## I. RULES OF SAFETY AND CONDUCT

## A. General Rules

- 1. Training shall at all times be conducted in a manner designed to minimize any risk of injury and to promote student, staff, and instructor safety.
- 2. Each presenter/facility shall supply, in written form, the safety/facility rules to each student.
- 3. Prior to the commencement of training Instructors will brief the location(s) of staging area(s) for students and staff not involved in the training, restrooms, and drinking water.
- 4. Instructional staff shall assign specific safety roles to students/staff in the case of emergencies. Those roles will include:
  - a. Pathfinders/guides for responding emergency medical personnel
  - b. Radio/telephone communications for emergency response and required chain of command notification(s)
  - c. Identify students/staff, if any, with advanced medical training (Emergency Medical Technicians, Paramedics, etc.)
- 5. There will be a fully equipped first aid/trauma kit and Automated External Defibrillator (AED) readily accessible as well as qualified personnel to use them.
- 6. All students participating in training shall notify the instructor of all medical restrictions prior to the session
- 7. The training staff shall inspect the training site for hazards prior to each use
- 8. Students shall remove watches, rings, necklaces, earrings and other jewelry
- 9. Safety personnel shall be positioned near the students to oversee the training at all times
- 10. Instructors and students shall ensure there are no firearms, magazines, ammunition, OC spray, knives, or other weapons in the training area at any time
- 11. The stop word for instructors and students is "BREAK!" All activity should stop when a student or an instructor says "BREAK!"
- 12. Safety equipment shall be cleaned upon completion of each day of training

# **B. Course Specific Rules**

- 1. Instructors shall be encouraged to participate in periodic course updates
- 2. Instructors shall adhere to the approved lesson plan.
- 3. Instructors shall conduct a briefing with role players before the commencement of incident simulations or field scenarios
- 4. The instructor will lead a warm up prior to the start of psychomotor skills training, and cool down upon completion
- 5. Instructors shall maintain an appropriate level of discipline and control over the students at all times
- 6. Role players and other support personnel involved in tactical scenarios or event simulations shall be aware of applicable safety rules.
- 7. Instructor shall be aware of physical fatigue factors that affect the ability of the student to perform safely

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8. Instructor shall remind and reinforce safety rules at each critical stage of the training/ testing as needed.

# C. Site Specific Rules

- 1. The facility shall be large enough to provide students and staff with the space needed to safely perform the training activity or task involved and easily exit in the event of an emergency
- 2. Site selection shall address the following:
  - a. Restricted access area to ensure that uninvolved vehicles and pedestrians do not present safety hazards.
    - To prevent unauthorized entry an establishing perimeter, use of warning signs, fencing, assignment of stationary observers, and natural barriers will be utilized.
  - b. Minimum obstructions.
  - c. Minimum interference with other training exercises.
  - d. Minimum surface abrasions (potholes).
  - e. Accessible to fire, rescue, and other emergency vehicles.
  - f. Adequate staging area for vehicles, equipment, and personnel that is a safe distance from active training areas.
- 3. Weather Conditions will be considered for Inclement weather.
- 4. Staging areas shall be designated to accommodate persons who are not actively involved in a specific training exercise
- 5. Staging areas should be clearly designated and have drinking water, rest rooms, a fully equipped first aid/trauma kit and AED (Automated External Defibrillator) readily accessible
- 6. Adequate emergency lighting shall be provided at the site of any nighttime training
- 7. Lighting and ventilation are key factors in the selection of indoor facilities suitable for strenuous physical activity
- 8. The layout of the site should enable instructors to immediately stop action when a safety breach is observed, or other problem occurs
- 9. Restrooms and drinking water shall be readily available during training sessions
- 10. Presenters and instructors shall routinely inspect training facility and site conditions so that potential safety hazards can be detected and corrected before instruction
- 11. Instructors and students shall ensure there are no firearms, magazines, ammunition, OC spray, knives, or other weapons in the training after breaks and lunch.
- 12. Special attention should be given to ensure that site-specific factors have not unexpectedly changed to the point that it might present a safety issue
- 13. Training sites should always be accessible to EMS and other emergency vehicles
- 14. Training facilities shall have an appropriately rated fire extinguisher available in the event of an emergency.

## I. REPORTING AND HANDLING OF INJURIES

- A. The POST Regional Consultant shall be notified in writing within five (5) business days when an injury requiring more than basic first aid occurs during training.
- B. Minor Injuries
  - 1. Each training site will keep a list of the nearest medical facilities
  - 2. Locations and contact information of the nearest medical facilities shall be briefed with staff and students before training begins
  - 3. Students shall immediately notify an instructor and/or supervisor of any injury sustained during training
  - 4. Personnel should render first aid and obtain the appropriate medical assistance
  - 5. Call for rescue ambulance via telephone (911) or radio if necessary
  - 6. Transport to the local hospital for all minor injuries not requiring emergency response
- C. Major Injuries
  - 1. In the case of serious injury, all IIOO notifications and protocols shall be followed
  - 2. All administrative notifications shall be made

# **II. RATIOS OF INSTRUCTIONAL STAFF TO STUDENTS**

A. Safety Ratios for Classroom Instruction are 1:25. Safety Ratios for Scenario Safety are 1:2

# **III. TRAINING LOCATIONS AND EMERGENCY MEDICAL FACILITIES**

Davis Training Facility	Providence Holy Cross Medical Center
12001 Blucher Ave.	15031 Rinaldi Street
Granada Hills, CA 91344	Mission Hills, CA 91345
Commanding Officer: (818) 832-3790	(818) 365-8051 ER: (818) 496-1270
Elysian Park Academy	LA Downtown Medical Center
1880 N. Academy Dr.	1711 W. Temple Street
L.A., CA 90012	Los Angeles, Ca. 90026
Commanding Officer (213) 847-3000	Contact: (213) 989-6100
Ahmanson Recruit Training Center	Centinela Hospital Emergency Room
5651 W. Manchester Ave.	555 E. Hardy St
L.A., CA 90045	Inglewood. CA. 90301
Commanding Officer: (424) 393-4600	(310) 673-4660
Central Area (CENT) (01)	California Hospital
251 E. 6TH Street	1401 S Grand Ave
L.A., CA 90014	Los Angeles, CA 90015

Commanding Officer: (213) 972-1289	(213) 748-2411
Rampart Area (RAMP) (02)	Good Samaritan Hospital
1401 w. 6th Street	1225 Wilshire Blvd
Los Angeles, CA 90017	Los Angeles, CA 90017
Commanding Officer: 213 484-3010	(213) 977-2121
Hollenbeck Area (HOBK) (04)	White Memorial Hospital
2111 E. First St.	1720 East Cesar E Chavez Avenue
L.A., CA 90033	Los Angeles, CA 90033
Commanding Officer. 323 342-4110	(323) 268-5000
Northeast Area (NOE) (11)	Glendale Memorial Hospital
3353 San Fernando Road	1420 S Central Ave
L.A., CA 90065	Glendale, CA 91204
Commanding Officer: 213 485-2549	(818) 502-1900
Newton Area (NEWT) (13)	California Hospital
3400 S. Central Ave.	1401 S Grand Ave
L.A., CA 90011	Los Angeles, CA 90015
Commanding Officer: 323 846-6524	(213) 748-2411
77th Street Area (SST) (12)	California Hospital
7600 S. Broadway	1401 S Grand Ave
L.A., CA 90003	Los Angeles, CA 90015
Commanding Officer: 213 485-4185	(213) 748-2411
Southwest Area (SOW) (03)	California Hospital
1546 W. Martin Luther King Jr. Blvd.	1401 S Grand Ave
L.A. CA 90062	Los Angeles, CA 90015
Commanding Officer: 213 485-2580	(213) 748-2411
Harbor Area (HARB) (05)	Little Company of Mary Hospital
2175 John S. Gibson Blvd.	1300 W 7th St
San Pedro, CA 90732	San Pedro, CA 90732
Commanding Officer: 310 726-7800	(310) 832-3311
Southeast Area (SOE) (18)	California Hospital
145 W. 108th St.	1401 S Grand Ave
L.A. CA 90061	Los Angeles, CA 90015
Commanding Officer: 213 972-7810	(213) 748-2411
Topanga Area (TOP) (21)	Northridge Hospital
21501 Schoenborn St.	18300 Roscoe Blvd
Canoga Park, CA 91304	Northridge, CA 91325
Commanding Officer: 818 756-2880	(818) 885-8500

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Devonshire Area (DEV) (17)	Northridge Hospital
10250 Etiwanda Ave.	18300 Roscoe Blvd
Northridge, CA 91325	Northridge, CA 91325
Commanding Officer: 818 832-0692 (	(818) 885-8500
North Hollywood Area (NOHO) (15)	St. Joseph's Hospital
11640 Burbank Blvd 5	501 S. Buena Vista St.
No. Hollywood, CA 91601	Burbank, CA 91505
Commanding Officer: 818 623 4006 (	(818) 843-5111
West Valley Area (WVAL) (10)	Northridge Hospital
19020 Vanowen St. 1	18300 Roscoe Blvd
Reseda, CA 91335	Northridge, CA 91325
Commanding Officer: 818 374-7610 (	(818) 885-8500
Foothill Area (FTHL) (16)	Providence Holy Cross Medical Center
12760 Osborne St. 1	15031 Rinaldi Street
Pacoima, CA 91331	Mission Hills, CA 91345
Commanding Officer: 818 756-8860 (	(818) 365-8051 ER Extension: 84540
Van Nuys Area (VNYS) (09)N	Northridge Hospital
6240 Sylmar Ave.	18300 Roscoe Blvd
Van Nuys, CA 91401	Northridge, CA 91325
Commanding Officer: 818 374-1970 (	(818) 885-8500
Mission Area (MSN) (19)	Providence Holy Cross Medical Center
11121 North Sepulveda Blvd.1	15031 Rinaldi Street
Mission Hills, CA 91345	Mission Hills, CA 91345
Commanding Officer: 818 838-9980 (	(818) 365-8051 ER Extension: 84540
Valley Traffic DivisionH	Holy Cross Hospital
7870 Nolan Place 1	15031 Rinaldi St
Panorama City, CA 91402	Mission Hills, CA 91345
Commanding Officer: 818 644-8014 (	(818) 365-8051
	Valley Presbyterian
1	15107 Vanowen St
l v	Van Nuys, CA 91405
	(818) 782-6600
Wilshire Area (WIL) (07)	US Health Works
4849-4861 W. Venice Blvd. 1	1313 W 8th St #100
L.A., CA 90019	Los Angeles, CA 90017
Commanding Officer: 213 473-0558 (	(213) 401-1970

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Pacific Area (PAC) (14)	Centinela Freeman Regional Medical
12312 Culver Blvd.	Center, Marina Campus
L.A., CA 90066	4650 Lincoln Blvd
Commanding Officer: 310 482-6310	Marina del Rey, CA 90292
	(310) 823-8911
Olympic Area (OLMP) (20)	California Hospital
1130 S. Vermont	1401 S Grand Ave
L.A., CA 90006	Los Angeles, CA 90015
Commanding Officer: 213 382-9045	(213) 748-2411
Hollywood Area (HWD) (06)	Cedar Sinai Medical Center
1358 N. Wilcox Ave.	8700 Beverly Blvd
L.A., CA 90028	West Hollywood, CA 90048
Commanding Officer: 213 972-2966	(310) 423-3277
Hollywood Area (South)	Cedar Sinai Medical Center
6501 Fountain Ave.	8700 Beverly Blvd
Los Angeles, CA 90048	West Hollywood, CA 90048
Commanding Officer: 213 972-2966	(310) 423-3277
Hollywood PAL	Cedar Sinai Medical Center
6411 Hollywood Bl	8700 Beverly Blvd
Los Angeles, CA, 90028	West Hollywood, CA 90048
Commanding Officer: 213 972-2966	(310) 423-3277
West Los Angeles Area (WLA) (08)	Ronald Reagan UCLA Medical Center
1663 Butler Ave.	200 UCLA Medical Plaza
West L.A., CA 90025	Los Angeles, CA 90095
Commanding Officer: 310 444-0710	(310) 825-6911