



The Pennsylvania State University
Department of Intercollegiate Athletics

Emergency Action Plan

**Varsity Weight Rooms
& Training Facilities**

INTRODUCTION

Emergency situations in athletics have the potential to occur at any time, whether they are during training or competitive events. Due to inherent risks associated with athletic participation, injuries are likely to occur. With proper preparation through an Emergency Action Plan, the sports medicine staff can manage emergency medical situations effectively and appropriately. In order to provide adequate emergency medical care during such situations, flow of proper communication and emergency medical equipment must be addressed through the Emergency Action Plan.

Hence, the purpose of this Emergency Action Plan is to ensure the proper medical coverage of Intercollegiate Athletics at The Pennsylvania State University (PSU), University Park (UP) Campus, through the correct maintenance of appropriate emergency medical equipment and interventions of sports medicine personnel.

This plan will outline the proper chain of command for on-site strength and conditioning and sports medicine personnel, location of emergency medical equipment, communication, weather protocols, and tragedy management. This document will also list important telephone numbers and appropriate locations for emergency medical services (EMS) ambulance access.

EAP PERSONELL & CHAIN OF COMMAND

Director of Athletic Medicine
Team Physician
Director of Athletic Training Services/Director of Strength and Conditioning
Staff Certified Athletic Trainer (ATC)/Staff Strength and Conditioning Coaches
Graduate Assistant/Interns
Athletic Training Students (ATS)

EMS will work in conjunction with the Team Physician, and/or Certified Athletic Trainer(s) when on-site. When not present the Team Physician on-call and Director of Athletic Training Services should be contacted immediately following activation of EMS or when advanced medical attention is required in a non-emergency situation. *University Risk Management will be notified of the emergency after care has been rendered.

ON-SITE EMERGENCY MEDICAL CARE

During training the first responder to an emergency situation is typically a member of the sports medicine or strength and conditioning staff. Team Physicians may not always be present at these events and the degree of sports medicine coverage will vary based on such factors as inherent risk of the sport setting and event. Furthermore, in some situations the first responder may be a coach or other Intercollegiate Athletics personnel.

There are three basic roles within an Emergency Action Plan that should be adhered to by Intercollegiate Athletics personnel in emergency situations:

1. Immediate emergency medical care of the injured student-athletes, coaches or athletics' personnel

a. This will be tended to by the most qualified individual on-site within the limits of their educational and clinical training. Usually this will be a Team Physician, staff or graduate ATC assigned to the particular sport. In life or limb-threatening scenarios the most qualified individual with the highest level of appropriate training is responsible for stabilizing/sustaining the injured person while EMS is activated immediately. In the event that a qualified health care provider is not on-site, as may be the case with individual training sessions, a coach or immediate supervisor is responsible for properly activating the PSU UP Campus Emergency Action Plan

b. Only appropriate skills a health care provider is specifically trained to render shall be performed. Refer to Title 42, 8332 “Non-medical Good Samaritan Civil Immunity” as a reference for expectations of an individual responsible in rendering assistance at the scene of a medical emergency. Also refer to Title 42, 8331.2 “Good Samaritan Civil Immunity for use of an AED”.

2. Emergency medical equipment acquisition

a. This will be performed by sports medicine personnel most familiar with the appropriate type and location of specific emergency medical equipment required for specific activities. Usually this will be a staff or graduate ATC or ATS. However, in certain circumstances this responsibility may fall upon coordinators of facilities equipment managers or coaches.

3. Emergency Medical Services (EMS) activation

a. When necessary EMS must be activated in a prompt manner and the injured person should be transported to the nearest appropriate emergency medical facility. Activation of EMS shall be the responsibility of any personnel upon the sports medicine staff, by dialing 911. Personnel performing this task must be familiar with the address and location of the athletic event. In such a circumstance the following information must be provided to EMS (contact should not be delayed to obtain missing information):

i. Name, title, site address and telephone number

ii. Number of individuals involved

iii. Type and nature of injury sustained

iv. Condition of the person(s)

v. Type of first aid initiated

vi. Level of EMS response required

vii. Specific directions to the scene/venue

*Sports medicine personnel with the highest level of medical training should remain with the person at all times until arrival of EMS. An ATS, coach, coordinator of facilities, equipment manager or teammate should be sent to assist in directing EMS to the scene.

b. Please refer to the list of emergency contacts for initiating communication with an appropriate health care facility or provider, in addition to contacting EMS

TRANSPORTATION

When possible an ambulance is preferred on-site during high risk athletic events. The PSU UP Campus coordinates on-site ambulances for some competitive events surrounding intercollegiate athletics. Ambulance service may be coordinated on-site for other special events such as major tournaments, Big Ten and NCAA regional or national championships. In a situation in which an ambulance is on-site, a designated location with rapid access for entering and exiting the venue will be determined. If transportation is deemed necessary, the injured person should be transported via ambulance. Proper attention must be given to ensure that athletics areas are properly supervised, per the EAP chain of command, should the health care provider leave the site in transportation.

* All transportation will be to Mount Nittany Medical Center Emergency Room.

** Some emergencies may be sent on to the Penn State Milton S. Hershey Medical Center

TRAGEDY MANAGEMENT

In the event that there is an injury that is severe or potentially fatal, please refer to the ICA Tragedy Management Plan.

STRENGTH AND CONDITIONING CREW DIRECTORY

Directors of Strength and Conditioning:

Craig Fitzgerald Director of Strength and Conditioning	Football 814-321-7953	Lasch cmf31@psu.edu
Dwight Galt Associate Director of Strength and Conditioning	Football 814-308-3449	Lasch dbg12@psu.edu

Strength and Conditioning Coaches:

Brian Bell	Football/M Soccer	Lasch	814-308-2554	bab46@psu.edu
Jamie Burleson	Base/M&W Swim/W Golf	East Area	814-409-8335	jwb29@psu.edu
Mike Chatman	W IH/FH/M VB	East Area	814-321-8213	mrc27@psu.edu
Sean Contos	Wrestling/M&W Fencing	Rec Hall	814-876-2002	sjc16@psu.edu
Cam Davidson	W VB/Soft/M&W Track	Rec Hall	814-409-8353	cld29@psu.edu
Sean Hayes	Football/W Lax	Lasch	814-321-7566	sdh16@psu.edu
Rob McLean	M IH/M Golf	East Area	814-321-4110	rmw17@psu.edu
Greg Miskinis	Football/W Soccer	Lasch	814-321-4082	gjm5000@psu.edu
Brad Pantall	W Basketball/ M Tennis	BJC	814-553-0507	bsp104@psu.edu
Brandon Spayd	M Basketball/W Tennis	BJC	814-251-3081	bms23@psu.edu

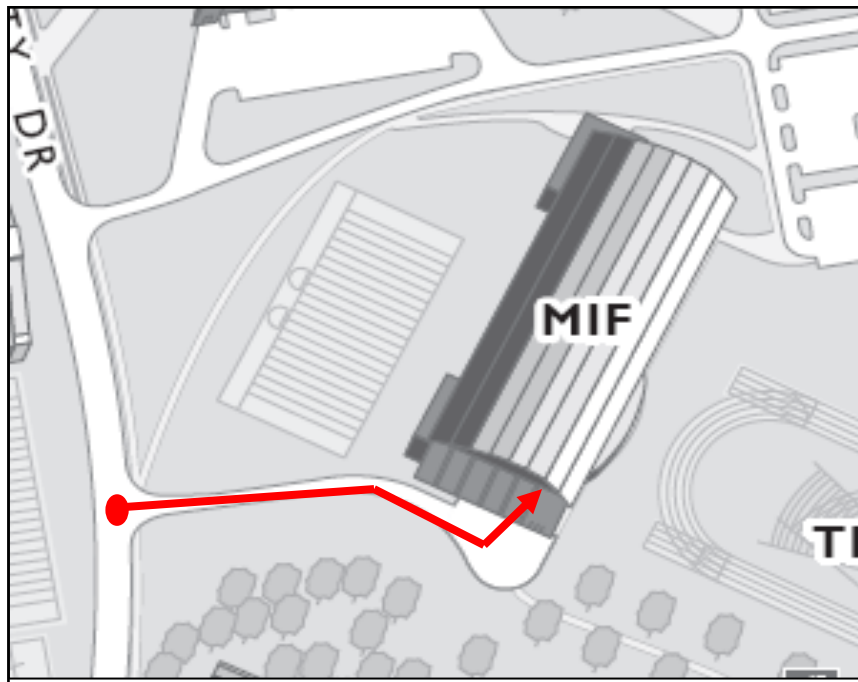
ASHENFELTER MULTI-SPORT BUILDING

PHONE NUMBERS

Strength and Conditioning Room	865-8887
Cam Davidson (cell)	409-8353
Front Desk	863-8883
Athletic Training Room	863-8884

AMBULANCE ACCESS

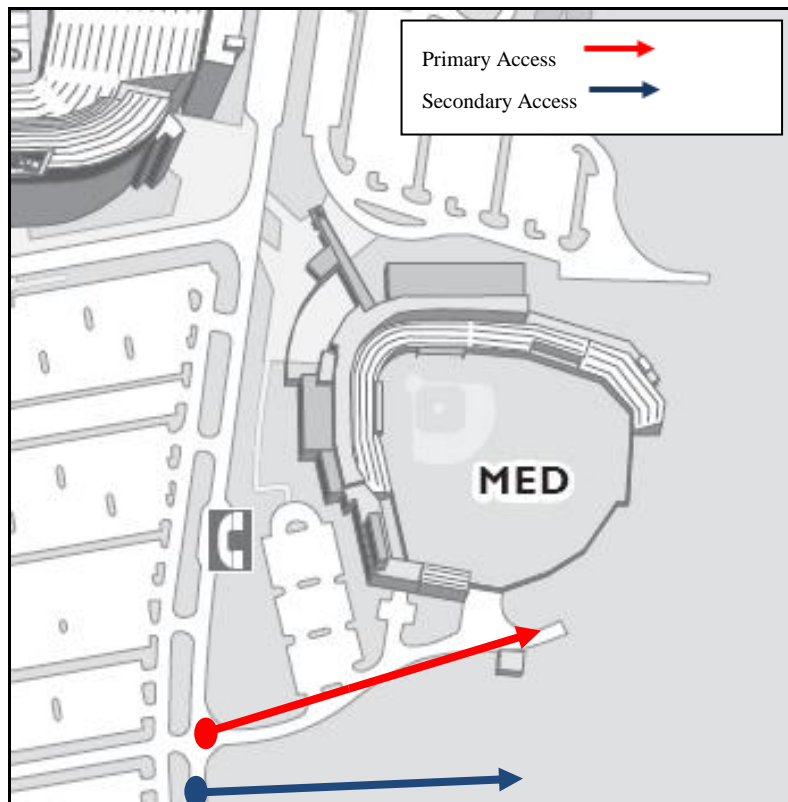
Access is via the south entrance of the building located off the access road from University Drive. Entrance is through the garage door located on the southeast corner of the building.



BASEBALL HILLS

AMBULANCE ACCESS

Access is located behind the baseball stadium at Lubrano Park. Enter at the lower access road from the south off Porter Road. Proceed along the road behind the stadium. The Secondary Access point is located at the bottom of the hill, across the street from the south Beaver Stadium Parking Lot. Coaching or training staff member will meet EMS at the entrance by Porter Rd.



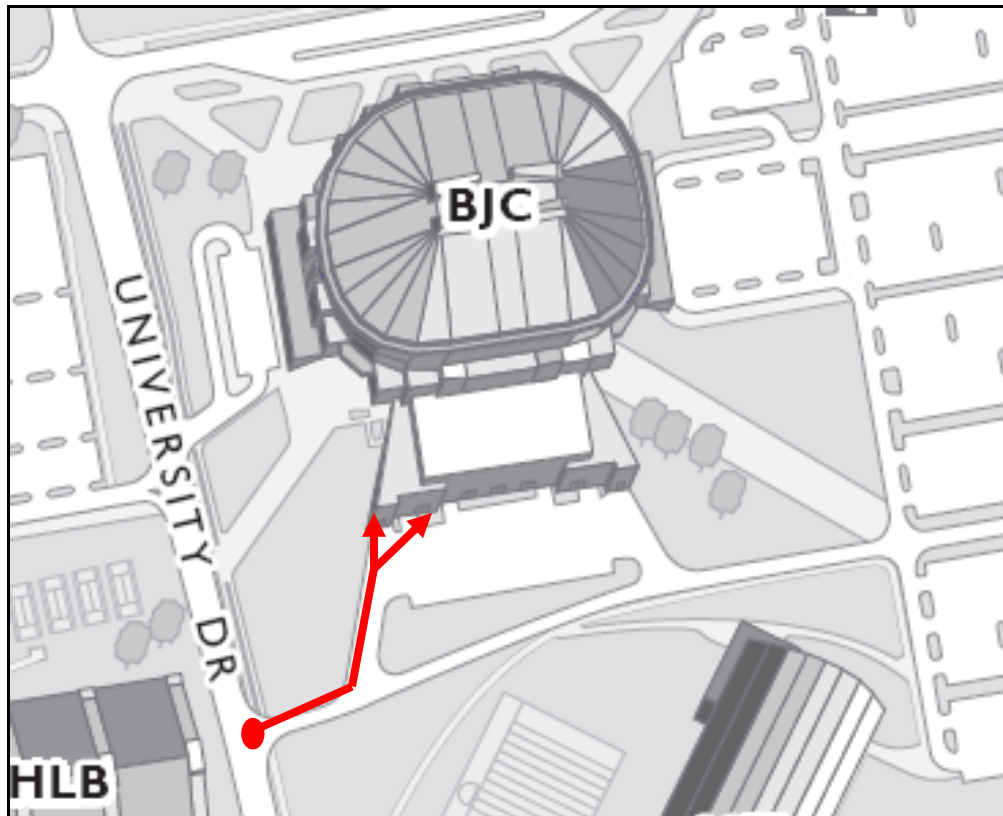
BRYCE JORDAN CENTER

PHONE NUMBERS

Strength and Conditioning Room (Rm. 16)	863-3434
Brad Pantall (cell)	553-0507
Brandon Spayd (cell)	251-3081
Athletic Training Room	863-3358

AMBULANCE ACCESS:

BJC is located off University Drive. Access to the building is through southwest entrance of the rear parking lot. Access Building via elephant doors left of loading dock or adjacent doors (Show/Media Entrance), right of loading dock.



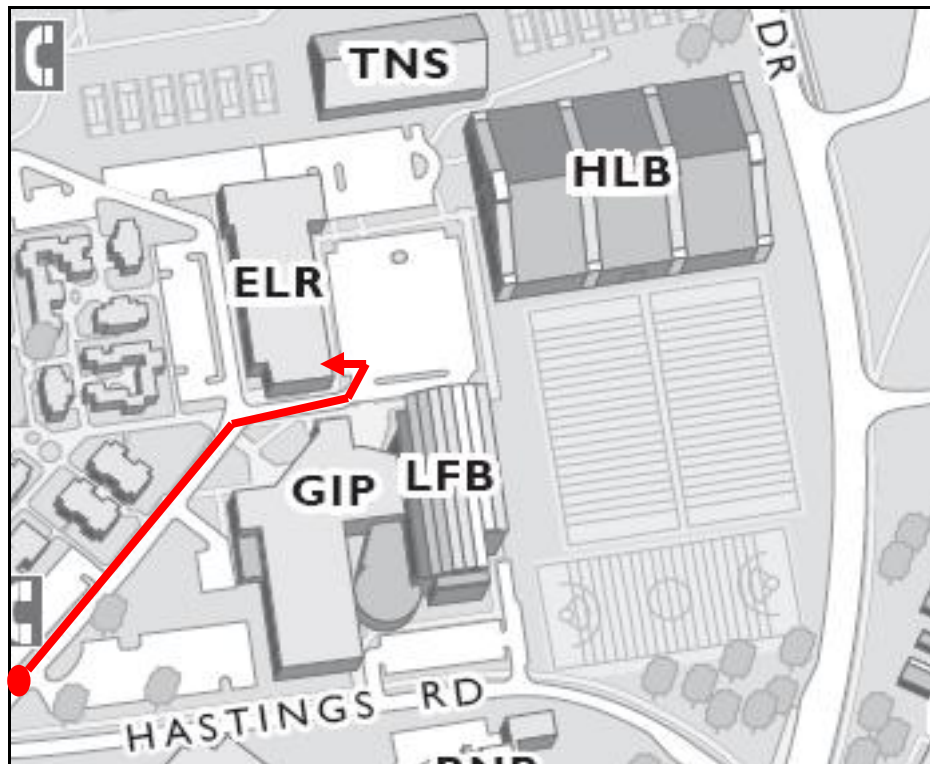
EAST AREA BUILDING

PHONE NUMBERS

Strength and Conditioning Room	865-5438
Jamie Burleson (cell)	409-8335
Mike Chatman (cell)	321-8213
Rob McLean (cell)	321-4110
Athletic Training Room	863-3358

AMBULANCE ACCESS

Access from Hastings or Bigler Road, proceed north and turn at East Area Locker Room between there and the Ice Pavilion. Proceed to the rear of the building and enter at the first door on the left.



HOLUBA HALL

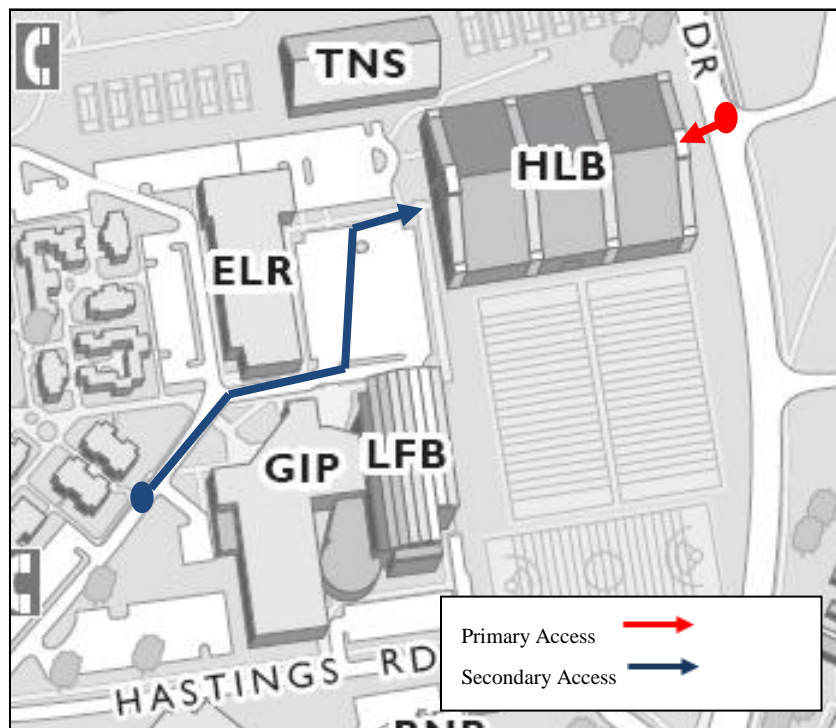
PHONE NUMBERS

Athletic Training Room

865-0899

AMBULANCE ACCESS

Holuba Hall: Primary access is from the east directly off of University Drive.
Secondary access via main entrance located adjacent to EALB parking lot.



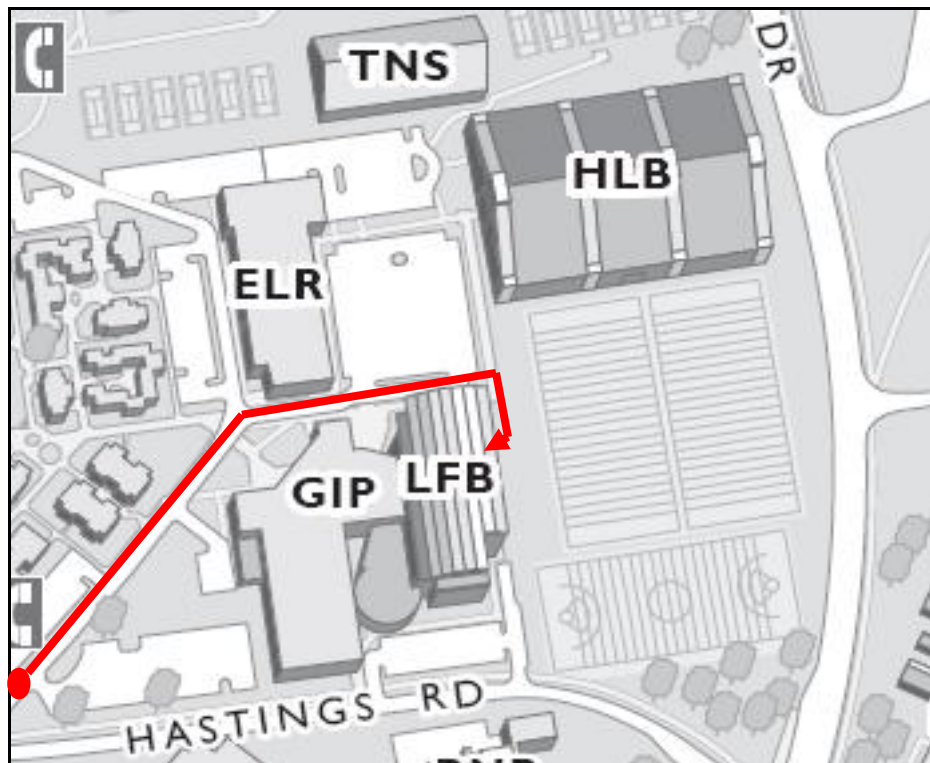
LASCH BUILDING

PHONE NUMBERS

Strength and Conditioning Room	863-3121
Craig Fitzgerald (cell)	321-7953
Dwight Galt IV (cell)	308-3449
Brian Bell (cell)	308-2554
Sean Hayes (cell)	321-7566
Greg Miskinis (cell)	321-4082
Athletic Training Room	863-0773/865-4164

AMBULANCE ACCESS

Access from Hastings or Bigler Road, proceed north and turn between East Area Locker Room and the Ice Pavilion. Proceed east towards the football practice fields. Take sidewalk to the right when you reach the practice fields. Enter at the first door on the right.



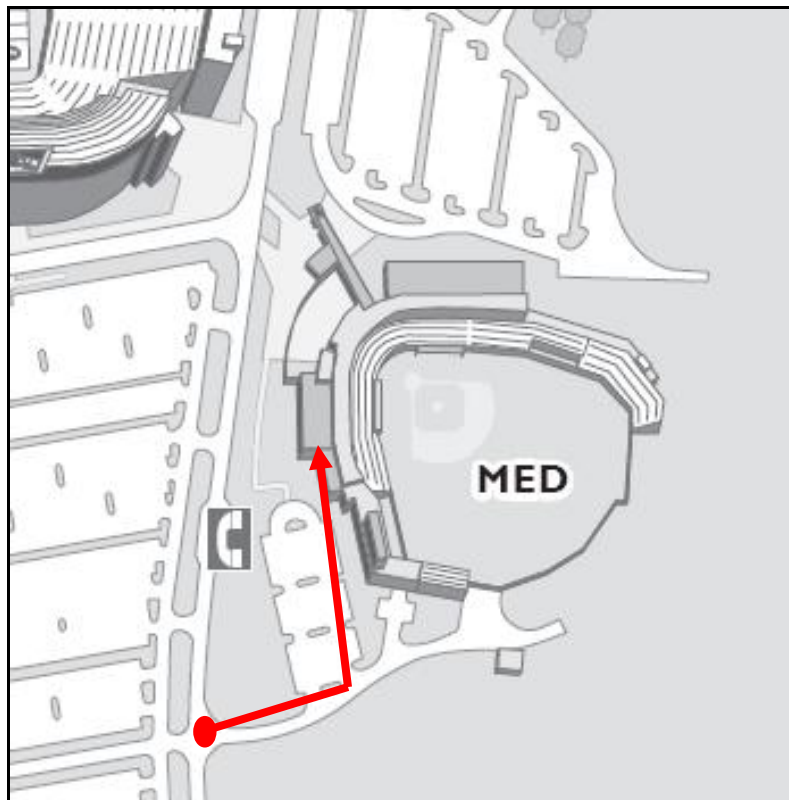
MEDLAR FIELD AT LUBRANO PARK

PHONE NUMBERS

Strength and Conditioning Room (Rm. 19)	865-8612
Jamie Burleson (cell)	409-8335
Athletic Training Room	863-2517

AMBULANCE ACCESS

Access is located on the ground floor of Lubrano Park. Enter at the lower access road from the south off Porter Road. Proceed north through Player/Staff parking lot to ground level access door. Coaching or training staff member will meet EMS at the doors.



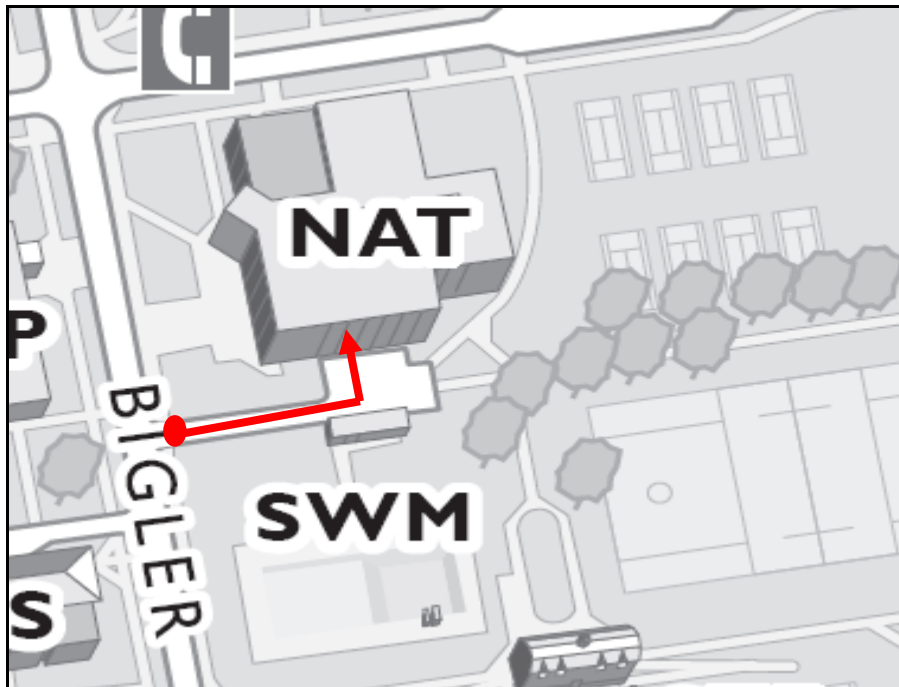
McCOY NATATORIUM

PHONE NUMBERS

Fitness Loft	863-7541
Front Desk	863-4000
Jamie Burleson (cell)	409-8335
Mike Chatman (cell)	321-8213

AMBULANCE ACCESS

McCoy Natatorium – Access from Bigler road via service road located on the south side of the Natatorium.



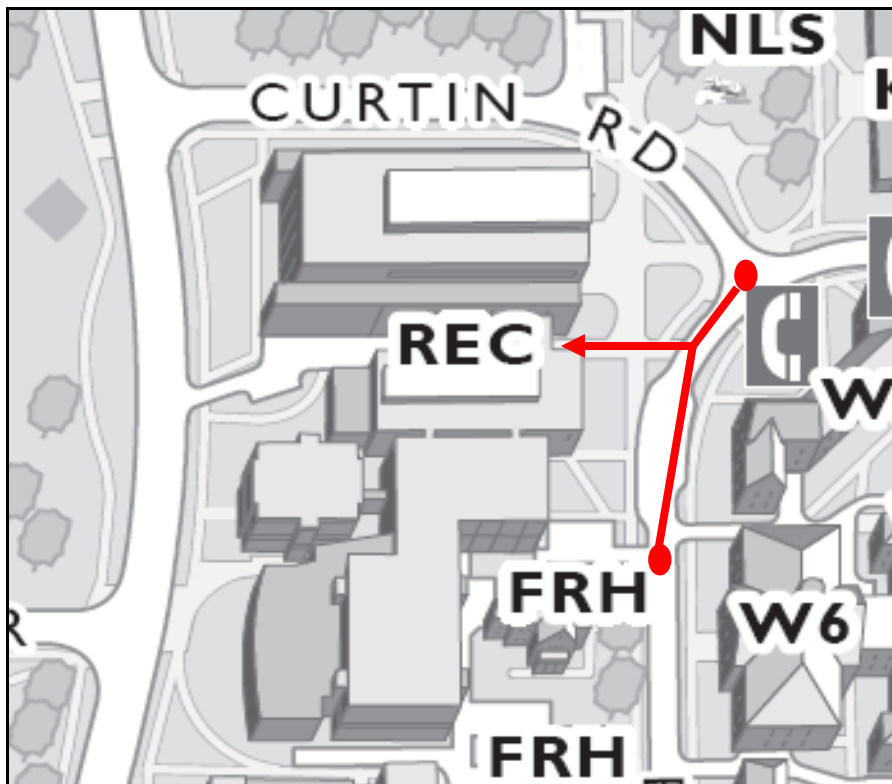
RECREATION HALL

PHONE NUMBERS

Strength and Conditioning Room	863-3937
Cam Davidson (cell)	409-8353
Sean Cantos (cell)	876-2002
Athletic Training Room	865-2052

AMBULANCE ACCESS

Access off of Burrows Street, enter the Biomechanics parking lot. Proceed between Recreation Hall and Fraternity House, enter at the Lorenzo Wrestling complex Doors.



SAND PIT AT OUTDOOR TRACK COMPLEX

PHONE NUMBERS

Ashenfelter Multi-Sport Facility

Athletic Training Room
Front Lobby

814-865-8884

814-865-8883

Outdoor Track

An emergency blue phone is located at the main entrance to the track

AMBULANCE ACCESS

Primary access is through the North Eastern Gate located off South Porter Road into the South Beaver Stadium Parking Lot. Secondary access is located off of South Porter Road onto Hastings Road with access to the main gate.

