Emergency Plan: **Weight Room** (All Sports)

This plan will be activated if there is a potential life-threatening injury or illness including but not limited to; threat to cardiorespiratory system, brain, spine, or potential for permanent disability

**Emergency Personnel:** Supervising coaches; Certified Athletic Trainers and Athletic Training Student(s) are accessible during official practice hours.

**Emergency Communication:** Fixed telephone line in SE corner of weight room (660-785-6058), fixed telephone lines in Pershing Athletic Training Facility located in the NE corner of Pershing Arena. Cell phone communication with Pershing Athletic Training Facility (660-785-6055), Kennels Athletic Training Facility (660-785-4172), and Truman Public Safety (911).

**Emergency Equipment:** Supplies (splint kit, spineboard, cervical neck collars, AED) are maintained in Pershing Athletic Training Facility

**Roles of Immediate Care Providers (Athletic Trainers, Coaches, and Athletes):**

1. Activation of emergency medical system (EMS)
   a. Notify the emergency center at 911
   b. Provide name, location, telephone number, number of injured individuals, severity of injured, first aid treatment needed/provided.
   c. Direct EMS to the scene
2. Retrieve Emergency Equipment
3. Immediate care of injured or ill student-athlete
4. Make scene accessible to EMS
   a. open appropriate gates
   b. designate individual to “flag down” EMS and direct to scene
   c. control injury scene: limit scene to first aid providers, keep bystanders away from area.

**Venue Directions:** The weight room is located on the 2nd floor of the West hallway of Pershing Arena. Drive south on Franklin (Business 63). Turn east into the parking lot on the west side of Pershing Arena (just north of Red Barn Park). Enter SW doors of Arena and go North across the gym to the NW corner of Pershing Arena. Weight room is at the top of the stairs.

Plans revised 7/10/2009