XAVIER SPORTS MEDICINE

The Xavier University Sports Medicine Staff is pleased to welcome you to our campus. We are able to provide you and your team with state-of-the-art care and medical services. In preparation for your upcoming visit to Cincinnati, the following information has been prepared for you. If your team is traveling without a certified athletic trainer, we ask that you send a letter requesting the use of specific modalities and to make arrangements for treatments. The main Athletic Training Facility is located on the event level of Cintas Center (Volleyball, Men’s and Women’s Basketball) and a secondary Athletic Training Room is located on the first floor of Schmidt Fieldhouse (Baseball, Men’s and Women’s Soccer, Swimming).

The main facility in Cintas is a state-of-the-art facility that includes 2 private physician offices with a dispensary. The floor of the Athletic Training Room has an 11 bed capacity for patients equipped with Chattanooga Genisys modality units of multiple wave forms and ultrasounds. Equipment available for your use include a Chattanooga Genisys equipped with EMG, an MR4 Diagnostic Pulsed Laser, HIVAMAT unit, a Power Plate, a Dynatronics Solaris Plus unit, the Owens Recovery Blood Flow Restriction unit, several Normatec compression units, a Rebounder, slide board, Cybex weight machines, a Theraband Wellness Station, and a Pilates Reformer. There are 2 bikes, a UBE, an Elliptical strider, a Reversible Treadmill, and an Alter G treadmill. You may also use the G5 massager, Graston instruments, and cupping sets. The hydrotherapy room is equipped are 2 plunge tanks (hot & cold), hydrocollator, paraffin bath, a freezer of ice cups, and a crushed ice machine. Please let us know ahead of time if you would like access to any of the equipment within the facility. You will have the ability to access the facility during regular business hours.

The following services will be provided to you on your visit:
• Ice, water, cups and towels for benches and locker rooms during games and practice sessions
• Bike and treatment table in tunnels on both ends of the floor
• Full use of a state-of-the-art sports medicine facility
• ATC’s available two hours prior and one hour following event
• Infectious waste supplies on each bench
• Paramedics on site and ambulance on call
• Team physician on site
• Gatorade beverages in the locker room for pre and post-game
• Hydrocollator, treatment tables, taping tables, tape and first aid supplies, and a Chattanooga Genisys modality unit in the visitor’s locker room

Below is the emergency action plan and contact information for our staff, pharmacies, and hospitals. If you have any special medical needs, please contact the athletic trainer assigned to your sport so arrangements can be made with one of the staff physicians.
## Sports Medicine Directory

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Sports</th>
<th>Contact Information</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>David Fluker</td>
<td>Head Athletic Trainer</td>
<td>Men's Basketball, M/W</td>
<td>c) 513.200.3333 o) 513.745.2928</td>
<td><a href="mailto:flukerd@xavier.edu">flukerd@xavier.edu</a></td>
</tr>
<tr>
<td>Connor Barnes</td>
<td>Assistant Athletic Trainer</td>
<td>Women's Basketball, Cross Country</td>
<td>c) 314.402.0801 o) 513.745.2803</td>
<td><a href="mailto:barnesc2@xavier.edu">barnesc2@xavier.edu</a></td>
</tr>
<tr>
<td>Nate Hoffmeier</td>
<td>Assistant Athletic Trainer</td>
<td>Baseball</td>
<td>c) 513.313.9895 o) 513.745.4274</td>
<td><a href="mailto:hoffmeier@xavier.edu">hoffmeier@xavier.edu</a></td>
</tr>
<tr>
<td>Bre Cugliari</td>
<td>Assistant Athletic Trainer</td>
<td>Volleyball, Swimming</td>
<td>c) 330.204.6715 o) 513.745.3683</td>
<td><a href="mailto:cugliarib2@xavier.edu">cugliarib2@xavier.edu</a></td>
</tr>
<tr>
<td>Connor Gearhart</td>
<td>Intern Athletic Trainer</td>
<td>Men's Soccer, Track</td>
<td>c) 918.527.1178 o) 513.745.4208</td>
<td><a href="mailto:gearhartc@xavier.edu">gearhartc@xavier.edu</a></td>
</tr>
<tr>
<td>Jordan (JJ) Johnson</td>
<td>Intern Athletic Trainer</td>
<td>Women's Soccer, Tennis, Track</td>
<td>c) 206.973.6153 o) 513.745.4208</td>
<td><a href="mailto:johnsonj78@xavier.edu">johnsonj78@xavier.edu</a></td>
</tr>
</tbody>
</table>

Cintas Center Athletic Training Room: 513.745.2899

Schmidt Fieldhouse Training Room: 513.745.1973

Xavier Sports Medicine Fax: 513.745.1963
EMERGENCY NUMBERS

FOR ALL ON-CAMPUS EMERGENCIES
DIAL EXT. 1000

Medical
• Good Samaritan........................................................................................................... 513.872.2536
  Address ......................................................................................................................... 375 Dixmyth Avenue, Clifton
  (Please contact a staff ATC to help expedite you through the ER)
• Bethesda North............................................................................................................ 513.745.1112
  Address ......................................................................................................................... 10500 Montgomery Road, Montgomery
• University Hospital (Regional Trauma Center) ......................................................... 513.584.1000
  Address ......................................................................................................................... 234 Goodman Street, Cincinnati
• Christ Hospital............................................................................................................ 513.585.2000
  Address ......................................................................................................................... 2139 Auburn Avenue, Cincinnati

Police
• Xavier Campus Police ................................................................................................. 513.745.1000
• Cincinnati Police Department ....................................................................................... 513.352.3591
• Cincinnati Police Department (District 4) ..................................................................... 513.352.3576

Fire
• City of Cincinnati Fire Department................................................................................ 513.352.6220

Other
• Cincinnati Poison Control.............................................................................................. 513.636.5111

Hospital (Our Contact is Doug Harris, PA: If you are in need of being expedited through the ER we will put you in contact with him)
Good Samaritan Hospital
375 Dixmyth Avenue
Cincinnati, OH 45220-2489
Phone - 513.862.1400
Fax - 513.862.3435
www.trihealth.com

Pharmacies
Walgreens (24 hours) CVS Hyde Park Kroger
4605 Montgomery Road 5229 Montgomery Road 3760 Paxton Avenue
Norwood, OH 45212 Norwood, OH Cincinnati, OH
Phone - 513.731.0062 Phone - 513.731.2600 Phone - 513.871.4142
Cintas Center Emergency Action Plan

Dave Fluker, men’s basketball (c) 513/200-3333
Connor Barnes, women’s basketball (c) 314/402-0801
Bre Cugliari, swim (c) 330/204-6715

(Notify the Athletic Trainer of your sport in Emergent Cases and follow the activation of 911)

AED:
Located in the cabinet on wall between the Campus Police Office & the Cintas Center Operations Office to the right from the open end (North) of the Arena. Just open door to access. Also in cabinet outside the Auxiliary Gym across from the Weightroom.

Emergency Phone:
It is the Grey Phone on the right wall in the tunnel (closed end/South) on the Arena floor. It has direct access to Campus Police. State your name, location, type of emergency, and name of patient.
(Note: there is a 10-second delay until the operator comes on)
Campus Police will notify Cincinnati Fire Department with your 911 and intercept the Life Squad to guide them into the facility. If you use a cell phone to call the 911 you will not be able to guide the unit to you.
If phone is out of order use your cell phone to dial: 513/745-1000 or Xavier house phone (training room/Auxiliary Gym) to dial 1000

CONCUSSION:
The following will be immediately transported to the hospital:
- Spine Injuries
- Loss of consciousness (>1min)
- Glasgow Coma score <13
- Focal Neurological Deficit
- Repeated vomiting
- Worsening Mental Status
- ▲ Signs & Symptoms (5)

Hospital:
GOOD SAMARITAN HOSPITAL is the preferred hospital of Xavier Sports Medicine. Due to the nature of your emergency you may be redirected to one of our Regional Trauma Centers instead. Ambulance personnel will make this decision based upon the level of care needed.

*If the injury is severe the Paramedics in Hamilton County have been instructed to take the patient to University Hospital which is a Regional Trauma Center.

Emergency Exits:
Primary exit is on the loading dock on the open end of the arena. There is an exit courtside on the closed end of the arena through the tunnel next to the visitors' Locker room. Once through this fire door walk up to the next level and out the door to the outside of the building. You can always go up the arena stairs and onto the concourse at the closed end of the arena and out the main entrance.
Emergency Action Plan for The Cintas Center:

- Enter the loading dock walk toward the court and look to the lock box outside the office on the left.
- Up the long hall to the right pass through the double doors one is outside the Training Room (left).
- On the wall between the Strength Room and the Auxiliary Gym there is a lock box on the wall.
- 4th Floor East side of building in the Conference Center hallway.
- Access: Loading dock at the back of the building (Northside).
- Take Ledgewood Ave. off Victory Parkway (Northeast of Dana Ave.)
- Come up Ledgewood to stop sign (at roundabout).
- Go left and pass the sand Volleyball Court.
- There is an immediate stop sign and go through to the back of Cintas.
- Pass the 1st Parking lot to the right behind Cintas.
- Between the 1st and 2nd Parking lot behind Cintas is the loading dock.
Emergency Action Plan

(XAVIER UNIVERSITY)

SPORTS MEDICINE

Schmidt Fieldhouse, Hayden Field, Xavier Soccer Complex, and OSC Pool

Nate Hoffmeier, baseball (c) 513/313-9895
Bre Cugliari, swim (c) 330/204-6715
Connor Gearhart, men’s soccer (c) (918)/527-1178
Jordan Johnson, women’s soccer / track (c) 206/973-6153

(Notify the Athletic Trainer of your sport in Emergent Cases and follow the activation of 911)

AED:
Units are located in the Schmidt Fieldhouse Training Room, and at the O’Connor Sports Center desk in the lobby (building next to Schmidt Fieldhouse). Campus Police have units in their vehicles. Portable Units are to be taken out to Games and Practices.

Emergency Phone:
Yellow Phone outside the public bathrooms on the soccer field side of O’Connor Sports Center. It has direct access to Campus Police. State your name, location, type of emergency, and name of patient. (Note: there may be a 10-second delay until the operator comes on) Campus Police will notify Cincinnati Fire Department with your 911 and intercept the Life Squad to guide them into the facility. If you use a cell phone to call the 911 you will not be able to guide the unit to you. If phone is out of order use your cell phone to dial: 513/745-1000 or Xavier house phone (training room) to dial 1000.

CONCUSSION:
The following will be immediately transported to the hospital:
- Spine Injuries
- Loss of consciousness (>1min)
- Glasgow Coma score <13
- Focal Neurological Deficit
- Repeated vomiting
- Worsening Mental Status
- Signs & Symptoms (5)

Hospital:
GOOD SAMARITAN HOSPITAL is the preferred hospital of Xavier Sports Medicine. Due to the nature of your emergency you may be redirected to one of four Regional Trauma Centers instead. Ambulance personnel will make this decision based upon the level of care needed.

*If the injury is severe the Paramedics in Hamilton County have been instructed to take the patient to University Hospital which is a Regional Trauma Center.

Emergency Exits:
Exits for the two buildings and the fields are marked on the attached maps. In Schmidt Fieldhouse exits are on court level, and on the north & south ends of the building on the 1st & 2nd level. The third level has a north exit off the court and the south exit is down one stairs one level and out the 2nd floor. For O’Connor Sports Center Exits are marked on attached map.

Shelter from Inclement Weather:
Shelter can be sought inside either Schmidt Fieldhouse or O’Connor Sports Center. In game situations these locations will be announced and game personnel will act as guides to move you into these facilities.
O’Connor Sports Center – First Floor Plan
Access the O’Connor Sport Center off Victory Parkway Northwest of Dana Ave.

Enter through driveway across from Xavier’s Main campus. (red line)

Come down the hill and enter the 1st parking lot to the right.

You will see the entrance to the facility on your left. (access)
Schmidt Field House – Basement and First Floors
Emergency Action Plan Schmidt Fieldhouse:

- Enter the Access road leading to the upper Northeast corner of the Fieldhouse (Courtside)
- This runs off of Winding Way by taking a Northeast route away from Dana Ave. (Red Line).
- Winding Way runs parallel to Victory Parkway
- When entering the Access Rd. stay to the left and stay on the road until you come to the back of the Fieldhouse at the double doors.
Access the Soccer Complex off Victory Parkway Northwest of Dana Ave.
Enter through driveway across from Xavier’s Main campus. (red line)
Come down the hill and go to the back of the long parking lot to the left.
You will see the double gate entrance to the facility on your left all the way back at the cement retaining wall. (access)
Emergency Action Plan: Xavier Soccer Complex EXITS:
Emergency Action Plan for Hayden Field:

- Going Northwest of Dana on Victory Parkway access the Sport Complex across from Main Campus by the driveway. (follow red line)
- Turn right at the 1st parking outlet after driving down the hill and then turn right and drive to the back of the lot.
- Go left along the west side of the building until you see the outfield wall. (access)
- There is a deadbolt system to unlock the gate and access the field.
Outdoor Tennis Courts Emergency Action Plan

Jordan (JJ) Johnson  (c) 206/973-6153
Dave Fluker (c) 513/200-3333
(Notify the Athletic Trainer of your sport in non-emergent cases and following the activation of a 911 call)

AED:
Take a unit with you from Cintas Training Room or there is one located in the cabinet on wall between the Campus Police Office & the Cintas Center Operations Office to the right from the open end (North) of the Arena. You can access Cintas through loading dock.

Emergency Phone:
Notify Campus Police to call Cincinnati Fire Department with your 911 and have them intercept the Life Squad to guide them into the facility. If you use a cell phone to call the 911 you will not be able to guide the unit to you.

Safety & Security 513/745-1000
Xavier house phone (training room/Auxiliary Gym) dial 1000

Back Boards:
They are located past the Emergency Phone in the South Tunnel. Go past the restrooms on the left, and into the storage room on that left. They hang on the wall behind the right door. One will be taken out for Home Events (games).

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- Glasgow Coma score <13
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- Repeated vomiting
- Worsening Mental Status
- Signs & Symptoms

Hospital:
GOOD SAMARITAN HOSPITAL is the hospital of Xavier Sports Medicine. Due to the nature of your emergency you may be redirected to one of our Regional Trauma Centers instead. Ambulance personnel will make this decision based upon the level of care needed.

*If the injury is severe the Paramedics in Hamilton County have been instructed to take the patient to University Hospital which is a Regional Trauma Center.

Shelter from Inclement Weather:
Shelter can be sought across from the Tennis Courts. Walk up the stairs and turn left and walk 100 yards to the first set of buildings. A company called Pawlished Dog Training will let you access their building. If there is time enter the Cintas Center from the back of the building off the loading dock. In game situations these locations will be announced and game personnel will act as guides to move you into these facilities.
Emergency Action Plan Tennis Courts & Club Soccer Field:

- Access to the Tennis Courts are Hopkins Ave. (North of Ledgewood) off of Victory Parkway (go East).
- Take the 1st street to the right called Webster Ave. (go South).
- Tennis Courts are within 100 feet on the right.
- Just past the courts is the Club Soccer Field.