

Written Emergency Action Plan- District Wide

In compliance with Health & Safety Code section 1797.196, this document describes sudden cardiac arrest, states the location of AEDs on a particular campus, and lists procedures to be followed in the event of sudden cardiac arrest and other medical emergencies related to interscholastic athletic programs.

Cardiac arrest is the abrupt loss of heart function in a person who may or may not have been diagnosed with heart disease. It can come on suddenly, or in the wake of other symptoms. **Cardiac arrest** is often fatal, if appropriate steps aren't taken immediately. In the event of sudden cardiac arrest, note that three Automatic External Defibrillators (AEDs) are located on this campus at the following locations:

- **District Office**
 - District Education Center Lobby
- **Louis A. Bohn Elementary**
 - Back Side of the Library
- **Central Elementary**
 - Outside the Multipurpose Room in the breezeway
- **Art Freiler Elementary School**
 - West side of the Admin Building
 - Back side of the Library
- **Wanda Hirsch Elementary**
 - Back side of the Library
- **Melville S. Jacobson Elementary**
 - Back side of the Library
- **George Kelly School**
 - Back side of the Admin Building
 - Back side of Building D, across from P1
- **McKinley Elementary**
 - West side of Multipurpose Room
- **North Elementary**
 - Exterior wall between Rooms E103 and E105
 - North side of P1
- **Gladys Poet Christian Elementary**
 - Back side of the Library
- **South West Park Elementary School**
 - Breezeway by the Admin Building
 - East Side of the E Building

- **Louis J. Villalovoz Elementary**
 - Outside wall of Room 15
- **Williams Middle School**
 - Rear of Admin Building
 - North Side of Room 46
- **Monte Vista Middle School**
 - End of E Building Between Bathrooms
 - End of Building R
- **Tracy Charter School**
 - Back side of the Admin Building
- **Kimball High School**
 - Front Entrance of Sports Complex
 - East Wall of the N Building
 - Concession Stand in Football Stadium
- **Stein Continuation High School**
 - Front Entrance of Cafeteria/Gym
 - Principal's Office
- **Tracy High School**
 - North East Entrance of the Stadium
 - Entrance of Feast Lab (C Building)
 - Outside Front Entrance of the Main Gym
 - Varsity Baseball Field (located at MVMS): Chain link fence near the Third Base Dugout
- **West High School**
 - North End Zone of the Football Stadium Corner of PE-4
 - Southeast Entrance of the Gym, in the Breezeway
 - Southwest Corner of T-21

Immediately direct someone else to call 911.

Use the following procedures to operate the AED.

1. Remove the cover of the AED device.
2. Remove pads from beneath the cover.
3. Turn on power.
4. Place AED near head of patient.
5. The AED is programmed to analyze the condition of the patient and gives voice prompts that tell you exactly what to do. Follow the machine-directed instructions.
 - a. Attach AED to Patient:
 - i. Bare the victim's chest.
 - ii. Ensure the victim's chest is dry.

- iii. Prepare, and place pads on chest. [Note: the enclosed pads are for adults only. Do not apply to infants.
- iv. If the victim has excessive chest hair, clip or shave the hair to ensure proper adhesion of the electrodes.
- v. To apply the electrodes:
 - 1. Tear open the electrode package and unfold the electrodes. Place the electrodes on the victim according to the graphics on the package.
 - 2. Hold the CPR sensor and place the sensor between the nipples and on the middle of the victim's breastbone, using the sensor's cross hairs to guide you.
 - 3. Press the CPR sensor with your right hand and pull the number 2 tab to peel the protective backing from the electrode. Press the electrode from the center out to make sure it adheres properly to the victim's skin.
 - 4. Press the CPR sensor with your left hand and pull the number 3 tab to peel the protective backing from the electrode. Press the electrode from the center out to make sure it adheres properly to the victim's skin.
- vi. Do not move patient during analysis.
- b. If indicated by the AED, deliver shock.
 - i. Clear yourself and others from patient.
 - ii. Push shock button.
- c. Perform CPR
 - i. Without delay begin CPR.
 - ii. Stop only if AED instructs you, patient moves, or another provider takes over from you.

For any medical emergency related to interscholastic athletic programs that warrants medical attention, call 911.