

**University of Maine
Sports Medicine**

**EMERGENCY PLAN
CROSS COUNTRY AND TRACK PRACTICE/MEETS**

Emergency Personnel: Certified athletic trainer and student athletic trainer(s) on site for practice and competition; additional sports medicine staff accessible from the Kessock Sports Medicine Center in Memorial Gym. Coaches or strength and conditioning personnel may be available if no athletic trainers are present.

Emergency Communication: The coach or a student-athlete should use their cell phone to call EMS by dialing **581-4040**. If a cell phone is not available the nearest call box or phone should be found and used to call EMS. Call box located at northeast corner of Alford Arena.

Emergency Equipment: Supplies such as splints and spine board are located in the Kessock Sports Medicine Center. Additional emergency equipment is accessible from the UVAC ambulance. An Automated External Defibrillator (AED) may be on site with the athletic training staff. If no AED is on site, one is located in the hallway between the fieldhouse and the pit.

Roles of First Responders

1. Immediate care of injured or ill student-athlete.
 - a. calm and reassure the victim
 - b. have one person stay with victim if possible
2. Activation of the emergency medical system (EMS)
 - a. Call 911
 - i. provide name
 - ii. location
 - iii. telephone number
 - iv. number of individuals injured
 - v. condition of injured
 - vi. first aid treatment provided
 - vii. specific directions (follow plan)
 - viii. other info as requested
 - b. BE THE LAST TO HANG UP
3. Emergency equipment retrieval (if necessary).
4. Designate individual to “flag down” EMS and direct to the scene
 - a. Meet ambulance
5. Scene Control: limit scene to first aid providers.

Direction of EMS to Scene

Follow directions from dispatch.