

Activity: Carlsbad Cup/Coastal Classic

Location: San Dieguito Academy

Date:

**In a cardiac emergency, team leader enlists aid of bystanders to follow steps 1 - 3**

## 1 Call 911

Provide location. Send bystander to meet EMS.

- Name of Location:  
San Dieguito Academy  
800 Santa Fe Drive, Encinitas 92024
- EMS Access Point:  
Athletic Stadium
- Closest Intersection:  
Santa Fe Dr. & Nardo Rd.

## Call Organization Lead to Report Incident

- Lead: Natalie Eckerlin
- Phone: 760-845-1315

## 2 Start CPR

Designate 1-2 bystanders to deliver hands-only CPR.

- Lay victim on back.
- Clasp one hand on top of the other.
- Position hands in middle of chest.
- Lean over victim with straight arms.
- Push hard and fast, about 100-120 pushes a minute.
- Let chest completely recoil after each compression.
- Take turns with other bystanders as you get tired.

## When AED Arrives, Turn It On and Follow Prompts

- Keep doing CPR until AED is set up.
- If AED instructs, resume CPR until AED is ready to shock again.

## 3 Use AED

Designate bystander to retrieve the nearest AED.

- Location of AED 1:  
Field Marshal Tent
- Location of AED 2:  
Near Stadium Entrance

## Set Up AED

- Turn on device.
- Remove clothing from chest.
- Attach two electrode pads as directed by audio/visual prompts.
- Don't touch victim as AED analyzes.
- Don't touch victim if AED shocks.
- Follow AED audio prompts for further action.
- After EMS arrive, give AED to organization administrator.