

Visiting Team Information

Carondelet High School Sports Medicine would like to welcome your team to our campus. The Athletic Training Room is located in the gym building, inside of the girls' locker room. The door is on the right as you walk into the locker room.

Equipment

Ice, ice bags, and first aid supplies will be located on the sideline or bench.

An AED will be readily available. An AED is located on the northeast wall of the gym, on the wall in the foyer of the gym on the north end, in the Garaventa Center bar area, in the inner court near the office door of the main building, and on the right wall as you walk into the east entrance of the convent. A portable one may travel with the athletic trainer to off campus sites.

Please have your teams bring water and cups or water bottles.

Availability and Coverage

For a majority of events, an athletic trainer will be available 1 hour prior to event start time and a 1/2 hour post-event. If traveling without an athletic trainer, please provide your team with a fully stocked medical kit. In order to provide timely care for both teams, the Carondelet High School athletic trainer would appreciate a call or email prior to your team arriving listing treatments or tapings. If this is not possible, a list handed to the Carondelet High School athletic trainer outlining treatments and/or tapings would be appreciated.

Ice Location

Ice is located in the athletic training room and will also be available on the sideline or bench.

Carondelet High School Athletic Trainer

Stephanie Buika, EdM, ATC

925-686-5353 ext. 142

sbuika@carondeleths.org

In the event that you need to activate the EAP without an ATC present please call the Contra Costa Fire Regional Communications Center for Concord, Walnut Creek, and Pleasant Hill (925-933-1313) or the San Ramon Valley Fire Dispatch Administration for Danville (925-838-6691)

Area Hospitals

John Muir Medical Center
1601 Ygnacio Valley Road
Walnut Creek, CA 94598
(925) 939-5800

Kaiser Permanente Walnut Creek Medical Center
1425 South Main Street
Walnut Creek, CA 94596
925-295-4000

Directions from Carondelet High School to Hospitals:

John Muir Medical Center:

Head northwest on Winton Drive toward Treat Boulevard. Turn left onto Treat Boulevard. In 0.6 mile, turn left onto Bancroft Road. In 0.7 mile, turn right onto Ygnacio Valley Road. The hospital will be on your left in 0.7 mile.

Kaiser Permanente:

Head northwest on Winton Drive toward Treat Boulevard. Turn left onto Treat Boulevard. In 0.6 mile, turn left onto Bancroft Road. In 0.7 mile, turn right onto Ygnacio Valley Road. In 1.7 miles turn left onto Civic Drive. In 0.4 mile, turn left onto North Main Street. In 0.7 mile, the hospital will be on your right.