

## **Rugby Oregon**

### **Tigard High School Emergency Plan**

#### **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:**
- **Tigard 9000 SW Durham Rd**  
**Tigard, OR 97224**

#### **Hospital**

Nearest/Most conveniently accessible hospital:

**Legacy Mount Hood Medical Center**  
**19300 SW 65th Avenue Tualatin, OR 97062**

- 1. Head east on SW Durham Rd toward SW 87th Ave**
- 2. Turn left onto SW Upper Boones Ferry Rd**
- 3. Take the 2nd right to stay on SW Upper Boones Ferry Rd**
- 4. Turn right to merge onto I-5 S toward Salem**
- 5. Take exit 289 toward Tualatin/Sherwood**
- 6. Turn left onto SW Nyberg St**
- 7. Continue onto SW 65th Ave**

Destination will be on the left

**The Emergency room is located at the East end of the hospital**