The Purpose of the Emergency Action Plan (EAP) is to guide athletic personnel, sports medicine staff and emergency medical services in responding to emergency situations when they occur. It is essential that all sport coaches, strength coaches, administration personnel and sports medicine team members have a developed emergency plan that identifies the role of each member of the activity. Early preparation is necessary and will enable emergency situations to be managed appropriately.

Emergency Personnel
Athletic practices, games, events or competition, the first responder to an emergency will typically be the certified Athletic Trainer (ATC). Student Athletic Trainers may also be on site. Assigned ATCs are to have cell phones on person. Assigned student Athletic Trainers should also have cell phones on their person. A team physician may not always be present at every organized practice, scrimmage or competition. Certification in Cardiopulmonary resuscitation (CPR), first aid, prevention of blood borne pathogen training and emergency action plan review is strongly recommended to all athletic personnel associated with practices, competitions, skills instruction and strength/conditioning workouts when a Certified Athletic Trainer is not present. The certified Athletic Trainer is the primary first responder when present.

Emergency Equipment
Emergency care supplies and equipment include first aid supplies (dressings, bandages, tape, slings, elastic wraps, etc.) body substance isolation (BSI) materials (protective gloves, gauze, neutralizing solution) SAM splints, and crutches. Emergency equipment is located on the side line in a medical kit, trunk and bright green and yellow first responder bags. The first responders bags contain AED, bag valve mask, airway assistance devices, epi-pens, asthma assistance medications, thermometers for core temperature measurements. First responder bag with all listed materials will be at all practices, games and competitions. Each semester we will have UVAC (campus ambulance system) recheck all emergency equipment including AED, bag valve masks and airway assistance devices. As Athletic Trainers we will check the AED monthly.

Important Phone Numbers
University of Maine Police 207-581-4040
Ambulance (UVAC, Orono, old town) & Fire 207-581-4040
Northern Light Hospital Emergency Room 207-973-8000
St. Joseph Hospital Emergency Room 207-262-5000
Ryan Taylor (Athletic Trainer) 207-949-7020
Cameron Trubey (Team Physician) 207-307-8908
Thompson McGuire (Orthopedic) 207-307-8904
Kenneth Morse (Orthopedic) 207-307-8905
Role of the First Responder
Personnel: Certified Athletic Trainer, Athletic Training students, sport coaching staff, sports performance staff and Administrative personnel at events.

Chain of Command: The Certified Athletic Trainer is responsible for assigning tasks to the Athletic Training students, any sport coaching staff, any sports performance staff, and events management staffing as it applies to that event. The response is for any emergency medical situation as it is presented at that time. In some cases where additional care can be provided by a visiting team’s medical staff or when University of Maine medical staff are assisting a visiting medical staff in caring for an athlete the coordination of those situations will be discussed prior to competition beginning that day or throughout their stay with us. The coordination of multiple teams and care will be set up and discussed prior to the first competitions by Athletic Trainers and physicians when possible at the medical timeout which should occur 30 minutes prior to start of competition. In addition to this meeting the Athletic Trainers will send all visiting teams in advance to campus arrival for their visit a “visitor EAP guide” for the facility or faculties being used when visiting the University of Maine. We will also discuss all potential medical care needs when necessary with the visiting medical providers so as to best assist them in emergency.

Role of the First Responder(s):
1. Immediate care of an ill or injured athlete, follow Red Cross Guidelines of Check, Call, Care
2. Assigning Tasks to other bystanders for aid
3. Retrieving emergency equipment
4. Activating EMS: Give your Name, Location, Number of people in need of assistance, type of assistance needed, type of care being provided to victim(s) and provided to the best way possible to any other questions, comments or information given to you by EMS dispatcher. YOU HANG UP LAST
5. Give EMS Directions:
   Alfond Arena: Turn off College Avenue on to Long Road. Take an immediate left onto a small access road behind the Alfond Arena. Access is through the blue doors on the South Lower level near the Men’s Hockey Locker Room.

   Alfond Stadium: Turn off College Avenue on to Long Road. Follow Long Road until the Field House is in front of you (Large M Building), turn left into the parking area and proceed straight toward the Alfond Stadium. Enter through the SouthEast gate. A second entrance is located in the NorthWest corner of the stadium, which is accessible from the commuter parking lot near the Alfond Arena.

   Cross Country and Track practices/events at Alfond Stadium: The Cross Country events will have a first responder following the last running on the running event course. The other first responders will be positioned at the finish line within the Alfond Stadium along with EMS when present at events. When a practice is occurring and an ambulance is needed:
Turn off College Avenue on to Long Road. Follow Long Road until the Field House is in front of you (Large M Building), turn left into the parking area and proceed straight toward the Alfond Stadium. Enter through the SouthEast gate. A second entrance is located in the NorthWest corner of the stadium, which is accessible from the commuter parking lot near the Alfond Arena.

**Cross Insurance Center:** Direct the ambulance (from Main Street) to turn onto Buck Street. Ambulance should pull into the loading dock space on the left and enter through those doors. Someone will be designated to meet EMS at the loading dock and bring them onto the court, locker room or training room area.

**Field Hockey:** Turn off College Avenue and follow Long Road East to Gannett Road. Go left on Gannett and go straight and turn left into field hockey area near the beginning of the bike trail. If field access is needed proceed straight onto the bike path and turn left and enter through gate. Note to EMS: The rig will not be able to drive onto the field.

**Field House/Indoor Track:** Turn off College Avenue and follow Long Road to the West side of the field house ad proceed through the exterior blue doors (under the large M).

**Football Practice Fields/Grass Fields:** Turn off College Avenue and follow Long Road East to Gannett Road. Go left on Gannett and go straight onto bike path past softball field. Turn left onto access road and enter football practice fields on right.

**Kessock Softball Field:** Turn off College Avenue and follow Long Road East to Gannett Road. Turn left onto Gannett and go straight. Turn left into the softball field area behind the dugouts. If field access is needed, proceed straight onto the bike path to the foul pole in the left field. Turn right and enter through the gate.

**Latti Fitness Center:** Turn off College Avenue and follow Long Road East until the Field House is in front of you (Big M). Turn left, followed by an immediate right turn, taking you down between the baseball club house and the field house. At the end of this road, turn right and the fitness center will be straight in front of you through the glass doors.

**Lengyel Gym & Fields:** Enter Munson Road from College Avenue. Lengyel Gym is located on the right.

**Mahaney Diamond:** Turn off College Avenue and follow Long Road East until the Field House is in front of you (Big M). Turn left, followed by an immediate right turn, taking you down between the baseball club house and the field house. Access may be gained either through the clubhouse or by driving behind the visitors dugout where the gate to the field is located for field access.
**Mahaney Dome:** Continue off College Avenue and follow Long Road East and turn into the Cutler parking lot. Use the airlock garage doors at the South Entrance (facing Cutler Health Center).

**Memorial Gymnasium “Pit”:** Turn off College Avenue and follow Long Road East and turn onto Gym Drive. Enter the building from the South side (black bear statue side) and follow straight through the lobby to the gymnasium.

**Mike Kessock Sports Medicine Office:** Turn off College Avenue and follow Long Road East. Turn left onto Gym Drive. Enter the facility on the South Side of Memorial Gym. Use the front (South) doors to enter the building, follow the hallway to the left and proceed through the double doors. Turn right and the Sports Medicine Center is on the right.

**Soccer Grass Game Field:** Turn off College Avenue and follow Long Road East until the Field House is in front of you (Big M). Turn left and continue toward the Alfond Stadium. Follow the access road behind the East bleachers and take the curve to the right. Take an immediate left after the bushes and enter the soccer game field. **Turf game field directions – see Mahoney Diamond Directions).**

**Wallace Pool:** Turn off College Avenue and follow Long Road East and turn left on to the Gym Drive on the South side of Memorial Gym (black bear statue side). Use the front (South) doors to enter the building, follow the hallway to the right until you reach the dead end. Enter the pool area by proceeding through the blue doors on the left.
Guidelines for Emergency Care To Specific Illness or Injury

Cardiac Problems
• Check the airway, breathing, and circulation, and administer CPR as needed
• Treat for shock
• Activate EMS
• Put the athlete in a comfortable position
• Retrieve oxygen (when possible), Bag Valve mask, and AED incase needed

Spinal Injury
• Check the airway, breathing, and circulation, and administer CPR as needed.
• Have someone else call 207-581-4040 or 911 (EMS)
• Support Cervical Spine by positioning hands on side of head. Do not leave this position until instructed to do so by the EMS crew.
• Have someone else prevent or treat for shock while you maintain your position at the head.
• DO NOT ATTEMPT TO MOVE THE ATHLETE unless the athlete is in danger as a result of his/her location.
• If the athlete is moved, proper backboard and cervical support must be used
• Retrieve oxygen, CPR mask and AED incase needed.
• Reassure the athlete to stay calm

Major Fracture
• Treat the athlete for shock
• Apply basic first aid
• DO NOT ATTEMPT TO REDUCE THE FRACTURE
• Splint, making sure the athlete continues to have a distal pulse and sensation
• Transport the athlete to the hospital

Major Joint dislocation
• Treat the athlete for shock
• Apply basic first aid
• DO NOT ATTEMPT TO REDUCE THE DISLOCATION
• Splint, making sure the athlete continues to have a distal pulse and sensation
• Transport the athlete to the hospital

Heat Illness
• Remove the athlete from the heat
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- Removed excess clothing
- Determine severity of the illness
- Monitor ABC’s
- Attempt to cool the body (ice bather preferred)
- Stay with the athlete at all times
- Call 207-581-4040 or 911 (EMS)

**Athlete that is Sickling**
- Monitor Vital signs
- Administer high-flow oxygen if available (15 L/min with non-rebreather mask)
- Cool the athlete
- If vital signs decline call 207-581-4040 or 911, retrieve AED, **immediately transport**
- Inform EMS to expect explosive rhabdomyolysis and grave metabolic complications

**Moderate Hypoglycemia**
- Give the athlete fast-acting sugar source
- Wait 10 to 15 minutes
- Recheck blood Glucose
- Repeat food if symptoms persist OR blood glucose is less than 70
- Follow with a snack or carbohydrate and protein (ie. cheese and crackers)
- Stay with athlete at all times
- Call 207-581-4040 or 911 if needed

**Severe Hypoglycemia**
- Do NOT attempt to give anything by mouth
- Position on side, if possible
- Disconnect insulin pump
- Administer glucagon, if prescribed
- **Call 207-581-4040 or 911**
- Stay with the athlete

**Asthma Attack**
If the athlete has any of the following S&S: *Chest tightness, difficulty breathing, wheezing, excessive coughing, or shortness of breath*:
- Stop activity and help athlete to a sitting position
- Stay calm, reassure athlete
- Assist athlete with the use of their inhaler
• Administer oxygen if available (15 L/min with non-rebreather mask)
• **Call 207-581-4040 or 911** if:
  o No improvement within 15-20 minutes
  o Athlete is struggling to breathe
  o Neck and/or chest, and ribs pulled in with breathing
  o Athlete’s lips are blue

**Any other Emergency Situation**
• Check ABC’s
• Apply basic first aid
• Prevent and/or treat for shock
• When in doubt activate EMS
• Retrieve oxygen, CPR mask, and AED incase needed.

**Catastrophic On-Field Player Injury**

**Guidelines during a Serious On-Field Player Injury**
• Players and coaches should go to and remain in the bench area once medical assistance arrives.
• Adequate lines of vision between the medical staffs and all available emergency personnel should be established and maintained
• Players, parents, and non-authorized personnel should be kept a significant distance away from the seriously injured player or players
• Players or non-medical personnel should not touch, move or roll an injured player.
• Players should not try to assist a teammate who is lying on the field (ie. removing the helmet or chin strap or attempting to assist breathing by elevating the waist).
• Players should not pull on an injured teammate or opponent from a pile-up.
• Once the medical staff begins to work on an injured player, they should be allowed to perform services without interruption or interference.
• Players, coaches, athletic directors, family members or other such individuals who are related to athlete or who are not emergency medical personnel are to keep clear by 20 yards.
Action Plan – Injury during Competition

• Coach (assistant, Director of Operations) and/or designee will accompany injured athlete to medical facility with Catastrophic Emergency Response Plan (CERP) and insurance information.
  o Designee is defined as an Assistant Coach. Head Coach and Athletic Trainer will stay with the team until competition is complete.

• When designee and athlete get to a medical facility, or the athlete is in the care of medical staff, designee will call the Head Athletic Trainer at:
  o Cell Phone: 207-949-7120
  o Work Phone: 207-581-1072

• Designee will stay with the athlete at the medical facility and wait for further instruction from the Head Athletic Trainer.

• At the conclusion of competition, remaining Athletic Trainer and Head Coach will check-in with designee at the medical facility and make provisions for the well-being of the remaining team members.

• Coach/Designee will wait for instruction from the CERP Team.
Emergency Action Plan

Alfond Ice Arena

Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition; additional sports medicine staff accessible from the Alfond Athletic Training Room or Kessock Sports Medicine Center in Memorial Gym. Coaches or strength and conditioning personnel may be available if no Athletic Trainers available.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, a fixed telephone is located in the Alfond Athletic Training Room (south end of building, located in the Shawn Walsh Hockey Center). A second fixed telephone is available on the South end of the concourse level in the Alfond Operations Office.

Emergency Equipment: Supplies such as splints and spine board are located in the Alfond Athletic Training room, and at Maine Men’s Ice Hockey entrance to ice for practices and Games. 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 will be with the UVAC ambulance.

Roles of First Responder(s)

• Reassure and provide immediate care
• Call 207-581-4040 to activate the Emergency Medical System (EMS)
  o Provide name, location, telephone number
  o Inform on number of individuals injured, their condition
  o Inform of any first aid treatment provided
  o Give clear directions
  o Offer other information as requested
  o Be the last to hang up
• Retrieve the AED if required
• Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue onto Long Road. Take an immediate left onto a small access road behind the Alfond Arena. Access is through the blue doors on the South Lower Level near the Men’s Hockey Locker Room.
Emergency Action Plan

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Alfond Stadium

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: If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, use the emergency call box located at the North East corner of Alfond Arena (to the right of “Bear Necessities”).

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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue on to Long Road. Follow Long Road until the Field House is in front of you (Large M Building), turn left into the parking area and proceed straight toward the Alfond Stadium. Enter through the SouthEast gate. A second entrance is located in the NorthWest corner of the stadium, which is accessible from the commuter parking lot near the Alfond Arena.
Emergency Action Plan

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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: If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, use the emergency call box located at the North East corner of Alfond Arena (to the right of “Bear Necessities”).

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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene
Turn off College Avenue onto Long Road. Follow Long Road until the Field House is in front of you (Large M Building), turn left into the parking area and proceed straight toward the Alfond Stadium. Enter through the SouthEast gate. A second entrance is located in the NorthWest corner of the stadium, which is accessible from the commuter parking lot near the Alfond Arena.
Emergency Action Plan

Cross Insurance Center

**Emergency Personnel:** Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition. A Physician will be available at all competitions. EMTs will also be present during competitions; however, an ambulance will not be on site.

**Emergency Communication:** The Certified Athletic Trainer will carry a cell phone at all times. In case of an emergency, 911 will be dialed.

**Emergency Equipment:** Vacuum splints and AED will be available on the home sideline. Additional emergency equipment (spine board) is accessible via the EMTs that will be present.

**Roles of First Responder(s)**

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - **Be the last to hang up**
- Retrieve the AED if required
- Assign one person to ‘flag down’

**Direction of EMS to Scene:**

Direct the ambulance (from Main Street) to turn onto Buck Street. Ambulance should pull into the loading dock space on the left and enter through those doors. Someone will be designated to meet EMS at the loading dock and bring them onto the court.
Emergency Action Plan

Field Hockey Complex

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: If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, use the emergency call box located on the south end of Mahaney Dome or behind the Softball stadium at the beginning of the bike path.

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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue and follow Long Road East to Gannett Road. Go left on Gannett and proceed straight onto the bike path. Turn left into the field hockey area near the beginning of the bike trail. If field access is needed proceed straight onto the bike path and turn left and enter through the gate.

Note to EMS: The rig will not be able to drive onto the field
Emergency Action Plan

Field House

Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition; additional sports medicine staff accessible from nearby Kessock Sports Medicine Center. Coaches or strength and conditioning personnel if no Athletic Trainers available.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone could be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, the Emergency Communication box is located in the Field House on the South Wall adjacent to the entry way from the hall. Press red button and campus dispatch will ask the needed information. A fixed telephone is also available in the hallway between the gym and field house on the north side and 207-581-4040 should be dialed.

Emergency Equipment: Supplies such as vacuum splints and spine board are located in the nearby 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 Responder(s)

• Reassure and provide immediate care
• Call 207-581-4040 to activate the Emergency Medical System (EMS)
  o Provide name, location, telephone number
  o Inform on number of individuals injured, their condition
  o Inform of any first aid treatment provided
  o Give clear directions
  o Offer other information as requested
  o Be the last to hang up
• Retrieve the AED if required
• Assign one person to ‘flag down’

Direction of EMS to Scene
Turn off College Avenue and follow Long Road to the West side of the Field House and proceed through the exterior blue doors (under the large M).
Emergency Action Plan

Kessock Softball Field

**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 are present.

**Emergency Communication:** If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is not available, use the emergency call box located on the south wall of the fieldhouse by the inside entrance or the campus phone in the hallway between the pit and the fieldhouse.

**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 Responder(s)**

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - **Be the last to hang up**
- Retrieve the AED if required
- Assign one person to ‘flag down’

**Direction of EMS to Scene**

Turn off College Avenue and follow Long Road East to Gannett Road. Turn left onto Gannett Road and go straight. Turn left into the Softball area behind the dugouts. If field access is needed, proceed straight onto the bike path to the foul pole in the left field. Turn right and enter through the gate.
Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition. Team Physician if present.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, a fixed telephone is available in the Kessock Sports Medicine Center Offices.

Emergency Equipment: Supplies such as vacuum 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 staff. If no AED is on site, one is located in the hallway between the fieldhouse and the pit.

Roles of First Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
    - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene
Turn off College Avenue, follow Long Road East and turn left on to Gym Drive on the South side of Memorial Gym (black bear statue side). Use the front (South) doors to enter the building, follow the hallway to the left and proceed through the double doors. Turn right and the Sports Medicine Center is on the right.
Emergency Action Plan

Latti Fitness Center

**Emergency Personnel:** Latti fitness center employees and coaches. Additional sports medicine staff available from nearby Kessock Sports Medicine Center.

**Emergency Communication:** If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing **207-581-4040**. If a cell phone is unavailable, a fixed telephone is located at the check-in desk in the fitness center.

**Emergency Equipment:** Supplies such as vacuum splints and spine board are located in the nearby 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 Responder(s)**

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - **Be the last to hang up**
- Retrieve the AED if required
- Assign one person to ‘flag down’

**Direction of EMS to Scene**

Turn off College Avenue and follow Long Road East until the Field House is in front of you (big M). Turn left entering into the commuter parking lot, followed by an immediate right, taking you down between the Baseball Club House and the Field House. At the end of this road, turn right and the fitness center will be straight in front of you through the glass doors.
Emergency Action Plan

Lengyel Gym & Fields

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: If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is not available, use the emergency call box located on the east side of the building.

Emergency Equipment: Supplies such as vacuum 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 Responder(s)

• Reassure and provide immediate care
• Call 207-581-4040 to activate the Emergency Medical System (EMS)
  o Provide name, location, telephone number
  o Inform on number of individuals injured, their condition
  o Inform of any first aid treatment provided
  o Give clear directions
  o Offer other information as requested
  o Be the last to hang up
• Retrieve the AED if required
• Assign one person to ‘flag down’

Direction of EMS to Scene
Enter Munson Road from College Avenue. Lengyel Gym is located on the right.
Emergency Action Plan

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Mahaney Diamond

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 are available if no Athletic Trainers available.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, a fixed telephone is located in the Mahaney Athletic Training room (lower level of Mahaney Clubhouse). A second fixed telephone is available on the second floor of Mahaney Clubhouse in the baseball office.

Emergency Equipment: Supplies such as splints and spine board are located in the Mahaney Athletic Training room. Additional emergency equipment is accessible from Kessock Sports Medicine Center or 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 Responder(s)

• Reassure and provide immediate care
• Call 207-581-4040 to activate the Emergency Medical System (EMS)
  o Provide name, location, telephone number
  o Inform on number of individuals injured, their condition
  o Inform of any first aid treatment provided
  o Give clear directions
  o Offer other information as requested
  o Be the last to hang up
• Retrieve the AED if required
• Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue and follow Long Road East until the Field House is in front of you (Big M). Turn left into the commuter parking lot, followed by an immediate right turn, taking you down between the Clubhouse and the Field House. Access may be gained either through the clubhouse or by driving behind the visitors dugout where the gate to the field is located for field access.
Emergency Action Plan

Mahaney Dome

Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition; additional sports medicine staff accessible from nearby Kescock Sports Medicine Center. Coaches or strength and conditioning personnel if no Athletic Trainers available.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, an Emergency Communications Box is located outside the dome on the north end.

Emergency Equipment: Supplies such as vacuum splints and spine board are located in the nearby Kescock Sports Medicine Center. Additional emergency equipment is accessible from the UVAC ambulance. An Automated External Defibrillator (AED) is located in the Dome by the entrance.

Roles of First Responder(s)

• Reassure and provide immediate care
• Call 207-581-4040 to activate the Emergency Medical System (EMS)
  o Provide name, location, telephone number
  o Inform on number of individuals injured, their condition
  o Inform of any first aid treatment provided
  o Give clear directions
  o Offer other information as requested
  o Be the last to hang up
• Retrieve the AED if required
• Assign one person to ‘flag down’

Direction of EMS to Scene
Turn off College Avenue and follow Long Road East and turn left into the Cutler parking lot. Use the airlock garage doors at the South Entrance (facing Cutler Health Center).

[Map of the area showing Mahaney Dome and Cutler parking lot]
Emergency Action Plan

Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition; additional sports medicine staff accessible from adjacent Kessock Sports Medicine Center.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, a fixed telephone is available in the Kessock Sport Medicine Center Offices. Additionally, a campus phone is located in the hallway between the pit and the fieldhouse.

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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene
Turn off College Avenue and follow Long Road East and turn onto Gym Drive. Enter the building from the South side (black bear statue side) and follow straight through the lobby to the gymnasium.
Emergency Action Plan

April 2020

Soccer Grass Game Field

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: If an Athletic Trainer is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, use the emergency call box located at the northeast corner of Alfond 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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - Be the last to hang up
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue and follow Long Road East until the Field House is in front of you (big M). Turn left and continue toward the Alfond Stadium. Follow the access road behind the East Bleachers and take the curve to the right. Take an immediate left after the bushes and enter the soccer game field. **Turf game field – see Mahoney Diamond directions**
Emergency Action Plan

April 2020

Wallace Pool

Emergency Personnel: Certified Athletic Trainer and student Athletic Trainer(s) on site for practice and competition; additional sports medicine staff accessible from nearby Kessock Sports Medicine Center.

Emergency Communication: If an Athletic Trainer or Coach is present, their cell phone should be used to call EMS by dialing 207-581-4040. If a cell phone is unavailable, a fixed telephone is located on the south wall of the pool deck.

Emergency Equipment: Aquatic rescue supplies are located on the pool deck. 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 Responder(s)

- Reassure and provide immediate care
- Call 207-581-4040 to activate the Emergency Medical System (EMS)
  - Provide name, location, telephone number
  - Inform on number of individuals injured, their condition
  - Inform of any first aid treatment provided
  - Give clear directions
  - Offer other information as requested
  - **Be the last to hang up**
- Retrieve the AED if required
- Assign one person to ‘flag down’

Direction of EMS to Scene

Turn off College Avenue and follow Long Road East turning onto Gym Drive on the South side of Memorial Gym (black bear statue side). Use the front (South) doors to enter the building, follow the hallway to the right until you reach the dead end. Enter the pool area by proceeding through the blue doors on the left.