

Emergency Action Plan

Athletic Training

Weber State University

January 2010

Important Phone Numbers

Stadium Athletic Training Room	801-626-6501
Dee Events Center Athletic Training Room	801-626-6599
WSU Police	801-626-6460
Ambulance, Fire	911
McKay-Dee Emergency Room	801-387-7000
Dr. Steve Scharmann (general)	801-387-5300
Dr. Dave Tensmeyer (general)	801-779-6200
Dr. Jeff Harrison (orthopedic)	801-387-2750
Dr. Thomas Johnston (teeth)	801-475-4646
Dr. Scott Sykes (eyes)	801-476-0494

Guidelines For Emergency Care to Specific Injuries or Illness

Spinal Injury

1. Check the airway, breathing, and circulation, and administer CPR as needed.
2. Have someone else call 911 (EMS)
3. Support cervical spine by positioning hands on side of head. Do not leave this position until instructed to do so by the EMS crew.
3. Have someone else prevent or treat for shock while you maintain your position at the head.
4. DO NOT ATTEMPT TO MOVE THE ATHLETE unless the athlete is in danger as a result of his/her location.
(If the athlete is moved, proper backboard and cervical support must be used)
6. Retrieve oxygen, CPR mask and AED incase needed.
7. Reassure the athlete to stay calm.

Major Fracture

5. Treat the athlete for shock
6. Apply basic first aid
7. DO NOT ATTEMPT TO REDUCE THE FRACTURE
8. Splint, making sure the athlete continues to have a distal pulse and sensation.
9. Transport the athlete to the hospital.

Major Joint Dislocations

1. Treat the athlete for shock
10. Apply basic first aid
11. DO NOT ATTEMPT TO REDUCE THE DISLOCATION
12. Splint, making sure the athlete continues to have a distal pulse and sensation.
13. Transport the athlete to the hospital.

Heat Illness

14. Remove the athlete from the heat.
15. Remove excess clothing
3. Determine severity of the illness
4. Monitor ABC's
5. Attempt to cool the body (ice bath preferred)
6. Stay with the athlete at all times
7. Call 911 if needed

Cardiac Problems

16. Check the airway, breathing, and circulation, and administer CPR as needed
17. Treat for shock
18. Activate EMS
19. Put athlete in a comfortable position
20. Retrieve oxygen, CPR mask and AED incase needed.

Any Other Emergency Situation

21. Check the ABCs
22. Apply basic first aid
23. Prevent and/or treat for shock
24. When in doubt activate EMS
25. Retrieve oxygen, CPR mask and AED incase needed.

Guidelines during a Serious/Catastrophic On-Field Player Injury:

- 1 Player and coaches should go to and remain in the bench area once medical assistance arrives. Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained.
- 2 Players, parents and non-authorized personnel should be kept a significant distance away from the seriously injured player or players.
- 3 Players or non-medical personnel should not touch, move or roll an injured player.
- 4 Players should not try to assist a teammate who is lying on the field (i.e. removing the helmet or chin strap, or attempting to assist breathing by elevating the waist).
- 5 Players should not pull on an injured teammate or opponent from a pile-up.
- 6 Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
- 7 Players and coaches should avoid dictating medical services to the athletic trainer or team physicians or taking up their time to perform such services.

Training Of Emergency Procedures

Training sessions will be conducted by the Head Athletic Trainer at the beginning of each academic year and throughout the year as needed. Emergency procedure training sessions will include: The review of emergency care providers and phone numbers, minimum supplies and personnel for all scheduled practices, strength and conditioning workouts, skill-instruction sessions, and competitions, guidelines for emergency care to specific injuries or illness, and guidelines for emergency care at specific locations on campus at WSU.

Guidelines For Emergency Care to Specific locations At WSU

Football Stadium (Football, Track and Field, Cheerleading)

Emergency Personnel: Certified athletic trainer (ATC) assigned to football, men's and women's track and field or cheerleading assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice and competition as well as additional sports medicine staff as needed. An ambulance and physician will be on location during football competitions.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, a fixed telephone line is located in the athletic training room under the football stadium.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, oxygen, AED) are

maintained in the stadium athletic training room and/or on sidelines of football and track and field practices and competitions.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460
4. Directions for EMS to the Football Stadium.
 - a. The stadium can be accessed by taking 36th street east from Harrison blvd., right (south) on Birch street , left (east) on Edvalson street, and right (south) at north parking lot of stadium.
 - b. Ambulance should enter the northeast gate.
 - c. If the injury is on the playing field, personnel (available coaching staff or athletic training student) will be located at southeast gate to direct ambulance.

Post Event Administration Notification:

1. Head Athletic Trainer
 - a. Joel Bass (801) 698-2016
2. Team Physicians
 - a. Dr. Jeffery Harrison (801) 387-2750
 - b. Dr. Steve Scharmann (801) 387-5300
 - c. Dr. Dave Tensemeyer (801) 779-6200
3. Athletics Director
 - a. Jerry Bovee (801) 682-3952

Documentation:

It is the responsibility of the *first responder* to document actions taken during the emergency response. These documents will be used to evaluate the emergency response. This record will aid in decisions made concerning future training and possible improvements in the *emergency action plan*.

Venue Map: A map of campus is located at the end of this section.

Dee Events Center (Basketball, Softball)

Emergency Personnel: Certified athletic trainer (ATC) assigned to men's basketball, women's basketball or women's softball assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice and competition as well as additional sports medicine staff as needed. A paramedic and physician will be on location during basketball and softball competitions.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, a fixed telephone line is located in the athletic training room in the tunnel.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, AED) are maintained in the

Dee Events Center athletic training room located adjacent to the men's and women's basketball locker rooms.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460
4. Directions for EMS to the Dee Events Center.
 - a. The Dee Events Center can be accessed by turning into the main entrance east from Harrison blvd. at about 4200 S. (refer to map below)
 - b. Ambulance should enter the facility through the tunnel on the west side of the building
 - c. Personnel will be located at tunnel entrance to direct ambulance.

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 - a. Joel Bass (801) 698-2016
2. Team Physicians
 - a. Dr. Jeffery Harrison (801) 387-2750
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 - c. Dr. Dave Tensemeyer (801) 779-6200
3. Athletics Director
 - a. Jerry Bovee (801) 682-3952

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Promontory Field (Football Practice, Soccer Practice)

Emergency Personnel: Certified athletic trainer (ATC) assigned to football or women's soccer assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice as well as additional sports medicine staff as needed.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, there is a fixed telephone line in the Promontory Towers lobby.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, oxygen, AED) are maintained in the stadium athletic training room and/or on the Pt field as needed.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete

2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460
4. Direction for EMS to the Promontory field.
 - a. Ambulance has access to field via 4100 south and should enter the field at the south east corner, directly north of Promontory Tower Building. (refer to map below)
 - b. Personnel will be located at the southeast corner to direct ambulance

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 - a. Dr. Jeffery Harrison (801) 387-2750
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 - c. Dr. Dave Tensemeyer (801) 779-6200
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Swenson Gym (Women’s Volleyball / Men and Women’s Basketball)

Emergency Personnel: Certified athletic trainer (ATC) assigned to women’s volleyball, women’s basketball or men’s basketball assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice and competition as well as additional sports medicine staff as needed. A physician will be on location during volleyball competitions.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, a fixed telephone line is located in the front desk of the Swenson Gym.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, AED) are maintained in Swenson Gym athletic training room located north east of the court..

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.

- b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
- c. Notify campus police at 626-6460
4. Directions for EMS to the Dee Events Center.
 - a. Ambulance has access to court via 4100 south and should enter the court at the south side parking lot which directly south of Swenson Gymnasium. (refer to map below)
 - b. Personnel will be located at the parking lot to direct ambulance.

Post Event Administration Notification:

1. Head Athletic Trainer
 - a. Joel Bass (801) 698-2016
2. Team Physicians
 - a. Dr. Jeffery Harrison (801) 387-2750
 - b. Dr. Steve Scharmann (801) 387-5300
 - c. Dr. Dave Tensemeyer (801) 779-6200
3. Athletics Director
 - a. Jerry Bovee (801) 682-3952

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Stromberg Center (Indoor Track and Field, Cheerleading)

Emergency Personnel: Certified athletic trainer (ATC) assigned to indoor track and field or cheerleading assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice as well as additional sports medicine staff as needed.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, there is a fixed telephone line at the issue desk south east of indoor track.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, oxygen, AED) are maintained in the Stromberg Center athletic training room and/or on the indoor track as needed.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460

4. Direction for EMS to the Stromberg Center.
 - a. Ambulance has access to field via 4100 south and should enter the building at the west doors. (refer to map below)
 - b. Personnel will be located at the southeast corner to direct ambulance

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2. Team Physicians
 - a. Dr. Jeffery Harrison (801) 387-2750
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Physical Education Field (Soccer)

Emergency Personnel: Certified athletic trainer (ATC) assigned to women's soccer assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice and competition as well as additional sports medicine staff as needed. A physician will be on location during all home soccer competitions.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, there is a fixed telephone line at the lower entrance to the Swenson Gym.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, oxygen, AED) are maintained in the Stromberg Center athletic training room and/or on sidelines during soccer competitions.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460
4. Direction for EMS to the P.E. field.
 - a. Ambulance has access to field via 4100 south and should enter the field at the north gate. (refer to map below)
 - b. Personnel will be located at the backstop to direct ambulance

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Edman Tennis Courts (Tennis)

Emergency Personnel: Certified athletic trainer (ATC) assigned to men's and women's tennis assisted by athletic training students assigned to ATC. The above mentioned emergency personnel will be on site for practice and competition as well as additional sports medicine staff as needed. A physician will be on call during all home tennis competitions.

Emergency Communication: Assigned ATCs are to have cell phones on person. Also, there is a fixed telephone line at the lower entrance to the Swenson Gym.

Emergency Equipment: Supplies (trauma kit, splint kit, spine board, oxygen, AED) are maintained in the Stromberg Center athletic training room and/or on sidelines during tennis competitions.

Roles of First Responder:

1. Immediate care of the injured or ill student-athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system (EMS)
 - a. If possible, the ATC directs the athletic training student or an assistant coach present to activate EMS while ATC attends to the collapsed athlete.
 - b. Call 9-911 when using an on-campus phone and 911 when using a cell phone. (Provide your name, location, telephone number, number of individuals injured, nature of injury, first aid treatment rendered, specific directions to location, other information as requested, and be the last one to hang up.)
 - c. Notify campus police at 626-6460
4. Direction for EMS to the Edman Tennis Courts
 - a. Ambulance has access to court via 4100 south and should enter the court at the south side parking lot which directly south of Swenson Gymnasium. (refer to map below)
 - b. Personnel will be located at the parking lot to direct ambulance.

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