

## *Cabrillo College* • *Celebrating Excellence Since 1959*

Dear Visiting Athletic Training Staff,

We would like to welcome you to our upcoming game football at Cabrillo College. We look forward to hosting you and your team. Please let me know if there are any special requests you will need when traveling to our school. I can be reached at (831) 479-6448 or by e-mail at [maramsey@cabrillo.edu](mailto:maramsey@cabrillo.edu). The following is a list of what we will supply you with during the game:

- Injury Ice
- Ice Bags
- 3-10 Gallon Water Containers
- Cups

You will be in the women's locker room on the west side of the gymnasium (facing the pool). There are taping tables available in the hallway for your use if needed. There will be an AMR non-transport unit available during the competition. They will only be called on to the field if requested by the athletic training staff. Our team physician is Dr. Thomas Welle, an orthopedic surgeon with a fellowship in sports medicine and Dr. Jake Benford, Emergency Physician with a fellowship in Sports Medicine; they will be available for injury evaluations at your request.

Please find enclosed in this letter a campus map detailing the location of the athletic training room and your team room, and directions to nearby Dominican Hospital. We would like to wish you the best of luck in a healthy and successful season.

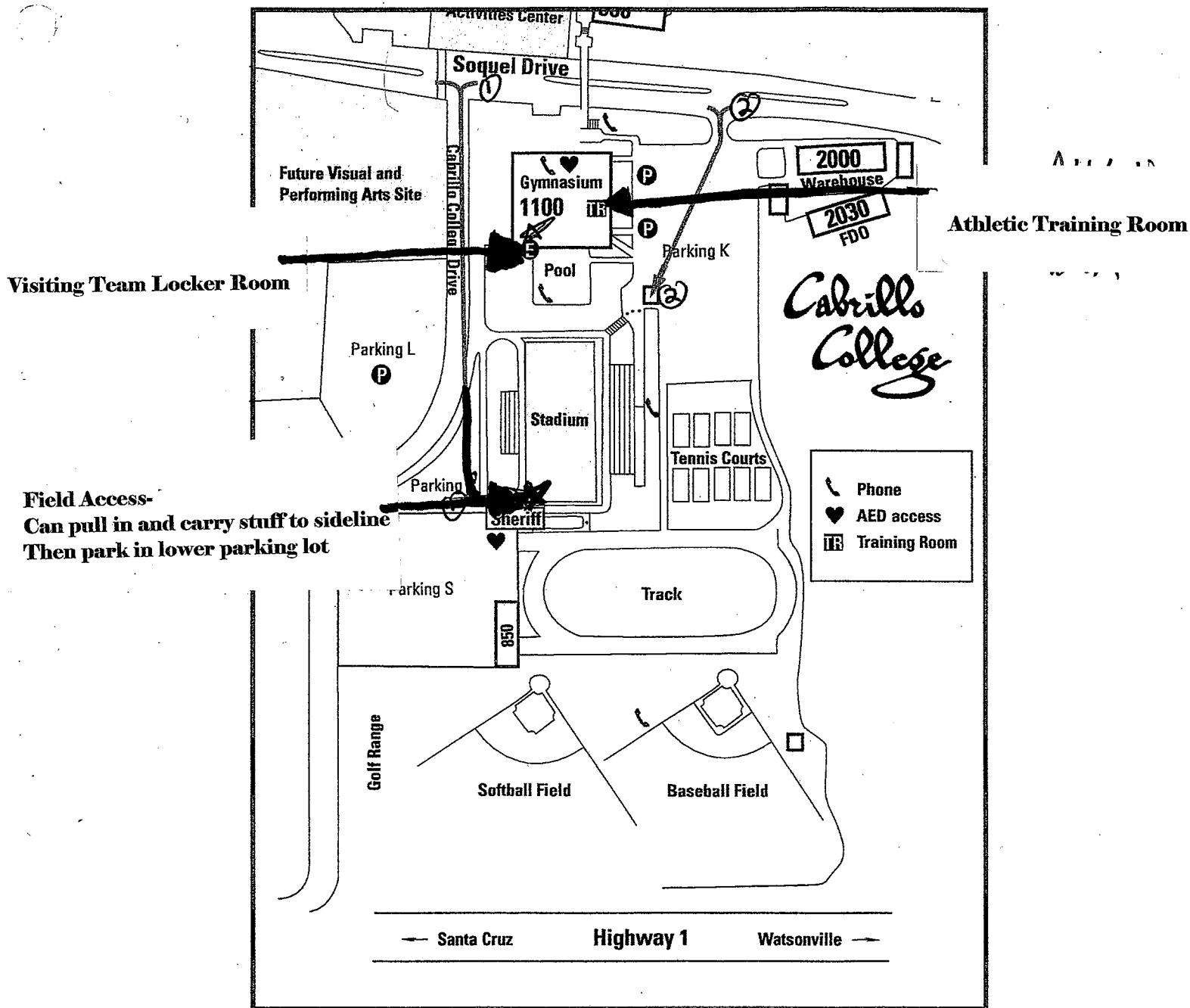
Sincerely,

Mark Ramsey, MA, ATC, CSCS, CES  
Head Athletic Trainer

Nathan Hill, ATC, CSCS  
Assistant Athletic Trainer

# Emergency Plan: Carl Connelly Stadium

## Football / Soccer Stadium EMS Route



**Field Access-**  
Can pull in and carry stuff to sideline  
Then park in lower parking lot

**Emergency Personnel:** Certified Athletic Trainers (ATC), Student Athletic Trainers **ATS**. Team physicians and Paramedics and/or EMTs available during football games.

**Emergency Communication:** Land line phones are available in the coaches box above the home bleachers. Cellular phones are carried by the ATC's, and the **ATS**'s on the field.

**Emergency Equipment:** Home sidelines: Splint bag containing vacuum splints, air splints, cardboard splints, cervical collars, and splinting materials. AED available with the On-Duty Sherriff. Medical cart available to transport injured athlete from field.

**Venue Directions:** Carl Connelly Stadium is located centrally on the ocean side of campus. There are two EMS access routes.  
Route 1: Off Cabrillo College Way (Cross Street Soquel Dr.). Used for on field injuries or visiting team bleacher injuries. Access through parking lot R (See Map).  
Route 2: Off Soquel Dr., access through parking lot K (See Map). Used for injuries in the home team bleachers or the press box. Vehicles are only allowed on the stadium field in critical emergencies, otherwise vehicles can enter and park through the emergency access gates.

**Dominican Hospital**  
1555 Soquel Dr  
Santa Cruz, CA 95065  
(831) 462-7700

Directions from Cabrillo College:

- 1.) Go west on Soquel Dr. (toward Santa Cruz) .8 miles
- 2.) Turn left onto Park Ave. .3 miles
- 3.) Merge onto CA-1 North toward Santa Cruz 2.6 miles
- 4.) Take Soquel Ave/Soquel Dr Exit (#439) .1 miles
- 5.) Veer left onto Commercial Way .1 miles
- 6.) Turn Right onto Soquel Dr. .1 miles
- 7.) Dominican Hospital is located on your left hand side, follow appropriate department signs. (Emergency Room is highlighted in RED)

**Watsonville Community Hospital**

75 Neilson St.  
Watsonville, CA 95076  
(831) 724-4741

Directions from Cabrillo College

- 1.) Turn right (southeast/toward Aptos) on Soquel Dr. .9 miles
- 2.) Turn Right onto State Park Dr. .1 miles
- 3.) Merge onto CA-1 South toward Watsonville 7.4 miles
- 4.) Take the exit toward Airport Blvd./Freedom .1 miles
- 5.) Turn Left onto Ranport Rd. <.1 miles
- 6.) Turn Left onto West Airport Blvd. .3 miles
- 7.) Turn Right onto Nielson St. <.1 miles

**Santa Cruz Medical Clinic (main office/Urgent Care)**

2025 Soquel Avenue  
Santa Cruz, CA 95062  
(831)423-4111

Directions from Cabrillo College:

- 1.) Go west on Soquel Dr. (toward Santa Cruz) .8 miles
- 2.) Turn left onto Park Ave. .3 miles
- 3.) Merge onto CA-1 North toward Santa Cruz .6 miles
- 4.) Take Soquel Ave/Soquel Dr Exit (#439) .1 miles
- 5.) Veer left onto Commercial Way. .1 miles
- 6.) Turn left onto Soquel Dr. .2 miles
- 7.) Continue on Soquel Ave. .6 miles
- 8.) Arrive at 2025 Soquel Ave on the Right

**Santa Clara Valley Medical Center-for severe trauma situations**

751 South Bascom Ave.  
San Jose, CA 95128

Directions from Cabrillo College: Take Hwy 1 North to Hwy 17 North. Take the Hamilton Exit. Turn right onto Hamilton, Left onto Bascom and Left onto Renova.

**Kaiser Permanente Santa Teresa Medical Center (Emergency Services)**

Hospital and main campus  
250 Hospital Parkway  
San Jose, CA 95119

Directions from Cabrillo College: Take Hwy 1 North to Hwy 17 North. Take Hwy 85 South toward Gilroy. Take the Cottle Rd. exit. Turn Right on Cottle and bear left onto Hospital Parkway.