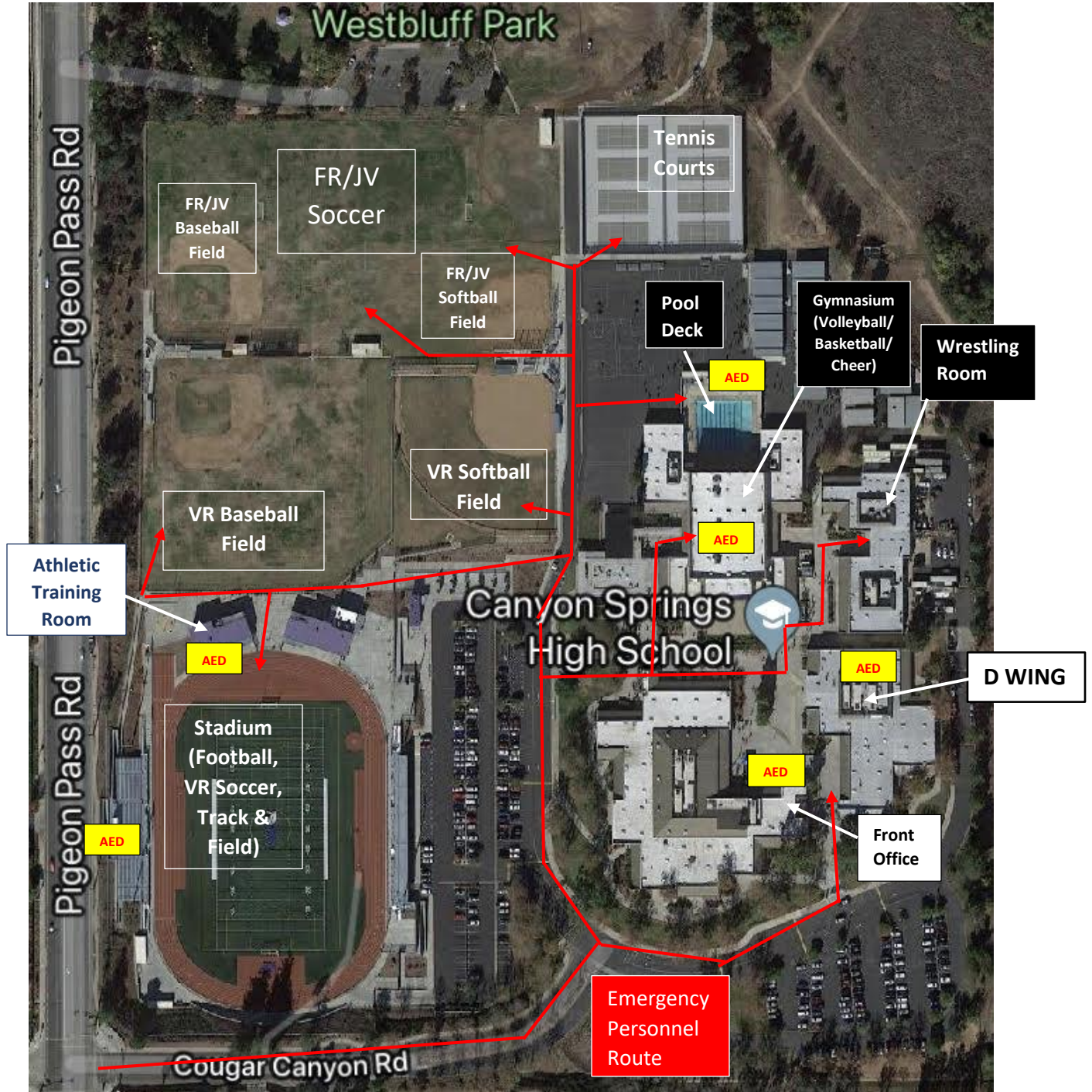
**Tennis Courts:** Emergency personnel is to park near tennis courts or on black top basketball courts and enter onto the tennis courts.

**Pool Deck:** Emergency personnel is to park near stadium ramp or black top and enter through pool deck gates.

**Gymnasium:** Emergency personnel is to park in front of first set of cafeteria tables, walk around table areas (ramp), passing the boys and girls restrooms, and enter the gymnasium to the right.

**Wrestling Room:** Park in front of first set of cafeteria tables, walk through the big black gates entering campus, make a left between classes (outside), make a right between halls, and a left into the hall of wrestling room location.

# Map of Canyon Springs High School



## **Heat Illness Medical Emergencies According to CIF Website**

**HEAT STROKE:** Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

**Warning Symptoms:** Dizziness; Drowsiness, loss of consciousness; Seizures; Staggering, disorientation; Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability); Weakness; Hot and wet or dry skin; Rapid heartbeat, low blood pressure; Hyperventilation; Vomiting, diarrhea

**This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.**

**Treatment:** Stop exercise, **CALL 911**, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

**HEAT EXHAUSTION:** Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

**Warning Symptoms:** Dizziness, lightheadedness, weakness; Headache; Nausea; Diarrhea, urge to defecate; Pallor, chills; Profuse sweating; Cool, clammy skin; Hyperventilation; Decreased urine output

**Treatment:** Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, **COOL BODY:** fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible.

The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, **CALL 911.** Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

**HEAT SYNCOPE:** Dizziness or fainting due to high temperatures. It often occurs after standing for long periods of time, immediately following cessation of activity, or rapidly standing after resting or sitting.

**Warning Symptoms:** Fatigue; Tunnel vision; Pale or sweaty skin; Dizziness; Lightheadedness, fainting

**Treatment:** Move the athlete to a cool, shaded area, elevate the legs and rehydrate. Remove excess clothing and cool the athlete with wet towels or ice bags.

**EXERTIONAL HYPONATREMIA:** A rare condition of bodily dysfunction due to inadequate sodium levels. This occurs because of the ingestion of too much water.

**Warning Symptoms:** Disorientation, altered consciousness, lethargy; Headache; Vomiting; Swelling of hands and feet; Seizures

**Treatment:** Stop exercise, **CALL 911**, monitor athlete until paramedics arrive. Athletes who may have hyponatremia should not be given fluids until a physician is consulted.