

GIRLS RUGBY EMERGENCY PLAN

Torrey Highlands Park

Del Mar Heights Road, San Diego, CA

Catastrophic Injuries

This is defined as any condition in which a student athlete's life is threatened or the student athlete risks permanent impairment. Examples include, but are not limited to, respiratory or cardiac arrest, spine injuries and possible fractures.

Call 9-1-1.

Be sure to have the following information:

- Name, address, telephone number of caller
- Number of athletes injured
- Condition of Athlete(s)
- First aid initiated by first responder
- Specific directions to emergency scene.

Hospital Nearest/Most conveniently accessible hospital:

Scripps Coastal Medical Center Solana Beach

858-554-9800

1. Take Torrey Highlands Park Rd to Del Mar Heights Rd 0.3 mi
2. Head **southeast** on Torrey Highlands Park Rd- 0.2 mi
3. Turn **right** onto Lansdale Dr
4. Turn **right** onto Del Mar Heights Rd
5. Turn **right** to merge onto I-5 N 2.9m
6. Take exit 37 for Lomas Santa Fe Dr toward Solana Beach
7. Use the **left** 2 lanes to turn **left** onto Lomas Santa Fe Dr 0.4 mi
8. Use the **left** 2 lanes to turn **left** onto Stevens Ave (**destination on your left**)