

Original: 7/16/19 Revised: 7/22/19 Reviewed: 4/22/2020

# Embry-Riddle University Sports Medicine Athletics Emergency Action Plan

## **Cross Country Distance Runs**

#### **Emergency Personnel**:

- 1. No emergency personnel present on off-campus runs; coaches available at start/end site.
- 2. Certified/Licensed Athletic Trainer or Intern Athletic Trainer available by phone (386-226-6528)
- 3. Campus Safety to be notified if on campus (386-226-7233); if off campus, 911
- 4. **NO** athlete is to run alone, always run with a teammate.
- 5. Athletes to generally run the same route
- 6. If emergency arises, a teammate would find help. If multiple teammates, one teammate stays with injured/ill athlete while other teammate(s) get help.

#### **Emergency Communication**:

- 1. If on campus, contact Campus Safety (386-226-7233), and inform of location.
- 2. If off campus, Call 911 for EMS
- 3. ICI Center Athletic Training room phone (386-226-6528)

Justin White, Head ATC
Kayla Barnett, Assistant ATC
Bill Ward, Assistant ATC
Dominic Morales, Assistant ATC
Katie Proppe, Assistant ATC
Katie Proppe, Assistant ATC
Cell: 386-226-6417
Cell: 615-934-1147
Cell: 608-397-9430
Cell: 314-488-7911
Cell: 314-488-7911
Cell: 314-488-7911
Cell: 314-488-7911
Cell: 314-488-7911

9. ERAU Sports Medicine Emergency Phone training room: 386-226-6528

#### **Role of First Responders:**

- 1. Survey the scene, insure athlete is safe
- 2. Immediate care of injured athlete
- 3. Request an ambulance if needed
  - a. **Call 911** (provide name, location (field, building, court), telephone #, individual injured, age, condition, type of injury, any other needed info)
  - b. Remain on the phone until 911 releases you and they hang up
  - c. If possible, contact Campus Safety (386-226-7233) if on campus, to inform them of incident on field/trail.

### **Severe Weather Facility**:

- 1. Go into an enclosed building
- 2. If not building available, seek shelter in a car with windows up

### **UNSAFE shelter areas:**

- a. Open fields
- b. Golf carts
- c. Metal bleachers (on or under them)
- d. Dugouts
- e. Umbrellas, light poles, flag poles
- f. Tall trees