

Gymnastics Facility

Emergency Personnel: Sports Medicine Staff on site for practice and competition: additional Sports Medicine staff accessible from Jervy Athletic Training facility (656-1952).

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to the sport. An AED is located on the wall outside the Athletic Training Room.

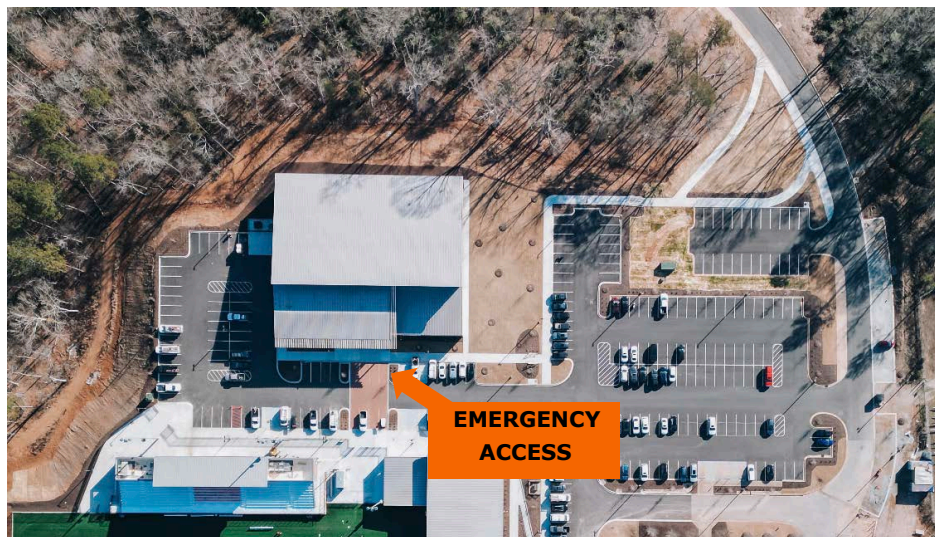
Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Gymnastics Facility**)
 3. Address (**End of East Beach Drive**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Direction: The Gymnastics facility is located on East Beach Road on Lake Hartwell. Access to this area is via Perimeter Road. Follow it to the East Beach Rowing Venue.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





LACROSSE FACILITY

Emergency Personnel: Sports Medicine Staff on site for practice and competition: additional Sports Medicine staff accessible from Jervy Athletic Training facility (656-1952).

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to the sport. An AED is located in the Mud Room (field access or from within the athletic training room).

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Lacrosse Facility**)
 3. Address (**End of East Beach Drive**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Direction: The Lacrosse Facility is located on East Beach Road. Access to this area is via Perimeter Road. Follow it to the East Beach Rowing Venue.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





DOUG KINGSMORE STADIUM

Emergency Personnel: Sports Medicine Staff on site for practice and competition. Additional sports medicine staff accessible from Jervey Athletic Training Facility (656-1952). An Ambulance is located at a designated staging area for competitions.

Emergency Communication: A cellular phone will be used for emergencies

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport; this would include an AED.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location: **Doug Kingsmore Baseball stadium please specify either Right field entrance (player down on field), Left field entrance, or home plate entrance**
 3. Address **(Off Perimeter Road Behind Jervey Gym)**
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Doug Kingsmore Baseball Stadium has two means of access.

1. Take Perimeter Road to Jervey Athletic Center Parking Lot. Follow the moat road around to the Right and enter the Baseball Field at the Right Field entrance
(For player down on field use the right field entrance between the bullpen and Cajun Café)
2. Main entrance: Take Perimeter Road to East Beach Road, after you are at East Beach Road, you will see the stadium entrance on your left.
3. Take Perimeter Road to Jervey Athletic Center Parking Lot area and you can access the stadium
 - a. Have someone open the access
 - b. Designate individual to "flag down" EMS to the scene
(Make sure to designate EMS entrance Right field, left field or home plate)
4. Scene control: Limit scene to First Aid Responder and move bystanders away from area.



EMERGENCY ACTION PLAN

LITTLEJOHN COLISEUM

Emergency Personnel: Sports Medicine Staff on site for practice and competition. A Primary Care/Sports Medicine Physician will be at all home contests. The Orthopedic Physician will also be in attendance at most competitions. There will be an ambulance located in the loading dock with personnel in the home tunnel for first aid purposes during competitions.

Emergency Communication: Fixed telephone line is located in the Athletic Training Room (656-2111).

Emergency Equipment: Supplies including an AED kept in the Athletic Training Room in Littlejohn Coliseum. In addition, an AED is located in the Littlejohn Coliseum Weight Room on the lower level of Swann Pavilion, as well as at the intersection of the ramp to the loading dock and the tunnel.

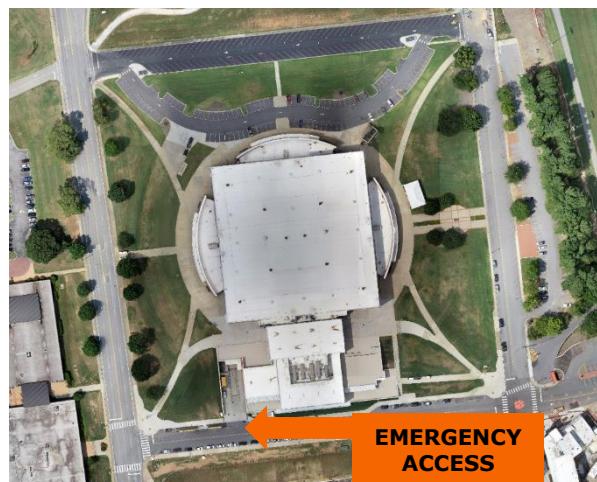
Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located in the Athletic Training Room

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Littlejohn Coliseum**)
 3. Address
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Littlejohn Coliseum is located on Perimeter Road. Access to the tunnel is through the loading dock on the Avenue of Champions.

1. Have open access
2. Designate individual to "flag down" EMS to the scene. (**Meet EMS at the loading dock and direct to the main floor or the Swann Pavilion gym**)
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN



REEVES FOOTBALL COMPLEX

Emergency Personnel: Sports Medicine Staff may be in the building. Football coaches, staff, building employees, and student workers may also be on site.

Emergency Communication: Fixed telephone lines are located in individual offices. The front desk telephone number is 656-1911.

Emergency Equipment: AED and ready kit are mounted on the wall in the Paw Dining Hall, and on the second floor by the men's restroom, outside of the team room.

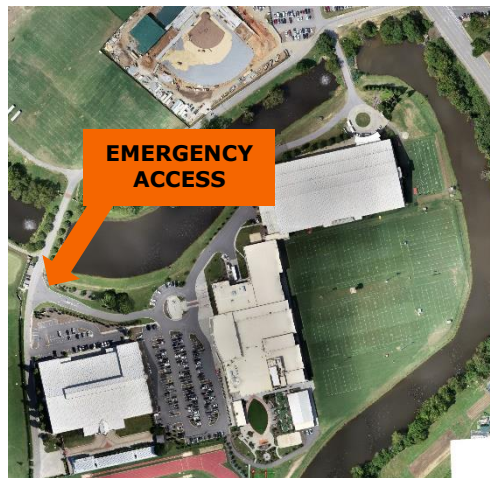
Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location: **(Reeves Football Complex)**
 3. Address **(100 Reeves Way)**
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene

Venue Directions: Reeves Football Facility is located on 100 Reeves Way.

1. Access from Perimeter Road, to Jervey Meadows Road, follow around and building entrance is on the left-hand side.
 - A. Have open access
 - B. Designate individual to "flag down" EMS to the scene.
2. Scene control: Limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN



JERVEY MEADOWS FOOTBALL PRACTICE FIELDS & INDOOR PRACTICE FACILITY

Emergency Personnel: Sports Medicine Staff on site in the Athletic Training Facility. Sports Medicine Staff are at practice field for practices and workouts.

Emergency Communications: The Athletic Trainers on site have cell phone communications while at the practice field/indoor practice facility as well as direct radio communication with CU police dispatch.

Emergency Equipment: Emergency equipment includes an AED that is mounted on the west wall of the indoor practice facility, additionally a backpack AED is brought to all practices and workouts. There is a motorized medical cart and also a van for the sports medicine staff to use.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

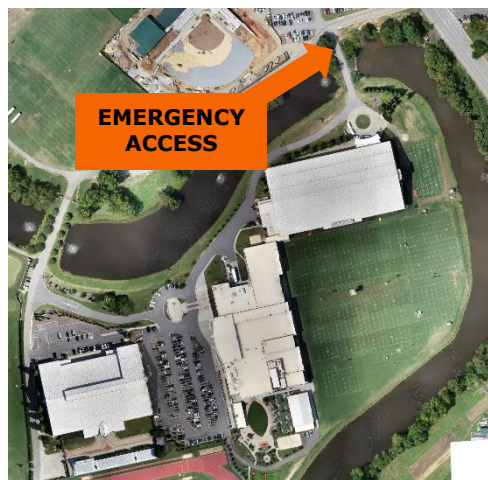
Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Football Practice Fields in Jervey Meadows**)
 3. Address
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Directions: The Football Practice Fields are located off Perimeter Road. Access to this area is from Perimeter Road to Jervey Meadows Rd. Then take a left onto the Football Practice Field Access Road.

Secondary Access: Take Jervey Meadows Rd towards the outdoor track. Turn Left onto Reeves Way. Gate is located on the right side of the parking lot, by the outdoor village.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN

DEATH VALLEY MEMORIAL STADIUM

Emergency Personnel: Sports Medicine Staff on both Home and Visiting Team sidelines. Also, Primary Care/Sports Medicine Physicians, Orthopedic Physician and a Nurse Practitioner will be on the home sideline during games. There is a Paramedic crew on the Home sideline that has sole responsibility for the teams and officials. The Ambulance is located at a designated staging area and will access the field through the West End Visiting Team Tunnel next to IPTAY.

Emergency Communication: Fixed telephone lines are located in the home team athletic training room and visitors' locker room at Death Valley (Home: 656-2113, Visitor 656-2908). These numbers are to be used in emergency situations only and are confidential information.

Emergency Equipment: Emergency equipment including AED will be located on Home Team Sideline. Additional equipment will be with the Paramedics.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

2. Immediate care of the injured or ill student athlete.
3. Emergency equipment retrieval.
4. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Death Valley Football Stadium**)
 3. Address
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: Death Valley Memorial Stadium is located on the West end of Campus. Access is by Perimeter Road and Highway 93. For access to the field, enter visitor side gate next to the IPTAY Building.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





LARRY B. PENLEY JR. GOLF FACILITY

Emergency Personnel: Sports Medicine staff is not on site to cover Golf during practice or competition at this location. The Clemson University Sports Medicine staff covers Golf from the Jervey Athletic Training Facility (656-1952).

Emergency Communication: If a cell phone is unavailable, there is an Emergency Call Box located at the main entrance to the Rock Norman Track Complex, which is adjacent to the Golf Practice Venue.

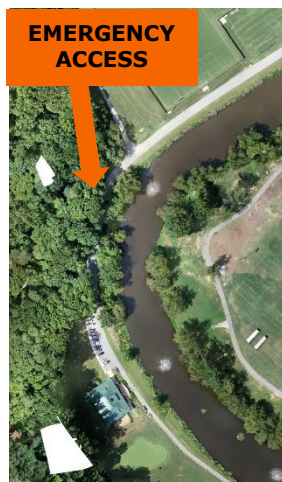
Emergency Equipment: Access from Jervey Athletic Training Facility. In addition, an AED is mounted on the wall on the first floor of the facility located near the stairwell.

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Larry B. Penley Jr. Golf Facility**)
 3. Address (**East Beach Drive**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Clemson Larry B. Penley Jr. Golf facility is located in the Jervey Bottom area. Access to this is via Perimeter Road to E Beach Dr., follow past the intramural field, the facility will be immediately on the left. Have open access

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





CLEMSON GOLF PRACTICE FACILITY

Emergency Personnel: Sports Medicine staff is not on site to cover Golf during practice or competition at this location. The Clemson University Sports Medicine staff covers Golf from the Jervey Athletic Training Facility (656-1952)

Emergency Communication: If a cell phone is unavailable, there is an Emergency Call Box located at the main entrance to the Rock Norman Track Complex, which is adjacent to the Golf Practice Venue.

Emergency Equipment: Access from Jervey Athletic Training Facility. In addition, an AED is mounted on the wall on the first floor near the stairwell of the Larry B. Penely, Jr Golf facility.

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Golf Practice Complex near the track**)
 3. Address (**Track Drive across from the Track Complex**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Clemson Golf practice facility is located in the Jervey Bottom area. Access to this is via Perimeter Road to the Jervey Parking Lot Road, then follow the Jervey Meadows Road to Track Drive the Golf Complex on the right, across from the Rock Norman Track Complex

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN



EAST BEACH ROWING

Emergency Personnel: Sports Medicine Staff on site for practice and competition: additional Sports Medicine staff accessible from Jervy Athletic Training facility (656-1952).

Emergency Communication: Two fixed telephone lines are located at the Boat House (656-4573 and 656-4574).

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to the sport. An AED is located on the wall of the Erg Room.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**East Beach Boat House**)
 3. Address (**End of East Beach Drive**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Direction: The East Beach Rowing Venue is located on East Beach Road on Lake Hartwell. Access to this area is via Perimeter Road. Follow it to the East Beach Rowing Venue.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN

MEN AND WOMEN'S SOCCER PRACTICE FIELDS

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional Sports Medicine staff accessible from Jervy Athletic Training Facility (656-1952).

Emergency Communication: A cellular phone will be used for emergencies.

Emergency Equipment: Supplies maintained per Assistant Athletic Trainer assigned to work the sport. This would include AED Trauma Kit.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Soccer practice fields**)
 3. Address (**East Beach Drive, past baseball field**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Men's and Women's Soccer Practice fields are located on East Beach Drive. Access to this area is via Perimeter Road. Enter East Beach Drive and follow road past baseball field. Men and Women's Soccer Practice fields on right

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





RIGGS SOCCER STADIUM

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional sports medicine staff accessible from Jervy Athletic Training facility (656-1952). The Ambulance is located at a designated staging area and will access the field through the gate by the flagpoles opposite the scoreboard.

Emergency Communications: Athletic Trainers will have a cell phone. A fixed line telephone (656-4303) is located in the press box during competition.

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport. This would include an AED.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Riggs Soccer Field**)
 3. Address (**HWY 93/Old Greenville Hwy**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Riggs Soccer Stadium Venue is located off Old Greenville Highway next to the Duckworth Family Tennis Facility. **Alternative Access:** From Highway 93 to Williamson Road, then turn left on Heisman Street, which becomes Klugh Avenue. Turn left onto Alpha Beta Circle and the Soccer Venue is located immediately on the left (**115 Alpha Beta Circle**).

For Emergency Access: Enter the parking lot of the Tennis Facility and take a left towards the soccer videoboard. Follow the access road behind the stands to the field entrance by the flagpoles. **Alternative Access:** Make an immediate right after entering the gate at the stadium. Follow the road inside the stadium around the stands and enter the field at the flagpoles, just before the bleachers closest to Highway 93. This entrance is on the Highway 93 side of the stadium

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



EMERGENCY ACTION PLAN

THE DUCKWORTH FAMILY TENNIS FACILITY (INDOOR)

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional sports medicine staff accessible from Jervy Athletic Training facility (656-1952).

Emergency Communication: A cellular phone will be used for emergencies

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport, including an AED.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Indoor Tennis Courts**)
 3. Address (**HWY 93/Old Greenville Hwy**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Directions: The Duckworth Family Indoor Tennis Center Venue on Old Greenville Highway between Riggs Field and the Lower Intramural Fields. **Alternative Access:** From Highway 93 to Williams Road, then turn left on Heisman Street and Alpha Beta Circle the Indoor Tennis Venue is located on the left.

1. Have open access
2. Designate individual to "flag down" EMS to the scene
3. Scene control: limit scene to First Aid responder and move bystanders away from area



THE DUCKWORTH FAMILY TENNIS FACILITY (OUTDOOR)

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional sports medicine staff accessible from Jervy Athletic Training facility (656-1952).

Emergency Communication: A cellular phone will be used for emergencies

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport, including an AED.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Outdoor Tennis Courts**)
 3. Address (**HWY 93/Old Greenville Hwy**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Duckworth Family Indoor Tennis Center Venue on Old Greenville Highway between Riggs Field and the Lower Intramural Fields. **Alternative Access:** From Highway 93 to Williams Road, then turn left on Heisman Street and Alpha Beta Circle the Indoor Tennis Venue is located on the left.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



INDOOR TRACK

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional Sports Medicine staff accessible from Jervey Athletic Training Facility.

Emergency Communication: The Emergency Call Box for Outdoor Track is close between the Indoor and Outdoor Tracks

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport. There is an AED mounted to the wall next to the Athletic Training Room located in the northwest corner of the facility

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Indoor Track**)
 3. Address (**Track Drive In front of the Outdoor Track**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Rock Norman Track Complex is located in the Jervey bottom area. Access to this area is via Perimeter Road, to the Jervey parking lot, and then follows the Jervey Meadows road to the Track complex on the left.

1. Have open access
2. Designate individual to "flag down" EMS to the scene (**direct EMS to the Garage Door for entry**)
3. Scene control: limit scene to First Aid responder and move bystanders away from area.





ROCK NORMAN TRACK COMPLEX

Emergency Personnel: Sports Medicine Staff on site for practice and competition: Additional Sports Medicine staff accessible from Jervey Athletic Training Facility (656-1952)

Emergency Communication: There is an emergency call box located at the main entrance of the Track Complex

Emergency Equipment: Supplies maintained per Athletic trainer assigned to work the sport. This would include AED for practice and competitions. In addition, there is an AED mounted to the wall next to the Athletic Training Room located in the northwest corner of the indoor facility

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Outdoor Track or Indoor Track**)
 3. Address (**Track Drive**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Directions: The Rock Norman Track Complex is located in the Jervey bottom area. Access to this area is via Perimeter Road, to the Jervey parking lot, and then follows the Jervey Meadows road to the Track complex on the left. Enter first gate then immediately turn left and enter through separate gate to gain direct access to the track

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. **Outdoor Track**
 - a. **(Direct EMS to the back entrance to the Track At the end of Track Drive so they have access to enter the field with the ambulance)**
4. **Indoor Track**
 - a. **(Direct EMS to the Garage door entrance to the Track so they have access to enter the field with the ambulance)**
5. Scene control: limit scene to First Aid responder and move bystanders away from area



EMERGENCY ACTION PLAN

Emergency Personnel: Sports Medicine Staff on site for practice and competition: additional sports medicine staff accessible from Jervy Athletic Training facility.

Emergency Communication: The Jervy Athletic Training facility is located in the same building as the Volleyball Venue with telephone line at the main desk (656-1952).

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport. This would include an AED. In addition, access to the Jervy Athletic Training Room which has an AED located on the wall on the main entrance

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located in the Jervy Athletic Training Room

Roles of the First Responder:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
Provide the following information:
 1. Your Name
 2. Location (**Jervy Gym**)
 3. Address (**Perimeter Road**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries
 6. Direction of EMS to scene.

Venue Directions: The Jervy Volleyball Venue is located on Perimeter Road. Access to this area is from Perimeter Road. Enter the Jervy parking lot through the north entrance. The Volleyball Venue will be on your right after you turn on to the road.

For emergency access: After entering making the turn into Jervy parking area, Take the first right (**Athletic Service Road**) turn and proceed up the access road to the loading dock area. From there, enter the building through the glass doors and make a right. Jervy Gym will directly in front of you.

1. Have open access
2. Designate individual to "flag down" EMS to the scene.
3. Scene control: limit scene to First Aid responder and move bystanders away from area.



JERVEY WEIGHT ROOM

Emergency Personnel: Sports Medicine Staff may be in the building. Coaches, staff, building employees, and student workers may also be on site.

Emergency Communication: The Jervey Athletic Training facility is located in the same building as the Weight Room with telephone line at the main desk (656-1952).

Emergency Equipment: Supplies located in the Jervey Athletic Training Room. An AED located on the wall in the Weight Room next to the cardio equipment by the staff offices.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located in the Jervey Athletic Training Room

Roles of First Responders:

1. Immediate care of the injured or ill student athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Jervey Weight Room**)
 3. Address (**310 Perimeter Road**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene

Venue Directions: The Jervey Weight Room is located on Perimeter Road.

1. Access to this area is from Perimeter Road. Enter the Jervey parking lot through the north entrance. The Jervey Weight Room will be on your right after you turn on to the road.
2. After entering making the turn into Jervey parking area, Take the first right (**Athletic Service Road**) turn and proceed through the double glass doors on the right.
 - a. Have facility open and clear access to the incident area
 - b. Designate individual to "flag down" EMS to the scene
3. Scene control: Limit scene to First Aid responder and move bystanders away from area.



SOFTBALL STADIUM

Emergency Personnel: Sports Medicine Staff on site for practice and competition. Additional sports medicine staff accessible from Jervey Athletic Training Facility (656-1952). An Ambulance is located at a designated staging area for competitions.

Emergency Communication: A cellular phone will be used for emergencies

Emergency Equipment: Supplies maintained per Athletic Trainer assigned to work the sport; this would include an AED.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located on-site

Roles of First Responders:

1. Immediate care of the injured or ill student athlete.
2. Emergency equipment retrieval.
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location: **Softball stadium please specify either Right field entrance (player down on field), or home plate entrance**
 3. Address **(Off Perimeter Road Behind Jervey Gym)**
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene.

Venue Directions: The Softball Stadium has two means of access.

1. Take Perimeter Road to Jervey Athletic Center Parking Lot. Follow the moat road around to the Right and enter the Softball Field at the Right Field entrance
(For player down on field use this entrance)
2. Main entrance, take Perimeter Road to Jervey Athletic Center Parking Lot area and you can access the stadium
 - a. Have someone open the access
 - b. Designate individual to "flag down" EMS to the scene
(Make sure to designate EMS entrance Right field, left field or home plate)
3. Scene control: Limit scene to First Aid Responder and move bystanders away from area.



EMERGENCY ACTION PLAN



JERVEY ATHLETIC CENTER

Emergency Personnel: Sports Medicine Staff may be in the building. Coaches, staff, building employees, and student workers may also be on site

Emergency Communication: The Jervy Athletic Training facility is located on the first floor with a telephone line at the main desk (656-1952).

Emergency Equipment: Supplies located in the Jervy Athletic Training Room. An AED located on the wall of the main entrance, across from the front desk.

Heat Management/Cold Water Immersion: A cold-water immersion apparatus is located in the Jervy Athletic Training Room

Roles of First Responders:

1. Immediate care of the injured or ill student athlete
2. Emergency equipment retrieval
3. Activation of emergency medical system:
 - A. **Call 656-2222 (this is the emergency dispatcher on campus)**
 - B. Provide the following information:
 1. Your Name
 2. Location (**Athletic Training / Fred Hoover Training Room**)
 3. Address (**310 Perimeter Road**)
 4. Phone number you are calling from
 5. Number of victims and specific injuries.
 6. Direction of EMS to scene

Venue Directions: The Jervy Athletic Training Facility is located on Perimeter Road.

1. Access to this area is from Perimeter Road. Enter the Jervy parking lot through the north entrance. The Jervy Athletic Training Facility will be on your right after you turn on to the road.
2. After entering making the turn into Jervy parking area, Take the first right (**Athletic Service Road**) turn and proceed up the access road to the loading dock area. From there, enter the building through the glass doors and make a left. The Fred Hoover Training Room is located past the elevator on the right
 - a. Have facility open and clear access to the incident area
 - b. Designate individual to "flag down" EMS to the scene
3. Scene control: Limit scene to First Aid Responder and move bystanders away from area.



PRACTICAL GUIDELINES FOR IMPLEMENTING COLD WATER IMMERSION FOR AN EXERTIONAL HEAT STROKE PATIENT

1. **Initial response.** Once exertional heat stroke is suspected, prepare to cool the patient and contact emergency medical services (EMS).
2. **Prepare for ice water immersion.** On-site, half-fill the tub or wading pool with water and ice (before an emergency, check the water source to see how quickly it fills the immersion tub).
 - a. The stock tank can be filled with ice and cold water before an event (or have tub half-filled with water and three to four coolers of ice next to tub; this prevents having to keep tub cold throughout the day).
 - b. Ice should cover the surface of the water at all times.
 - c. If the athlete collapses near an athletic training room, a whirlpool tub or cold shower may be used.
3. **Determine vital signs.** Just before immersing the heat-stroke patient, take vital signs.
 - a. Assess core body temperature with a rectal thermometer (thermometer stays in during cooling and allows for continuous monitoring of temperature during immersion therapy).
 - b. Check airway, breathing, pulse, and blood pressure.
 - c. Assess the level of central nervous system dysfunction.
4. **Begin ice water immersion.** Place the athlete in the ice water immersion apparatus. Medical staff, volunteers, and teammates may be needed to assist with a smooth and safe entry and exit.
5. **Total body coverage.** Cover as much of the body as possible with ice water while cooling.
 - a. If full body coverage is not possible due to the container's size, cover the torso as much as possible.
 - b. To keep the athlete's head and neck above water, an assistant may hold the victim under the axillae – armpits – with a towel or sheet wrapped across the chest and under the arms.
 - c. Place an ice/wet towel overhead and neck while body is being cooled in tub.
 - d. Use a water temperature under 15oC (under 60oF).
6. **Vigorously circulate water.** During cooling, water should be continuously circulated or stirred to enhance the water-to-skin temperature gradient, which optimizes cooling. Have an assistant stir the water during cooling.
7. **Continue medical assessment.** Vital signs should be monitored at regular intervals.
 - a. It may be helpful for an assistant to stand nearby in case the athlete becomes combative.
 - b. Other assistants may be needed to lift or roll the athlete if vomiting occurs.
8. **Fluid administration.** If a qualified medical professional is available, an intravenous fluid line can be placed for hydration and support of cardiovascular function.
 - a. Rest the arm to be used on the side of the water immersion tub.
9. **Cooling duration.** Continue cooling until the patient's rectal temperature lowers to 39°C (102°F)
 - a. If rectal temperature cannot be measured and cold-water immersion is indicated, cool for 10-15 minutes and then transport to a medical facility.
 - b. An approximate estimate of cooling via cold-water immersion is 1°C for every five minutes and 1°F every 3 minutes (if the water is aggressively stirred). This means, the cooling rate will be slower initially, and increase the longer the person is in the tub. For example, if someone were in the tub for 15 minutes, they would cool approximately 3°C or 5°F during that time.
10. **Patient transfer.** Remove the patient from the immersion tub only after rectal temperature reaches 39°C (102°F) and then transfer to the nearest medical facility via EMS as quickly as possible.
11. **Cooling is the primary goal before transport.** If appropriate medical staff is available on-site (team physician or athletic trainer); an aggressive cooling modality is readily available (i.e., Cold-water immersion, ice/wet towel rotation, high flow cold water dousing); and no other emergency medical services are needed besides the rapid lowering of temperature, then always follow the "cool-first, transport second" doctrine.
12. **Advanced medical support.** During transportation, maintain the rectal thermometer, which allows body temperature to be monitored continuously.
 - a. Once the athlete has arrived at the hospital, tests and other treatments will address issues resulting from the hyperthermia. If cold-water immersion is not available or feasible given the constraints of the athletic/military/labor task being performed, then cool via the best available means. A good (although not optimal) highly portable alternative is a cooler filled with ice, water, and 12 towels. Place six ice/wet towels all over body and leave on for 2-3 minutes, then place those back in cooler and put the six others on the patient. Continue this rotation every 2-3 minutes. Another alternative when a tub is not available is cold water dousing from a locker room shower or from a hose.

These recommendations are adapted from: Casa D. J., B. M. McDermott, E. C. Lee, S. W. Yeargin, L. E. Armstrong, C. M. Maresh. "Cold-water immersion: The gold standard for exertional heat stroke treatment," Exercise and Sports Science Reviews. 35(3):141-149, 2007. http://journals.lww.com/acsm-essr/Abstract/2007/07000/Cold_Water_Immersion__The_Gold_Standard_for.9.aspx



EXERTIONAL HEAT ILLNESS MANAGEMENT POLICY

All efforts will be made to ensure that the risk of heat related illness is kept low for Clemson University student-athletes. Student-athlete and coach education, identification of at-risk individuals, hydration procedures, and other prevention strategies will be utilized to prevent heat illness episodes. When exertional heat illness does occur, the management plan will be put into action to allow quick access to the appropriate care. The daily outside environment will be monitored for heat and humidity.

PURPOSE

To keep the risk of exertional heat illness low for all student-athletes and coaches. To allow for quick response in the event of heat related illness.

PROCEDURES

Heat Cramps

Possible Signs and Symptoms

- I. Severe cramps, frequently in the calf and/or abdomen
- II. Pale and wet skin

Treatment may include but not limited to:

- I. Place the student-athlete in a cool, shaded environment
- II. Stretch the affected muscle(s) / contract the antagonist muscle
- III. Remove equipment and/or constrictive clothing
- IV. Drink fluids- give student-athlete isotonic sports drink/beverage and electrolyte replenishment (i.e., Gatorade, Gatorlyte, etc.)
- V. Place ice bags, ice towels, cold water on student athlete's neck, wrists, ankles, groin, back of knees
- VI. Evaluate for IV fluids and/or prescription medication per Team Physicians

Heat Exhaustion

Possible Signs and Symptoms:

- | | |
|--|--|
| I. Body temperature may be normal or elevated to 102-104 degrees F | VI. Nausea and/or vomiting |
| II. Normal blood pressure | VII. Headache, dizziness, and/or faintness |
| III. Tachycardia (rapid heart rate) | VIII. Profuse sweating |
| IV. Apprehensiveness | IX. Rapid & shallow breathing; weak pulse |
| V. Cold, damp, & ashen skin | X. Muscle spasms/cramps |
| | XI. Thirst |

Treatment may include but not limited to:

- I. Transport student athlete into the Athletic Training Facility / remove from the environment
- II. Remove equipment and/or constrictive clothing
- III. Monitor vital signs (blood pressure, pulse, respirations, body temperature monitoring with rectal temperature, etc.)
- IV. Drink fluids - give student-athlete isotonic sports drink/beverage and electrolyte replenishment (i.e., Gatorade, Gatorlyte, etc.)
- V. Ice tub / cold whirlpool / cold water immersion
- VI. Place ice bags, ice towels, cold water on student athlete's neck, wrists, ankles, groin, back of knees
- VII. Evaluate for IV fluids and/or prescription medication per Team Physicians

Exertional Heat Stroke – serious, life-threatening condition requiring immediate medical attention

Possible Signs and Symptoms:

- | | |
|---|--|
| I. Sudden onset | VII. Lack of perspiration |
| II. High body temperature (104 degrees F or higher) rectal Temperature | VIII. Dry mouth and/or intense thirst |
| III. Pulse rate of 160 BPM or greater | IX. Headache, dizziness, confusion, and/or lethargy |
| IV. Rapid respirations (20-30 respirations per minute) | X. Staggering body control, poor judgment, and/or bizarre behavior |
| V. Red, hot, dry, & flushed skin (may not be hot & dry in a well-trained athlete) | XI. Convulsions / muscle twitching |
| VI. Nausea and/or vomiting | XII. Decreasing consciousness |

Treatment may include but not limited to:

- I. Activate Emergency Action Plan / EMS immediately
- II. Transport into the Athletic Training Facility / remove from the environment
- III. Remove equipment and/or constrictive clothing
- IV. Maintain Airway, Breathing, Check Circulation (ABC's)
- V. Monitor vital signs (blood pressure, pulse, respirations, body temperature, etc.)
- VI. Drink fluids (if conscious) - give student-athlete isotonic sports drink/beverage and electrolyte replenishment (i.e., Gatorade, Gatorlyte, etc.)
- VII. Ice tub / cold whirlpool / cold water immersion
- VIII. Place ice bags, ice towels, cold water on student athlete's neck, wrists, ankles, groin, back of knees
- IX. Evaluate for IV fluids and/or prescription medication per Team Physicians