

HELPFUL HINTS FOR AN EMERGENCY

1. Assess the situation. One person should direct all activities.
2. CALL 911
 - Stay on the phone
 - Give them the address but note they'll need to look at a map – 2851 West Bolivar Way, Berkeley. Let them know that many GPS programs will take them in the wrong direction.
 - Maps are in the first aid cabinet.
 - Use the south entrance to Aquatic Park, where Shellmound dead ends, before turning onto the freeway entrance
 - Send any extra people up to the roundabout **and the freeway entrance** to direct fire trucks and ambulance
 - Stay to direct emergency vehicles till all/both have arrived (usually firetruck and ambulance)
3. Provide first aid
4. If possible, assign someone to act as a “scribe”, noting what is done and/or happens. Be sure to include times whenever possible.
5. Clear any “extra people” from the area. Leave room for first responders.
6. If there is cardio respiratory arrest (no breathing, loss of consciousness, unknown heart rate) **open** the defibrillator (red box) and **turn it on** (green button). **FOLLOW THE SPOKEN DIRECTIONS!**
7. If the person is wet, dry them the best you can with towels from the boathouse, **especially** if the AED is needed or used.
 - You could also drag out one of the rugs from the boathouse to place underneath the victim.
8. Cut their clothes off to apply the AED pads
 - Scissors are in the red bag with the AED
9. If doing CPR, continue till help arrives. Give breaths with the mask in the red bag.
 - Be sure to switch rescuers every 3 – 5 minutes (if possible), as this is exhausting work.