



**BEREAN CHRISTIAN HIGH SCHOOL**  
**ATHLETIC DEPARTMENT**  
**EMERGENCY ACTION PLAN**

Emergency situations may arise at any time during athletic practices and events. Expedient action must be taken in order to provide the best possible care to the athletes in emergency and/or life threatening conditions. Preparation for emergency and/or life threatening conditions involves formulation of an emergency action plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency response. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety avenues, potential emergencies may be averted. However, accidents and injuries are inherent with sports participation. Proper preparation on the part of the Athletic Department will enable each emergency situation to be managed appropriately.

**Emergency Action Plan Personnel:** The first responder to an emergency situation is, typically, a member of the athletic training, coaching, or physician staff. Certification in cardiopulmonary resuscitation (CPR), automated external defibrillation (AED), first aid, and prevention of disease transmission; along with Emergency Action Plan review is recommended for any Athletic Department personnel associated with practices, competitions, skills instruction, and strength and conditioning. Certification in CPR, AED, prevention of disease transmission and Emergency Action Plan review is required for Athletic Training staff, coaches, and faculty.

**Basic Emergency Response Team:**

- |                             |                            |            |                               |
|-----------------------------|----------------------------|------------|-------------------------------|
| *Certified Athletic Trainer | * Athletic Director        | *Physician | *Emergency Medical Technician |
| *Coach                      | *Athletic Training Student |            | *Parent                       |

**Basic roles of the emergency response team:**

**FIRST - immediate care of the athlete:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

**Life Threatening:** EMS personnel; team medical physician; certified athletic trainer; coach; athletic training student

**Orthopedic:** Team orthopedic physician; team medical physician; orthopedic fellow/resident; certified athletic trainer; coach, athletic training student

**Medical:** Team medical physician; team orthopedic physician; family medicine or orthopedic fellow/resident; certified athletic trainer; coach; athletic training student

**SECOND - EMS activation:**

This should be done as soon as the situation is deemed an emergency or a life-threatening event. Activating the EMS system may be done by anyone. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location of the injured person and the facility.

**THIRD - Equipment retrieval:** Is done by a person who is familiar with the type and location of the specific emergency equipment needed.

**FOURTH - directing EMS to the scene:** One person should be responsible for meeting emergency medical personnel as they arrive at the facility. This person should have keys to any locked gates or doors and should know the fastest access to the emergency scene.

**Emergency Communication:** Access to a working telephone, fixed or mobile, should be available during any team workout. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be failure of the primary communication system. The most common method of communication is a cellular phone. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to a phone should be established.

**Emergency Equipment:** All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of emergency equipment on site. Equipment should be in good operating condition and checked on a regular basis. Equipment will be appropriate for the sport and venue.

**Transportation:**

Advanced Life Support equipment and trained personnel are available with the unit upon arrival. Sports Medicine/Coaching staff members should accompany student-athlete to the hospital if no parent/guardian is present.

**Conclusion:**

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An injured person's survival may hinge on the training and preparedness of the Athletic Department personnel. The Emergency Action Plan should be reviewed at least once a year with all athletic personnel. Through development and implementation of the emergency plan, the Athletic Department ensures that student athletes will have the best possible care when an emergency situation does arise.

[Diablo Athletic League Emergency Action Plans List](#)

## **EMERGENCY CONTACT INFORMATION**

### **Emergency**

911

### **Walnut Creek Police Direct Line**

(925) 935-6400

### **Concord Police Direct Line**

(925) 671-3333

### **John Muir Medical Center, Walnut Creek**

1601 Ygnacio Valley Rd., Walnut Creek, CA 94598

Main Phone: (925) 939-3000

Emergency Services: (925) 939-5800

### **Kaiser Hospital Walnut Creek**

1425 South Main St. Walnut Creek, CA 94596

(925) 295-4000

Advice Nurse (24 Hours): (925) 295-4070

### **Orthopaedic Express by Muir Ortho**

2405 Shadelands Dr. Suite 300 Walnut Creek, CA 94598

1-888-96-ORTHO

Monday -Friday 3:00p-8:00p (Walk-ins welcome)

### **John Muir Medical Center, Concord**

2540 East St., Concord, CA 94520

Main Phone: (925) 682-8200

Emergency Services: (925) 674-2333

### **Sutter Delta Medical Center, Antioch**

3901 Lone Tree Way

Antioch, CA 94509

(925) 779-7200

### **Children's Hospital & Research Center, Oakland**

747 52nd Street, Oakland, California, 94609

(510) 428-3000

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**Football/Soccer Field-- 245 El Divisadero Ave. Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

**EMERGENCY RESPONSE EQUIPMENT:**

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - There is one with the Athletic Training equipment if the Athletic Trainer is present.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - THE CLOSEST INTERSECTION OFF OF YGNACIO VALLEY ROAD IS SAN CARLOS DR AND EL DIVISADERO AVE.
      - Ex: My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

# BEREAN CHRISTIAN HIGH SCHOOL

## Emergency Action Plan

Baseball/Softball-- BCHS 245 El Divisadero Ave. Walnut Creek, CA 94598

Heather Farm Park Fields 3, 4, & 5-- 500 N Carlos Dr. Walnut Creek 94598

Concord High School 4200 Concord Blvd. Concord, CA 94521 [CHS EAP](#)

Diablo Valley College 321 Golf Club Rd. Pleasant Hill, CA 94523 [DVC Emergency & AED Map](#)

[DVC Athletics Map](#)

### EMERGENCY RESPONSE PERSONNEL:

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

### EMERGENCY RESPONSE COMMUNICATION:

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- DVC Campus Police: 925-686-5547
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

### EMERGENCY RESPONSE EQUIPMENT:

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - There is one with the Athletic Training equipment if the Athletic Trainer is present.

### ROLES OF FIRST RESPONDERS:

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTION IS: **BCHS-SAN CARLOS DR. AND EL DIVISADERO AVE. HF- YGNACIO VALLEY RD & N SAN CARLOS (LET THEM KNOW TO KEEP DRIVING STRAIGHT TO GET TO THE FIELD AND LET THEM KNOW WHAT NUMBER FIELD YOU ARE ON.). CHS-CONCORD BLVD and MENDOCINO DR. DVC- VIKING DR. & RUTH DR.**
    - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
      - Include name, address, telephone number of caller
      - Number of victims; condition of victims
      - First-aid treatment initiated
      - Specific directions as needed to locate scene
      - Other information as requested by dispatcher

### ROLES OF THE EMERGENCY RESPONSE TEAM:

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

### ROLES OF EVENT OR COACHING PERSONNEL:

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**CROSS COUNTRY/TRACK--**  
**BCHS/EL DIVISADERO PARK 245 El Divisadero Ave. Walnut Creek, CA 94598**  
**YVHS 755 Oak Grove Rd. Concord, CA 94518**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Concord Police Direct Line: (925) 671-3333**
  - **Walnut Creek Police Direct Line: 925-935-6400**
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

**EMERGENCY RESPONSE EQUIPMENT:**

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - There is one with the Athletic Training equipment if the Athletic Trainer is present.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTION IS **YVHS-OAK GROVE ROAD AND TREAT BLVD. (BCHS- SAN CARLOS DR. AND EL DIVISADERO AVE. NHS-BOWLING GREEN DR. AND CASTLE ROCK RD.)**
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**Gym/Athletic Training Room/PE Offices--245 El Divisadero Ave. Walnut Creek, CA 94598**  
**Ultimate Fieldhouse 2675 Mitchell Dr. Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

**EMERGENCY RESPONSE EQUIPMENT:**

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - May be on the field next to the Athletic Training equipment if there is a football game.
- Ultimate Fieldhouse:

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - **BCHS-THE CLOSEST INTERSECTION OFF OF YGNACIO VALLEY ROAD IS SAN CARLOS DR AND EL DIVISADERO AVE. (MITCHELL DR. AND NORTH WIGET LN @ UFH)**
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**El Divisadero Park-- 245 El Divisadero Ave. Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

**EMERGENCY RESPONSE EQUIPMENT:**

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - May be on the field next to the Athletic Training equipment if there is a football game.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTION OFF OF YGNACIO VALLEY ROAD IS SAN CARLOS DR. AND EL DIVISADERO AVE.
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control



**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**WRESTLING--Practice at Combat Fitness: 981 Bancroft Rd, Concord, CA 94518**  
**BCHS 245 El Divisadero Ave. Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- If a land line is needed please seek the aid of Combat Fitness personnel.

**EMERGENCY RESPONSE EQUIPMENT:**

- Team medical kit is in the care of the head coach.
- Contact Max Combat Fitness Personnel for location of AED.
- When on BCHS Campus:
  - Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
  - Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
    - May be on the field next to the Athletic Training equipment if there is a football game.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTIONS HOOKSTON RD AND BANCROFT RD OR MAYHEW WAY AND BANCROFT RD.
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**SWIMMING--Rancho San Miguel Swim Club 2727 San Carlos Dr, Walnut Creek, CA 94598**  
**BCHS 245 El Divisadero Ave. Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
- If a land line is needed please seek the aid of the Scottsdale club personnel.

**EMERGENCY RESPONSE EQUIPMENT:**

- Team medical kit is in the care of the head coach.
- Contact the staff of the Scottsdale Swim Club for the location of AED.
- When on BCHS Campus:
  - Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
  - Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
    - May be on the field next to the Athletic Training equipment if there is a football game.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTION OFF OF YGNACIO VALLEY ROAD IS SAN CARLOS DR. AND EL DIVISADERO AVE.
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Berean Christian High School located at 245 El Divisadero Avenue in Walnut Creek, at the \_\_\_\_\_ (Field/Gym/Heather Farms Park). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
  - If there is active life-threatening blood loss, cover the wound and apply pressure.
    - If needed, grab the tourniquet from the back pocket of the medical kit or by the AED in the front office copy room or create one with a triangular bandage, belt, or long cloth and a stick.
  - If Narcan or Benadryl are needed, they can be found in the black medical kit, the Athletic Training office, and all of the coaches' medical kits.
- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**TENNIS-- Courts at Ygnacio Valley High School 755 Oak Grove Rd, Concord, CA 94518**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400

**EMERGENCY RESPONSE EQUIPMENT:**

- Team medical kit is in the care of the head coach.
- Contact Heather Farm/Walnut Creek Recreation Personnel for location of AED.
- When on BCHS Campus:
  - Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
  - Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
    - May be on the field next to the Athletic Training equipment if there is a football game.

**ROLES OF FIRST RESPONDERS:**

- Immediate first aid care of the injured or ill student athlete
- Activation of emergency medical system by cell phone or landline
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - When contacting emergency medical personnel, give the following information:
    - Your name, the situation, the location, and pertinent information related to the patient. THE CLOSEST INTERSECTION OFF OF YGNACIO VALLEY ROAD IS N SAN CARLOS DR. AND HEATHER DR. LET THEM KNOW WHAT COURT YOU ARE ON.
      - Ex: *My name is \_\_\_\_\_, there is an injured/ill person that needs emergency medical care at Ygnacio Valley High School located at 755 Oak Grove Rd, Concord at the \_\_\_\_\_ (Field/Courts/YVHS). The person is a \_\_\_\_\_ year old male/female with \_\_\_\_\_ (fill in condition and or symptoms).*
        - Include name, address, telephone number of caller
        - Number of victims; condition of victims
        - First-aid treatment initiated
        - Specific directions as needed to locate scene
        - Other information as requested by dispatcher

**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
  - Begin CPR if necessary and get and turn on the AED
    - 30:2 Chest compressions to breaths or compression only CPR if no mask is present and the rescuer is not comfortable giving breaths without a barrier
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- Activation of the Emergency Medical System
- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
- Direct EMS to the scene
- Make sure the front double gates are open to allow for vehicle access

**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control

**BEREAN CHRISTIAN HIGH SCHOOL**  
**Emergency Action Plan**  
**GOLF-- Boundary Oaks 3800 Valley Vista Rd, Walnut Creek, CA 94598**

**EMERGENCY RESPONSE PERSONNEL:**

The most qualified individual on the scene should provide or direct acute care. Individuals with lower credentials should yield to those with more appropriate training.

- Certified Athletic Trainer on site for practice and events
  - Mariann Naoom 925-639-4740
- Athletic Director
  - LaShawn Wells 925-586-4771
- Athletic Training student on site for practice and events
- Physicians on site or available for practice and events
- Coaches
- EMS (Advanced Life Support)

**EMERGENCY RESPONSE COMMUNICATION:**

- Cell Phone of Emergency Response Staff
  - **Walnut Creek Police Direct Line:** 925-935-6400
  - **Concord Police Direct Line:**(925) 671-3333
- If a land line is needed, the phone in any classroom or PE office can be used.
  - Dial 9-911

**EMERGENCY RESPONSE EQUIPMENT:**

- Supplies (Medical Kit, splints, AED) on field if ATC is present or maintained in the Athletic Training office on the front left side of gym.
- Additional AEDs are located on the wall in the gym by the coaches offices, in the student center above the water fountain, and in the front office copy room on the counter to the right of the office-side door.
  - May be on the field next to the Athletic Training equipment if there is a football game.

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        - Include name, address, telephone number of caller
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**ROLES OF THE EMERGENCY RESPONSE TEAM:**

- Immediate first aid care of the patient
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- Emergency equipment retrieval
  - Wheelchair is present on sideline or under the bleachers across from the AED in the gym
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**ROLES OF EVENT OR COACHING PERSONNEL:**

- Assist as needed
  - Prepare the ice bath, if needed. It can be found on the top shelf of the boys locker hall.
- Escort family members to the patient or private area
- Maintain spectator media, and family member control