

**University of Maine
Sports Medicine**

**EMERGENCY PLAN FOR MEMORIAL GYM
“INTERCOLLEGIATE STRENGTH AND CONDITIONING CENTER”**

Emergency Personnel: The Sports medicine staff is accessible from nearby Kessock Sports Medicine Center. Coaches or strength and conditioning personnel should be present if no athletic trainers are available.

Emergency Communication: A fixed telephone is located inside the strength and conditioning center on the north end and 911 should be dialed.

Emergency Equipment: Supplies such as vacuum splints and spine board are located in the adjacent Kessock Sports Medicine Center. Additional emergency equipment is accessible from the UVAC ambulance. An Automated External Defibrillator (AED) 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. set of blue doors near batting cage
5. Scene Control: limit scene to first aid providers.

Direction of EMS to Scene

Follow Long Road past the field house and turn right into parking area between Baseball Stadium and Field House. Proceed to the last set of blue doors to the field house on the right. The strength and conditioning center is located on the east end of the track accessible only by the blue door inside the field house.