

Activity: Carlsbad Cup/Coastal Classic

Location: Torrey Pines High School

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:**

Torrey Pines High School
3710 Del Mar Heights Rd, San Diego 92130

- **EMS Access Point:**

Football Field/Stadium

- **Closest Intersection:**

Access Parking Lot/Stadium via Torrington St.

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 near Endzone
- **Location of AED 2:**

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.