



University of Notre Dame

Department of Athletics Safety Procedures

Revised September, 2013



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University of Notre Dame Department of Athletics Safety Procedures

I. Standard Safety Procedures

For all varsity sports, a person has been assigned the responsibility for matters directly relating to the safety of the participants in that sport ("the Safety Contact"). Typically the Safety Contact is the athletic trainer assigned to the sport, but in those instances where the athletic trainer is not in attendance at a team's practice, the team's head coach or another coach designated on an annual basis by the head coach shall assume responsibility as the primary Safety Contact. In those circumstances when the athletic trainer is unable to attend a team's competition, the game manager for that sport will serve as the Safety Contact. If a competitive event does not have an assigned game manager, the head coach or another coach designated on an annual basis by the head coach will again take responsibility as the Safety Contact.

The Safety Contact is responsible for:

1. Communicating the Athletics Department's Safety Procedures to student-athletes, coaches, and team-related personnel.
2. Monitoring weather conditions and taking appropriate safety precautions in response to those conditions.
3. Reviewing facility conditions.
4. Ensuring that sport-specific equipment is inspected for obvious defects.

As conditions may change rapidly, it is the Safety Contact's responsibility to monitor those conditions on an ongoing basis and take appropriate action to protect the safety of the student-athletes and team-related personnel. The Safety Contact has the authority to suspend any practice or other sport-specific activity if he or she feels that unsafe conditions exist. The officials assigned by the appropriate sanctioning body typically have the sole authority to suspend a competition. The Safety Contact shall work closely with competition officials in the exercise of the competition official's authority to suspend or modify a competition.

The following procedures will be followed by Safety Contacts:

- A. Weather
 - a. Each Safety Contact will have access to the Schneider Electric (Telvent dtn) Weather Alert System on their smartphones and through internet access.
 - b. Weather conditions will be evaluated on a daily basis by the Head Athletic Trainers for football and the Olympic sports. For morning varsity athletic activities, the review of the next day's weather forecast will take place the night before and again at least 60 minutes prior to the start of the scheduled activity. For afternoon varsity athletic activities, this review will take place at the start of the business day and again 60 minutes prior to the start of the scheduled activity.
 - c. The Head Athletic Trainer will provide the Safety Contacts with a report of any relevant potential weather advisories, watches and warnings. If the potential for unsafe weather conditions exist, the Head Athletic Trainer will notify the Safety Contacts, reminding them to refer to the appropriate weather guidelines. The notification will specify the nature and anticipated timing of the adverse weather conditions.

B. Environment

- a. For any varsity athletic practice or competition, the Safety Contact will monitor and evaluate the physical environment to guard against the presence of unsafe conditions. Such conditions might, for example, include the positioning of equipment or fixed objects too close to the activity area, damaged playing surfaces, broken equipment, or the presence of other hazardous conditions such as standing water, inappropriately positioned electric cords or insufficiently secured objects.

C. Training

- a. Each Safety Contact, secondary Safety Contact and Coach or Assistant Coach that may assume the role of Safety Contact must participate in safety training provided by the Athletic Department and the Risk Management and Safety Department. Training Components include:
 1. Access to and use of the Schneider Electric (Telvent dtn) Weather Alert System
 2. NCAA weather related rules
 3. University weather related rules
 4. Hazardous condition identification
 5. Hazardous condition reporting
 6. Coach/Athlete notification of play/practice conditions changes
 7. Notice of suspension of play/practice
 8. Field or indoor location evacuation
 9. Identification of shelter areas
 10. Documentation

D. Play/Practice Area Evaluation

- a. Prior to each practice, the Safety Contact will conduct a brief evaluation of the area or field for hazardous conditions that may be present or may be developing. The Safety Contact shall notify the coach of any hazardous conditions prior to play/practice. Additionally, the Safety Contact will affect the necessary process to document and correct the condition.

E. Documentation

- a. When a Safety Contact
 - Makes a weather related decision
 - Suspends practice
 - Relocates a team to a safe area
 - Identifies the hazardous condition

The Safety Contact shall notify the Associate Athletic Director and The Risk Management and Safety Department by email within 24 hours of the modification or change. This will serve to document the Safety Contacts decision and direction. The email should include the situation or condition, specific action taken, reason for the action, identify a hazardous condition, and serve to create a timeline for the Safety Contact's actions.

II. Sport Specific Safety Protocols

Baseball

- 1) Safety Contact will monitor the daily weather forecast received from the Head Athletic Trainer and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential inclement weather forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures prior to the start of outdoor baseball activities and that the dugouts are not a safe location during an electrical storm.
Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated to a safe structure.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sport Performance.

Men's and Women's Basketball

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.
- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

Men's and Women's Cross Country

- 1) Safety Contact will monitor the daily weather forecast received from the Head Athletic Trainer and note any advisories, watches or warnings.
- 2) Safety Contact will communicate with their assigned head coach of any potential inclement weather forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.

- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures prior to the start of outdoor activities. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated to a safe structure.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sport Performance.
- 6) Because student-athletes in cross country typically engage in training runs without direct coach supervision and some of this activity may occur on city streets, the Safety Contact and coaches will remind student-athletes of appropriate safety measures, including unexpected weather conditions that they need to be mindful of absent the presence of a Safety Contact.

Men's and Women's Fencing

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.
- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

Football

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.

- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Associate Director of Athletics for Football Administration or the Associate Athletic Director for Sports Performance.

Men's and Women's Golf

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer, Associate Athletic Director for Sport Performance or the Head Golf Professional at the Warren Golf Course.
- 6) Because student-athletes in golf frequently practice or play without direct coach supervision the Safety Contact and coaches will remind student-athletes of appropriate safety measures, including unexpected weather conditions that they need to be mindful of absent the presence of a Safety Contact. Golf course personnel should also be notified when student-athletes are practicing or playing without direct coach supervision so that normal golf course procedures for weather situations can be communicated to student-athletes appropriately.

Hockey

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.
- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring

these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

Men's and Women's Lacrosse

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.

Women's Rowing

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.
- 6) Because a full-time athletic trainer typically is not present at practice, the Head Coach and his designated assistant coaches are responsible for visually monitoring the conditions of the St. Joseph River before the start of any activities. This visual evaluation will include water height, water speed, water temperature and a review of objects that may be in/on the river in the designated practice area.
- 7) The Head Coach and his designated assistant coaches are responsible for verifying that all appropriate safety equipment is available prior to the start of all activities.

Men's and Women's Soccer

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.

Softball

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures and that dugouts are not a safe location during an electrical storm. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.

Men's and Women's Swimming & Diving

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.

- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Director of the Aquatic Center, Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

Men's and Women's Tennis

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.

Men's and Women's Track and Field

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach or designated assistant coach of any potential weather hazards forecast for the day and remind coach(s) that outdoor activities may need to be altered as weather dictates.
- 3) If severe weather/lightning is forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures. Reminder: If lightning is detected within 10 miles of the activity site, all personnel should be evacuated.
- 4) Safety Contact will have final authority on the cancellation or suspension of outdoor activities and on whether to move activities indoors.
- 5) Safety Contact will evaluate practice/play field conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or Associate Athletic Director for Sport Performance.

Volleyball

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.

- 2) Safety Contact will inform the head coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.
- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

Cheerleading

- 1) Safety Contact will evaluate daily weather forecast and note any advisories, watches or warnings.
- 2) Safety Contact will inform the head coach or designated assistant coach of any potential weather hazards forecast for the day and remind coach(s) that activities may need to be altered as weather dictates.
- 3) If tornado watches/warnings are forecast, the Safety Contact will remind coaches and student-athletes of evacuation procedures.
- 4) If any other conditions occur (fire alarm, power outage), the Safety Contact will have authority regarding evacuation procedures and the cancellation or suspension of activities.
- 5) Safety Contact will evaluate facility conditions prior to any activity. If any issues/concerns are detected, the Safety Contact will inform the coaches and bring these issues/concerns to the attention of the Head Athletic Trainer or the Associate Athletic Director for Sports Performance.

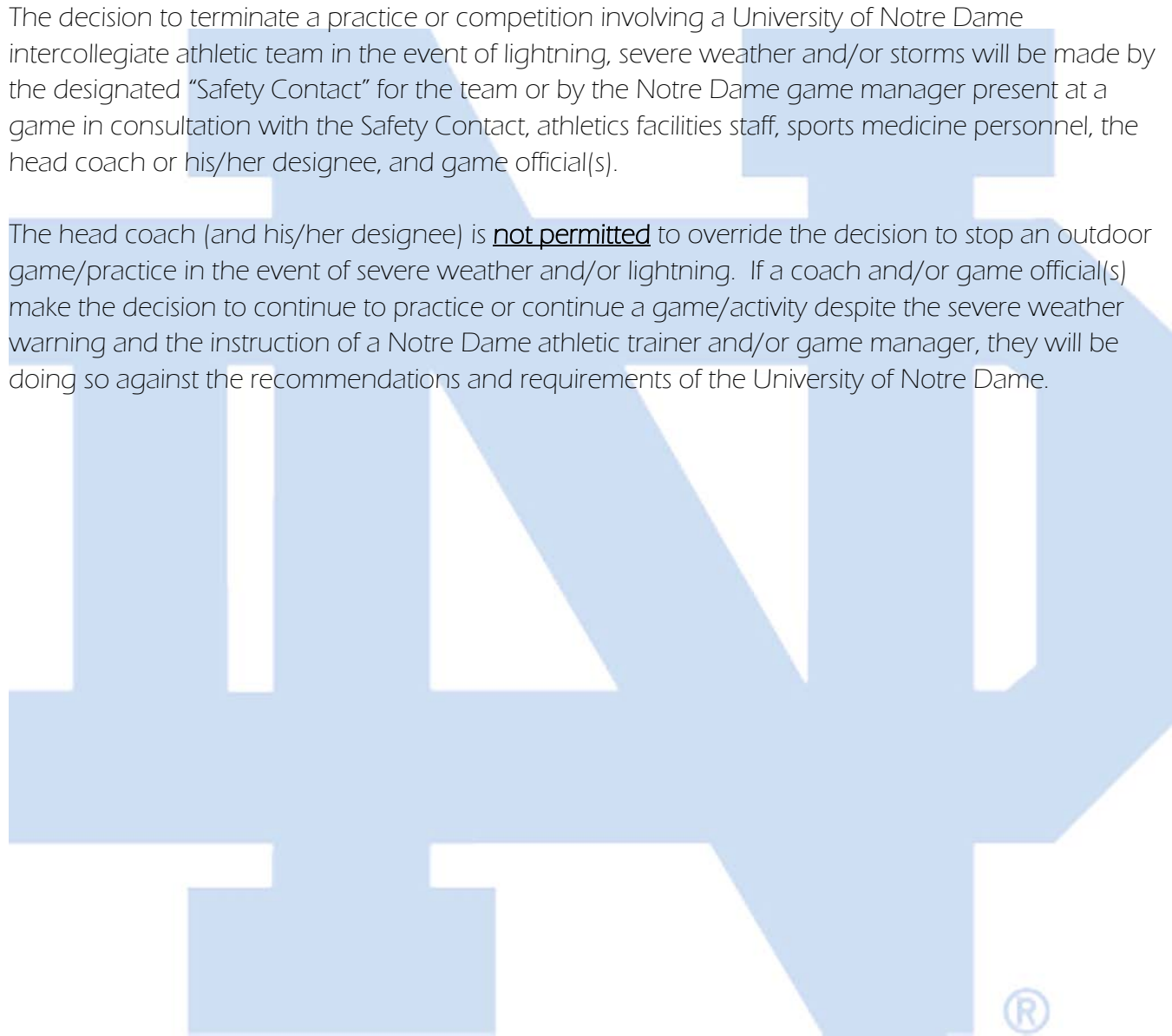


III. Environmental/Weather Condition Policies and Procedures

The Athletics Department has implemented a Weather Policy to enhance and protect our student-athletes, staff, guests and visitors. Severe or dangerous weather can include lightning, severe thunderstorms, tornado, wind, heat, cold and generally involve conditions (in the case of lightning, tornado and thunderstorms) that can erupt rapidly and may be dangerous to life and health.

The decision to terminate a practice or competition involving a University of Notre Dame intercollegiate athletic team in the event of lightning, severe weather and/or storms will be made by the designated "Safety Contact" for the team or by the Notre Dame game manager present at a game in consultation with the Safety Contact, athletics facilities staff, sports medicine personnel, the head coach or his/her designee, and game official(s).

The head coach (and his/her designee) is **not permitted** to override the decision to stop an outdoor game/practice in the event of severe weather and/or lightning. If a coach and/or game official(s) make the decision to continue to practice or continue a game/activity despite the severe weather warning and the instruction of a Notre Dame athletic trainer and/or game manager, they will be doing so against the recommendations and requirements of the University of Notre Dame.



Appendix A

Lightning Safety Guidelines

Lightning is a dangerous phenomenon and is the most consistent and significant weather hazard that may affect athletics activities. Athletic teams that practice and compete outdoors are at greatest risk and as such, the following lightning safety policy has been adopted to minimize the risk or injury from lightning strike(s) to Notre Dame student-athletes, coaches, support staff and fans.

Lightning information is available from several sources:

A. Schneider Electric Telvent dtn Program *(all Safety Contacts have been given access to this program)*

Telvent offers accurate information, customizable tools, and flexible delivery, including: Real-time, location-based lightning information — available on a new, high-resolution mapping interface that allows you to zoom in to your exact field or course — for safety, delay, and play decisions.

GPS-based roaming weather and lightning alerts for current positions — automatically pushed to your Apple® iPhone®, or BlackBerry® Torch™, updated automatically.

A third lightning range ring provides a caution zone for a three-step response to lightning dangers.

Exclusive, expert advice from professional meteorologists (online, and accessible via a cell phone) to help make critical decisions.

B. Flash-Bang Method

This method should only be used in situations when the Telvent dtn system or a commercial lightning detector is not available. This method involves counting the seconds between the lightning “flash” and the thunder “bang”, which will tell you how far away the lightning is. Every five (5) seconds equals one (1) mile. The Notre Dame Department of Athletics recommends that by the time 50 seconds (10 miles) is observed between the lightning flash and its associated thunder, all individuals should have left the site and reached a safe structure or location. Lightning can strike as far as 10 (or more) miles away from the rain shaft.

Lightning Detection Procedures for Student-Athletes during Non-Supervised Activities: The safest measure to take is to proceed indoors whenever thunderclouds are forming and remain inside until the storm passes. Just because lightning is not visible does not mean there is no risk. Other warning signs of impending bad weather include: sudden decrease in temperature, sudden change in humidity, increase in air movement and visible dark storm clouds (though these are not always present during a lightning strike). In the event student-athletes are using facilities without supervision, it is strongly encouraged to

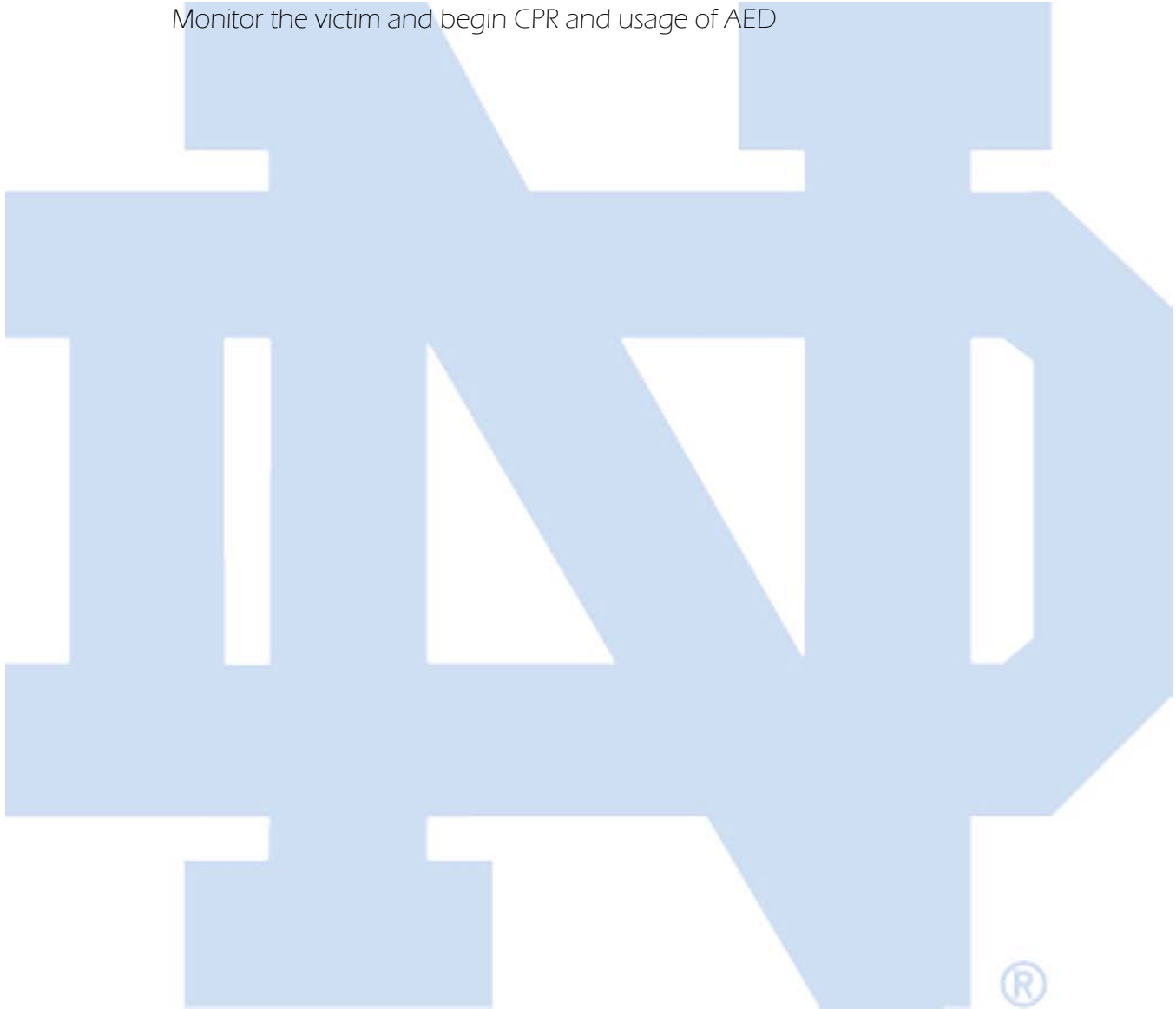
use the FLASH-BANG method to monitor the proximity of lightning. The FLASH-BANG method is an approximation of the distance of the lightning. Not every lightning strike can be detected!

If Someone Is Struck By Lightning

Activate the Emergency Medical Plan

Victims do not carry an electrical charge and may need immediate medical attention.

Monitor the victim and begin CPR and usage of AED



Appendix B

Severe Thunderstorm Guidelines

To monitor severe weather, several methods will be used to ensure safety.

- 1) The team assigned staff athletic trainer (or the head coach or his/her assistant coach designee in the absence of an athletic trainer) will be responsible for monitoring threatening weather and for making the final decision on when to clear the area and when it is safe to return.
- 2) Monitor local weather reports each day before any practice/event. Be diligently aware of potential thunderstorms that may form during scheduled practices/events.
- 3) Be informed of National Weather Service issued “watches” or “warnings”. A “watch” means to watch for the potential of severe weather. A “warning” means severe weather has been detected in the area.

Procedures for Evacuation of the Practice/Game Site

- 1) When a severe weather watch/warning is received for the area or the “flash/bang” count reaches 75 seconds (15 miles), the staff athletics trainer and/or the game manager will notify:
 - The game administrator or member of sports medicine staff on site (if applicable)
 - The Notre Dame head coach or his/her designee
 - The game official (at the first opportunity/break in the action)
 - The visiting team’s athletic trainer and/or coach (if applicable)
- 2) When a severe weather warning is received for the area or the “flash/bang” count reaches 50 seconds or less (10 miles), the staff athletics trainer will notify the individuals listed above that all game/practice activities are to cease immediately and all personnel are to evacuate to a safe structure or location.
- 3) A safe structure or location is defined as: “Any sturdy, fully enclosed, substantial, and frequently inhabited building that has plumbing and/or electrical wiring that acts to electrically ground the structure”. Examples of locations that do **not** meet these criteria include:
 - Baseball/softball dugouts
 - Baseball/softball covered batting cages
 - Convertible or soft-top vehicles
 - Golf carts or similar vehicles
 - Outside storage shed
 - Canopy/awning/tent
- 4) In the absence of a sturdy, fully enclosed, substantial and frequently inhabited location, a secondary structure such as a fully enclosed vehicle with a hard metal roof, rubber tires and completely closed windows can provide a measure of safety.
- 5) Persons should avoid taking showers, and using plumbing facilities (including indoor and outdoor pools, whirlpools, Jacuzzis and hot tubs) and land-line telephones during a thunderstorm.

- 6) If the University of Notre Dame administration has cancelled classes at the university due to severe weather (including winter storms), the Notre Dame Department of Athletics strongly recommends the cancellation of all games, practices and other activities.

Important Tips When Outdoors During a Thunderstorm

NO PLACE outside is safe when lightning is in the area, but if outside with no safe shelter, the following actions may reduce risk:

- Immediately leave elevated areas
- NEVER lie flat on the ground
- NEVER use a tree for shelter
- Immediately move away from bodies of water
- Stay away from objects that conduct electricity (barbed wire fences, power-lines, etc.)

The safest place during a thunderstorm is a sturdy building or in all-metal vehicle (e.g., automobile).

Criteria for Safe Return to the Practice/Game Site

The decision to return to athletic activity after a period of evacuation will be made by the Safety Contact at a practice/game or the game manager present in consultation with appropriate personnel.

Standard guidelines indicate that the immediate threat should have passed, the lightning/severe weather is greater than ten miles away OR 30 minutes has passed since last the last thunder or lightning is heard/seen.

Right to Leave

All student-athletes and individuals are granted the right to leave an athletic site or activity without fear of repercussion or penalty in order to seek a safe structure or location in the event of severe weather.



Appendix C

Tornado Guidelines

The National Weather Service (NWS) is responsible for monitoring conditions that may allow for the development of tornados. The NWS will issue a “Tornado Watch” when conditions are present that may allow a tornado to develop. The NWS will issue a “Tornado Warning” when a tornado is imminent. In the event of a “Tornado Warning” St. Joseph County Emergency Management will warn residents by activating the local tornado warning sirens. In the event of a “Tornado Warning” student-athletes and others must immediately leave the playing field/arena and seek the closest shelter.

Should notification of a tornado warning (or other emergency) be received from the ND Alert system, all athletics personnel and student-athletes shall immediately follow the instructions they receive from the alert system.



Appendix D

Cold Stress and Cold Exposure

Any individual can lose body heat when exposed to cold air, but when the physically active cannot maintain heat, cold exposure can be uncomfortable, impair performance and may be life-threatening. Cold stress may develop as the result of environmental or non-environmental factors. The NATA position statement (2008) states that injuries from cold exposure are due to a combination of low air or water temperatures and the influence of wind on the body's ability to maintain a normothermic core temperature, due to localized exposure of extremities to cold air or surface. Non-environmental factors that may result in the signs and symptoms of cold stress include (but are not limited to) previous cold weather injury (CWI), race, geological origin, ambient temperature, use of medications, clothing attire, fatigue, hydration, age, activity, body size/composition, aerobic fitness level, acclimatization and low caloric intake. Nicotine, alcohol and other drugs may also contribute to how a person adapts to the stresses of cold.

Important factors to decrease the possibility of cold exposure injury or illness are:

- Wear appropriate clothing (dress in layers and try to stay dry),
- Maintain energy levels (via the use of meals, energy snacks and carbohydrate/electrolyte drinks),
- Stay hydrated but avoid alcohol, caffeine, nicotine and other drugs that cause water loss, vasodilatation or vasoconstriction of skin vessels
- Minimize fatigue and exhaustion as these deplete energy levels,
- Warm-up properly prior to activity, and
- Use a partner during cold weather workouts.

Planning activities and workouts depends on wind chill temperatures, not ambient temperatures. Therefore, the following guidelines for cold weather activities have been recommended by the NATA:

- 30 degrees Fahrenheit and below – be aware of potential cold injury and notify personnel of the potential
- 25 degrees Fahrenheit and below – use additional protective clothing, cover as much exposed skin as practical and provide opportunities and facilities for re-warming
- 15 degrees Fahrenheit and below – consider modifying activities to limit exposure or to allow for more frequent chances to re-warm
- 0 degrees Fahrenheit and below – consider terminating or rescheduling activity.

Important cold weather conditions:

- Wind Chill - Standard guideline is that the threshold for potentially dangerous wind chill conditions is about minus-20 degrees Fahrenheit.
- Wind Chill Advisory – Temperature could be life threatening.
- Wind Chill Warning – Temperatures **are** life threatening.
- Blizzard Warning – Winds of 35 miles per hour or higher with considerable snow blowing and visibility of less than one quarter (1/4) of a mile.



Appendix E

Heat Illnesses

Recognition of Heat Stroke

The ability to rapidly and accurately assess core body temperature and CNS functioning is critical to the proper evaluation of exertional heat stroke. Medical staff should be properly trained and equipped to assess core temperature via rectal thermometer when feasible.

The most critical criteria for determination of heat stroke are:

1. Hyperthermic (rectal temperature > 105F) immediately post-incident and
2. CNS dysfunction (altered consciousness, coma, convulsions, disorientation, irrational behavior, decreased mental acuity, irritability, emotional instability, confusion, hysteria, apathy).

Other possible salient findings include nausea, vomiting, diarrhea, headache, dizziness, weakness, hot and wet or dry skin (important to note that skin may be wet or dry at time of incident), increased heart rate, decreased blood pressure, increased respiratory rate, dehydration, and combativeness.

Aggressive and immediate whole-body cooling is the key to optimizing treatment of exertional heat stroke. The duration and degree of hyperthermia may determine adverse outcomes. If untreated, hyperthermia-induced physiologic changes resulting in fatal consequences may occur within vital organ systems (e.g., muscle, heart, brain, etc.).

Emergency Treatment of Heat Stroke

Immediately contact Notre Dame Security Police by dialing 911 or 631-5555.

Immediate whole-body cooling is the best treatment for exertional heat stroke and should be initiated within minutes post-incident. It is recommended to cool first and transport second if onsite rapid cooling is possible. Cooling can be successfully verified by measuring rectal temperature. If onsite cooling is not an option, the athlete should be immediately transferred to the nearest medical facility. The following procedures are recommended if exertional heat stroke is suspected:

1. Remove clothing and equipment
2. Move athlete immediately to air-conditioned facility or shaded area
3. Cool athlete immediately by:
 - a. Immersing athlete in tub of cold water.
 - b. Placing ice bags or ice over as much of body as possible, cover body with cold towels (replace towels frequently), fan body or spray with cold water.
4. Monitor ABCs, core temperature, and CNS (cognitive, convulsions, orientation, consciousness, etc.).
5. Place an intravenous line using normal saline (if appropriate medical staff is available).

6. Cease aggressive cooling when core temperature reaches approximately 101F; continue to monitor vitals.
7. Transport athlete to nearest emergency medical facility.

Recognition of Heat Exhaustion

The most critical criteria for determination of heat exhaustion in an athlete are:

1. Obvious difficulty continuing intense exercise in heat.
2. Severe hyperthermia (usually < 105F).
3. Severe CNS dysfunction. If any CNS dysfunction is present, it will be mild and symptoms will subside quickly with treatment and as activity is discontinued.

Other possible salient findings include physical fatigue/dizziness, dehydration and/or electrolyte depletion, ataxia and coordination problems, syncope, profuse sweating, pallor, headache, nausea, vomiting, diarrhea, stomach/intestinal cramps, persistent muscle cramps, and whether or not there was rapid recovery with treatment.

Emergency Treatment of Heat Exhaustion

The following procedures are recommended if heat exhaustion is suspected:

1. Remove athlete from play and immediately move to an air-conditioned or shaded area
2. Remove excess clothing and equipment
3. Cool athlete
4. Have athlete lie comfortably with legs propped above heart level
5. If athlete is not nauseated, vomiting, or experiencing any CNS dysfunction, rehydrate orally with chilled electrolyte drink or water. If athlete is unable to take oral fluids, implement intravenous line using normal saline (if appropriate medical staff is available).
6. Monitor heart rate, blood pressure, respiratory, core temperature, and CNS status
7. Transport to nearest emergency medical facility if rapid improvement is not noted with prescribed treatment.

Prevention – Depending on the sport or activity, not all of the following preventive measures may need to be implemented. It is the responsibility of the assigned athletic trainer to monitor conditions and implement appropriate preventive action.

During Practice

- Sports Medicine Staff availability at each drill/with each segment (if possible)
- Monitor Heat Index every 20-25 minutes as needed
- Communicate with coaching staff
 - Know the current Heat Index
 - Modify practice activities (extra breaks, equipment, time, intensity, etc.)
 - Recognize Heat Illness symptoms
- Communicate with student-athletes
 - Recognize Heat illness symptoms

Drink 8-12oz cold water every 10-15 minutes throughout practice
 Take "sips" not "gulps"
 Take helmets off as applicable
 Use ice towels
 Dry off as much as possible

- Ice / water / ice towel availability
- Gatorade availability
- Heat Guard / Magonate / Gatorlyte availability
- Physician(s) on-site (communicate with as needed)
- Tent / "Cool Area" / fans
- IV availability

Use of Cold tubs is encouraged when available.

Post-Practice

- Communicate with student-athletes
 Weight charts, Urine Color Chart, How Much Water to Drink Chart
 Diet / nutrition (lots of fluids; low-fat meal; no caffeine or alcohol; lightly salt foods; no fast food; drink with meal)
 Hydration-
 Water bottles, Replace 150% of volume lost (24oz of cold water / Gatorade for every pound lost)
 Fulfill thirst – eat good, nutritious meals – DRINK plenty of liquids

Heat Index Levels and Practice Modification Recommendations

HEAT INDEX	RECOMMENDATIONS
Below 80	Chance of heat illness is low, but still possible. Continue with normal practice preparations
80 to 85	Add additional breaks
85 to 90	Add additional water breaks to the practice schedule. Pay special attention to those athletes who are prone to heavy water weight loss during exercise. Consider modifying uniform.
Above 90	Chance of heat illness is greatly enhanced. Watch all athletes closely, add additional water breaks, & shorten practice time.

Appendix F

Air Quality Guidelines

Breathing for anyone with seasonal allergies, asthma or other upper respiratory illness or condition is difficult at various times due to environmental factors. High pollen and other antigen counts (dust, mold, animal dander, etc.) along with temperature extremes and humidity play a significant role in performance and recovery. Being aware of this and of local conditions for those affected and those working with or directing a student-athlete is of significant importance. Tracking of specific, relevant information is typically done by a team's assigned athletics trainer.

Special attention will be given to those in acute distress from a respiratory problem by an athletic trainer and other medical personnel as needed. However, all involved should be aware of or informed by the team's athletic trainer that on a particular day or in certain circumstances specific individuals may be affected temporarily. Awareness by all involved is paramount to successful outcomes.

University of Notre Dame Sports Medicine personnel will monitor one or more of the following for up to date Air Quality Index (AQI) readings and statistics.

- www.airnow.gov
- National Weather Service and/or National Oceanic & Atmospheric Administration (NOAA) local weather radar (www.noaa.gov)

a) Sports Medicine will utilize the following table with regards to the Air Quality Index and recommendations for activity restrictions.

Air Quality Index (AQI)	Color	Description	Practice Restriction Recommendations
0 - 50	Green	Good	Air quality is satisfactory and air pollution poses little or no risk.
51 - 100	Yellow	Moderate	Air quality is acceptable; however, student-athletes with respiratory illnesses should be closely monitored.
101 - 150	Orange	Unhealthy for sensitive groups	Those student-athletes with respiratory illnesses should be removed from outside activity.

150 – 200	Red	Unhealthy	Those student-athletes with respiratory illnesses should be removed from outside activity. All other student-athletes should be closely monitored.
201 – 300	Purple	Very Unhealthy	ALL student-athletes should be removed from outside activity.
> 300	Maroon	Hazardous	ALL student-athletes should be removed from outside activity.

- b) Sports Medicine personnel update the following people with regards to the air quality and recommendations for outside activity.
- Head coaches and/or their designee(s);
 - Strength and conditioning personnel;
 - Visiting Team Head Coach and Athletic Trainer (if applicable)

The Air Quality Index (AQI)-

The Air Quality Index (AQI) is an index for reporting daily air quality. It tells you how clean or polluted your outdoor air is, and what associated health effects might be a concern for you. The AQI focuses on health effects that you may experience within a few hours or days after breathing polluted air. The Environmental Protection Agency (EPA) calculates the AQI for five major air pollutants regulated by the Clean Air Act: ground-level ozone, particle pollution (also known as particulate matter), carbon monoxide, sulfur dioxide, and nitrogen dioxide. For each of these pollutants, EPA has established national air quality standards to protect public health. For information regarding indoor air quality please visit EPA's Indoor Air Quality Web site (<http://www.epa.gov/iaq/>).

How the Air Quality Index (AQI) Works-

Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 200 represents very unhealthy air quality. An AQI value of 100 generally corresponds to the national air quality standard for the pollutant, which is the level the EPA has set to protect

public health. AQI values below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is considered to be unhealthy at first for certain sensitive groups of people, then for everyone as AQI values get higher.



Appendix G

Wind Safety

It is not so much the wind itself that causes damage, but what is in the path of the wind. When considering wind safety, special attention must be directed at protecting people and property from objects blown by the wind. Wind safety not only means protection from the wind, but also from its effects.

Although there is no NCAA or other standard wind speed guideline(s) for most athletic events, the University of Notre Dame Department of Athletics recommends the following precautions:

Sustained Wind Speed Levels and Practice Modification Recommendations

0 to 5 mph	Light or light and variable – No action needed, but continue to monitor conditions
15 to 25 mph	Breezy (mild weather) or brisk, blustery (cold weather) – Safety Contact should monitor equipment and other items that may be susceptible to being blown around. Secure as appropriate. Lower elevated items/personnel when sustained winds reach 20 mph.
25 to 35 mph	Windy – All equipment and other items must be securely stored. Consider moving activities indoors. No elevated items/personnel permitted.
35 to 45 mph	Very windy – Caution against conducting outdoor activities. Alternative indoor practice accommodations should be arranged.
45 to 73 mph	High, strong, damaging or dangerous winds – Outdoor activities should be avoided.



Appendix H

Indoor Athletic Activities

Indoor sports are much less challenged by environmental or weather conditions. The challenging issues for indoor activities are identifying a safe area or refuge in the event of a tornado warning and the immediate evacuation and muster area location in the event of a fire alarm.

It will be the Safety Contact's responsibility to identify, with the assistance of Risk Management and Safety a protected area within the indoor practice or play area that will serve as the safe area of refuge in the event of a tornado warning. It is also the responsibility of the team's Safety Contact to identify a safe area outside of the practice or play facility to which team members will muster in the event of a fire alarm. The staff athletic trainer and the head coach will also ensure an accurate accounting of evacuees for which they are responsible.



IV. Medical Emergency Response Procedures

Emergency situations may arise at any time during athletic activities. An emergency plan will help ensure prompt response time to any emergency as well as the provision of appropriate care. The emergency response procedures require (a) coverage of events, (b) maintenance of emergency equipment and supplies, (c) utilization of appropriate emergency medical personnel, and (d) continuing education of emergency medicine. Although accidents and injuries are inherent in sports participation, with thorough pre-participation physical screenings, adequate medical coverage, safe practice and training techniques and other safety protocols, potential dangers can be minimized.

The first responder to an emergency situation at an athletic practice or competition is typically a certified athletics trainer. A team physician is not present at every organized practice or competition. The level of sports medicine coverage for an athletic practice or competition varies, based on such factors as the type of sport or activity, the setting and the type of training or activity. In some instances, the first responder may be a coach or other institutional personnel. As such, certification in cardiopulmonary resuscitation (CPR), First Aid, prevention of disease transmission and emergency plan review is required for team physicians, team athletic trainers and strength and conditioning coaches. In addition, a schedule shall be implemented to train head and assistant sport coaches in these areas by July 1, 2012.

Rescue/Medical Response Procedures

To the best extent possible, rescue and/or medical duties should be performed only by qualified persons including, but not limited to, Notre Dame Security Police (NDSP), Notre Dame Fire Department (NDFD), or other trained medical personnel, including individuals certified in First Aid and CPR.

Examples of medical emergencies that require the notification of the activation of the EMS and the team physician(s):

1. Respiratory arrest or any irregularity in breathing.
2. Severe chest or abdominal pains that may indicate heart attack, cardiac arrest, or internal hemorrhage.
3. Excessive bleeding from a major artery or loss of a significant amount of blood.
4. Suspected spinal injury resulting in back pain, paralysis, or inability to move any body part.
5. Open or multiple fractures involving the femur, pelvis and several ribs.
6. Joint fracture or dislocation with no distal pulse.
7. Severe signs of shock or possible internal hemorrhage.

Life Threatening Situation

The following line of authority will be IN CHARGE during a life threatening situation:

1. Physician (if present)
2. Staff Athletic Trainer
3. EMS Ambulance
4. Staff Athletic Trainer will work with EMT's if both are present
5. Coach – Must notify the Athletic Training Facility after an ambulance has been activated.

Equipment Requirements

Emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good working condition and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and its use rehearsed by emergency personnel. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.



Emergency Procedures

Baseball - Game Day

Eck Baseball Stadium/Indoor Hitting Cages

Emergency Personnel: Athletic trainer, student athletic trainers, team physician, EMS personnel, director of operations, head and assistant coaches. An athletic trainer will be present at all games at least 3 hours prior to the scheduled game time.

Certified Athletic Trainer: Scott Stansbury (574-340-3089)

Director of Operations: Located near the dugout during the game.

**In an emergency, if the athletic trainer or student athletic trainer is not present, then coaches are designated as the first responders and will direct student athletes if necessary.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or 574-631-5555 (1-5555 if campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, directions to facility). Landline phones are located in the 3rd base dugout, press box, and the 1st base (visiting) coach's locker room.

Emergency Equipment: A splint bag, AED, oxygen tank and mask and CPR mask are located just inside the 3rd base dugout (home team) locker room door. The splints, AED and CPR mask are located on the shelving unit just above and inside the access door of the home team locker room. The oxygen tank/mask is located in the cabinet below the sink in the home team locker room.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 9-1-1 or 1-5555 from campus phone, 574-631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS. (Left field corner of stadium)
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Emergency Procedures Baseball - Practice Eck Baseball Stadium/Indoor Hitting Cages

Emergency Personnel: Athletic trainer, student athletic trainers, team physician, EMS personnel, head and assistant coaches. An athletic trainer will be present at most practices, but is on campus and available via cell phone during all practice sessions.

Team Athletic Trainer: Scott Stansbury (574) 340-3089

**If athletic trainer is not present, coaches are designated as the first responders and will direct plans.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or 574-631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, directions to facility). Landline phones are located in the 3rd base dugout, press box, and the 1st base (visiting) coach's locker room.

Emergency Equipment: A splint bag, AED, oxygen tank/mask and CPR mask are located just inside the 3rd base dugout locker room access door. The splints AED and CPR mask are located on the shelving unit just above and inside the dugout locker room door. The oxygen tank/mask is in the cabinet below the sink. The indoor hitting facility also has an AED.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, 574-631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.



Medical Non-Emergency Check-List Baseball – (Eck Stadium/Indoor Hitting Cages)

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Team Athletic Trainer, Scott Stansbury (574) 340-3089

Loftus Sports Medicine Center (574) 631-3300

Joyce Athletic Training Facility (574) 631-7100

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone Numbers/Addresses:

Student Health Center (University of Notre Dame)—St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574)335-5000

5215 Holy Cross Parkway

Mishawaka, Indiana 46545

Memorial Hospital South Bend (574) 647-1000

615 N. Michigan Street

South Bend, Indiana 46601

MedPoint Urgent Care Center (574)647-1506

913 N. Main Street –Suite 300

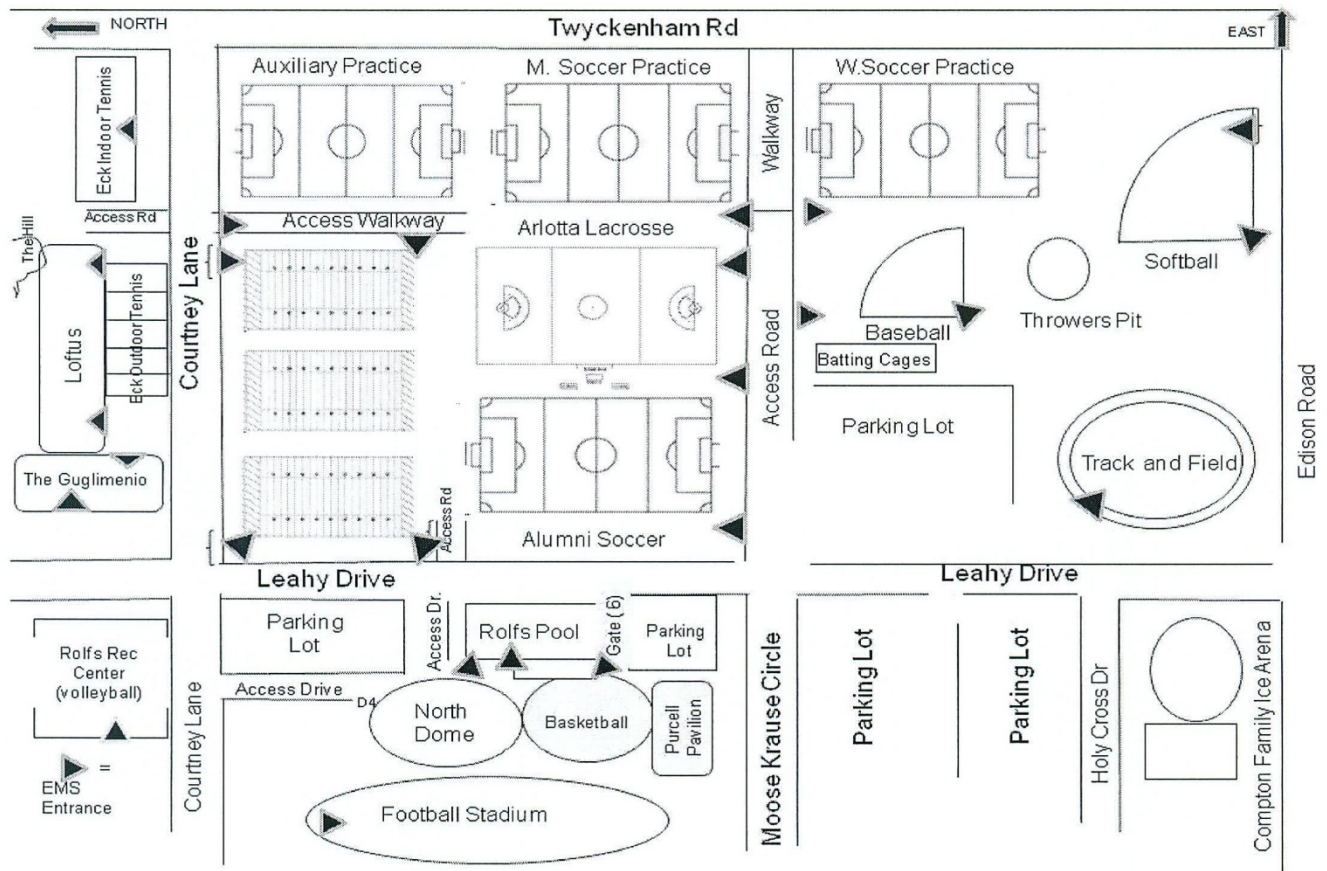
Granger, In 46530



Eck Baseball Stadium & Indoor Batting Cages Directions:

From Angela Boulevard/Edison Road: Turn North onto Leahy Drive. Take the first right into the baseball stadium parking lot and follow the access road East to the playing field access gate (which is located in the Northeast corner of the parking lot).

From Twyckenham Drive: Turn West onto Courtney Lane at the Eck Tennis Pavilion. Proceed to Leahy Drive and turn South (left) on Leahy Drive. Take the first left into the baseball stadium parking lot and follow the access road east to the playing field access gate (which is located in the Northeast corner of the parking lot).



Emergency Procedures

Men's and Women's Basketball - Purcell Pavilion/Joyce Center Arena Game

Emergency Personnel: Athletic Trainer, Team Physician, EMS personnel, student athletic trainer, head coach, assistant coaches, game management personnel.

Men's Basketball Team Athletic Trainer, Skip Meyer ATC: (574) 532-4186

Men's Basketball Team Physician, Dr. James Moriarty: (574) 631-3924

Women's Basketball Team Athletic Trainer, Anne Marquez ATC: (318) 289-6842

Women's Basketball Team Physician, Dr. Rebecca Moskwiniski: (574) 532-0305

Emergency Communication: EMS is on site and parked in gate 6 tunnel for all home competitions. Athletic trainer will send student athletic trainer to summon EMS personnel standing in tunnel at Gate 6.

Emergency Equipment: 1 AED will be located at the end of the home team bench and 1 AED is located on the outside wall at ND security. Splints, crutches, cardiac/IV kit, CPR mask, and spine board are located just inside storage cage in Gate 6 tunnel next to men's basketball locker room.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.



Emergency Procedures – Men’s and Women’s Basketball - Practice Purcell Pavilion/Joyce Center Arena – PIT practice Gym

Emergency Personnel: Certified Athletic Trainer, student athletic trainer, head coach, assistant coaches, team managers, athletes. If there is no athletic trainer present, the chain of command is as follows: Head coach – assistant coach(s) – Director of Operations - team manager

Men’s Basketball Team Athletic Trainer Skip Meyer ATC: (574) 532-4186

Women’s Basketball Team Athletic Trainer Anne Marquez ATC: (318) 289-6842

Athletic Training Facility: (574)631-7100 (Joyce), 631-3300 (Loftus)

Emergency Communication: Cell phone, land line phones located in JACC Athletic Training Facility office. The certified athletic trainer will initiate the emergency procedure and personnel assisting will make calls.

Emergency Equipment: 1 AED is located on the outside wall of ND security office at Gate 6 and 1 AED is located in doctor’s office in JACC Athletic Training Facility. A CPR mask, splints, crutches, and spine board/stretcher are located inside the storage cage at Gate 6 tunnel next to men’s basketball locker room.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List

Men's and Women's Basketball

Practice

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center (574) 631-3300

Joyce Athletic Training Facility (574) 631-7100

Men's Basketball Team Athletic Trainer Skip Meyer (574) 532-4186

Women's Basketball Team Athletic Trainer Anne Marquez (318) 289-6842

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) – St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway
Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan Street
South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main Street – Suite 300
Granger, IN 46530

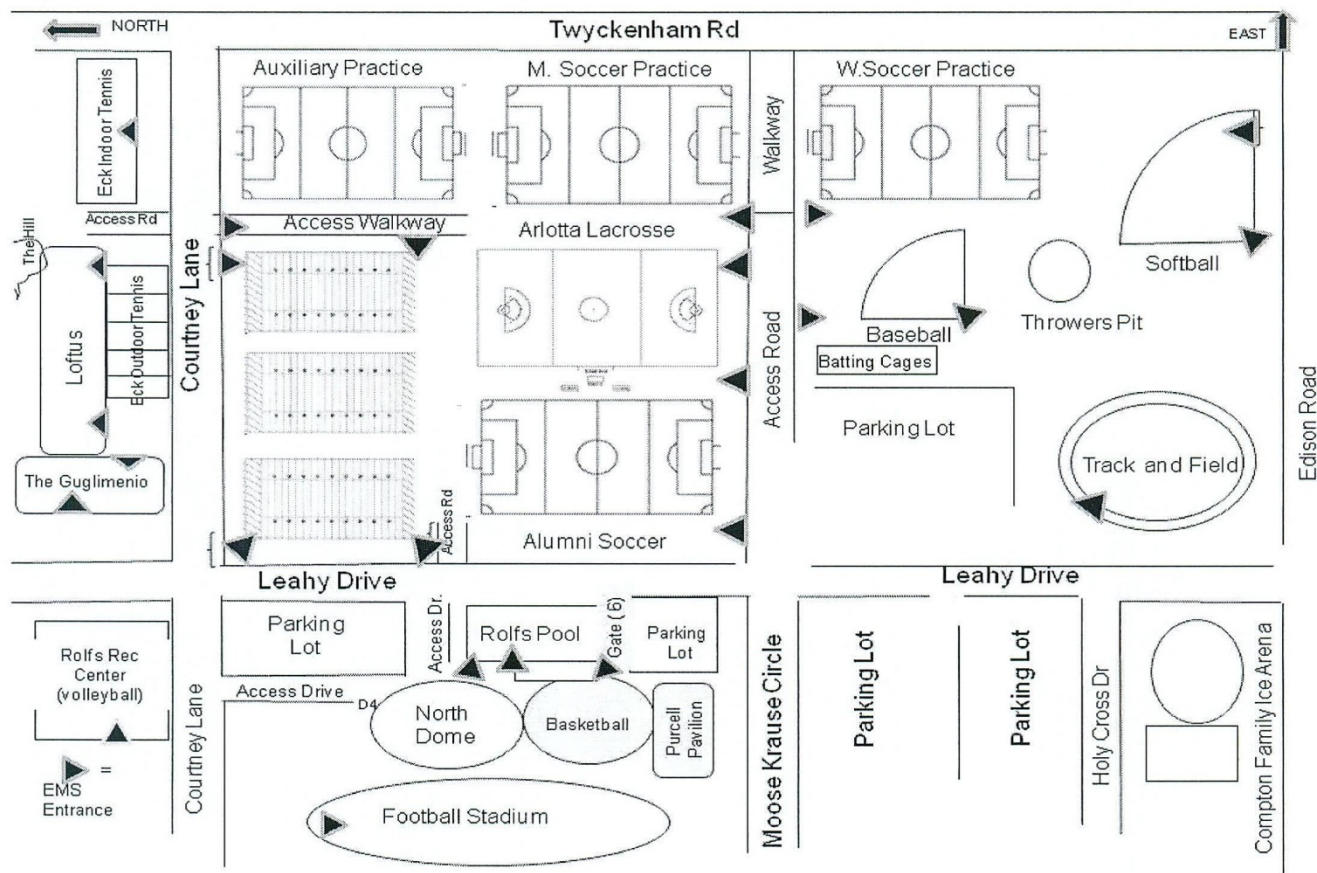


Joyce Center Purcell Pavilion and "Pit" Practice Gym Directions:

From Angela Boulevard/Edison Road: Turn North onto Leahy Drive. Proceed to Gate 6 of the Joyce Center which is located off of Leahy Drive directly across from Alumni (soccer) Stadium. Purcell Pavilion basketball arena is located directly inside of Gate 6.

From Twyckenham Drive: Turn West onto Courtney Lane at the Eck Tennis Pavilion. Proceed to Leahy Drive and turn South (left) on Leahy Drive. Proceed to Gate 6 of the Joyce Center which is located off of Leahy Drive directly across from Alumni (soccer) Stadium. Purcell Pavilion basketball arena is located directly inside of Gate 6.

"Pit" Practice Gym: Enter Joyce Center through Gate 6. Walk down hallway past equipment room to service elevator located on left hand side by the women's basketball offices at Gate 1. (This is the best way to get a gurney into the "Pit" gym. A key is needed to operate the elevator – team managers will have a key so will security/police.)



Emergency Procedures

Cross Country Competition

Notre Dame (9-Hole) Golf Course

Emergency Personnel: Athletic trainers will be present 1 hour prior to 1st race and at least 1 hour after final race. A team physician will be present during all races and student athletic trainers will assist as needed. All medical personnel are American Red Cross CPR and First Aid certified.

Team Athletic Trainer: Nikki Hammond (920) 251-3727

Team Physician: Dr. Steve Simons (574) 276-0196

Emergency Communication: A cell phone will be brought to the course by all athletic trainers and team physicians for competition. Anyone on the emergency team can activate the emergency plan.

Emergency Equipment: The equipment listed below will be brought on site. A student athletic trainer will follow the last runner of every race on a golf cart equipped with a phone and first aid supplies.

Splints

Golf Carts

CPR Mask

AED

Crutches

Rectal Thermometer

Oxygen

Cardiac / IV Kit

During thunder and lightning delays all athletes should proceed to the Rockne Memorial Building located directly across the street from the golf course entrance on Holy Cross Drive.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Emergency Procedures – Cross Country Practice Notre Dame (9-Hole) Golf Course

Emergency Personnel: There will be no athletic trainer present during practice at the golf course. However, the Loftus Athletic Training Facility is open M-F 7:30 a.m. – 7:00 p.m. and the Joyce Athletic Training Facility is open M-F 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 7 p.m. and Saturday 8:00 a.m. – 12:00 p.m. There will be a coach onsite to activate emergency plan.

Team Athletic Trainer, Nikki Hammond (920) 251-3727

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Emergency Communication: All coaches and student managers present will have a mobile phone available to activate EMS.

Emergency Equipment: Nearest AED is at the Rockne Memorial Building (east entrance at front desk).

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List

Cross Country Practice – Notre Dame/9 Hole Golf Course

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center (574) 631-3300

Joyce Athletic Training Facility (574) 631-7100

Team Athletic Trainer, Nikki Hammond (920) 251-3727

Care

Secure proper equipment and administer first aid then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) – St. Liam’s Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St.

Suite 300

Granger, IN 46530

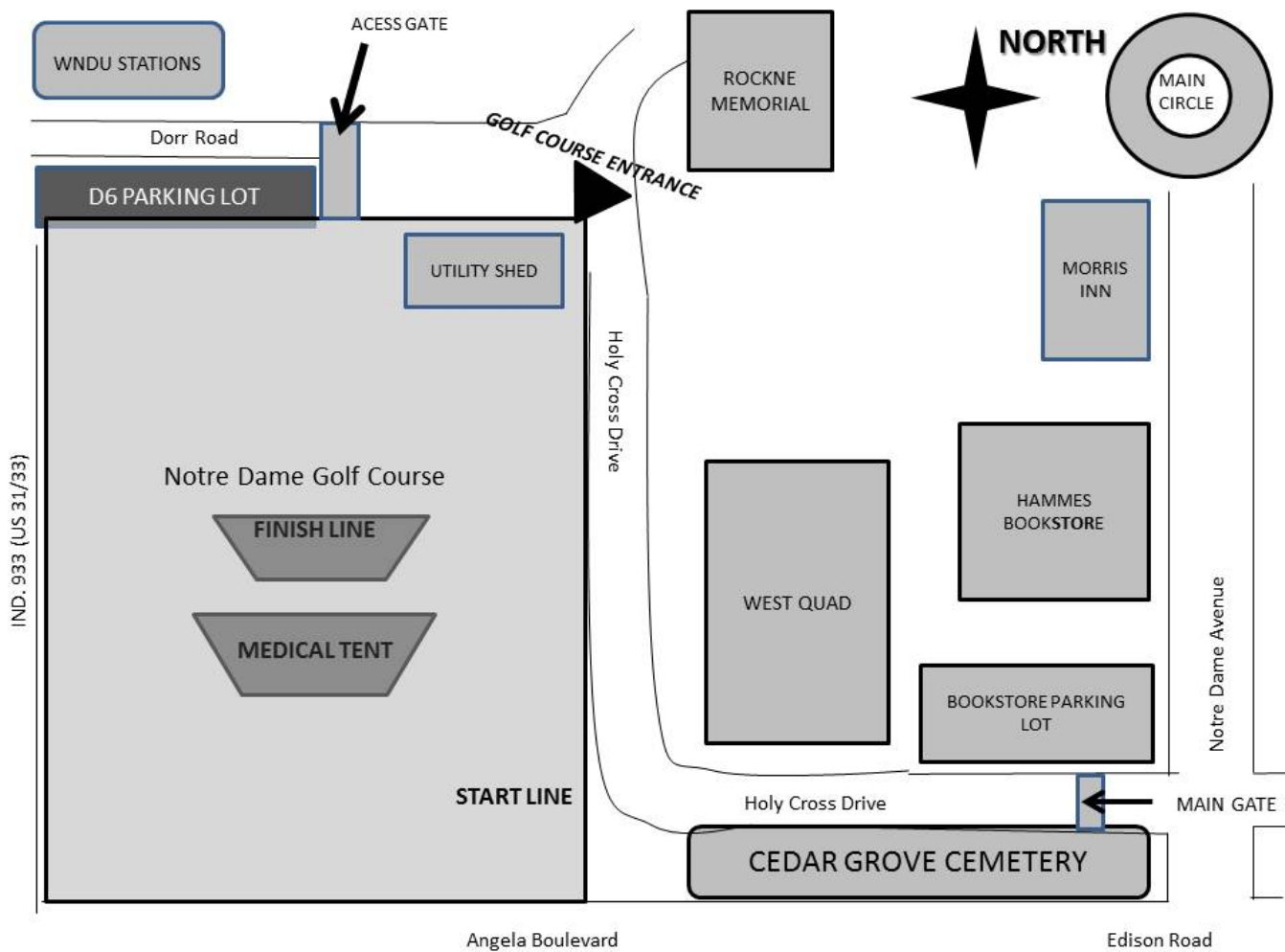


Notre Dame/9-Hole Golf Course Directions:

From U.S. 31/SR 933: Turn east onto Dorr Road and go through access gate (Security will have the gate open). Entrance to golf course is on the corner of Dorr and Holy Cross Drive.

From Edison Road/Angela Boulevard: Turn north onto Notre Dame Avenue. Turn west (left) onto Holy Cross Drive through the security gate. Continue on Holy Cross Drive to the first stop sign. The entrance to the golf course is on the immediate left before Dorr Road.

From Douglas Road: Take Moreau Drive off of the roundabout and proceed south onto St. Joseph Drive proceeding through access gate (Security will have the gate open). At the stop sign, turn west (right) onto Holy Cross Drive and continue for .7 miles to the second stop sign. Entrance to the golf course will be on the right.



Emergency Procedures - Men's & Women's Fencing Competition and Practice (Fencing Arena, Joyce Center North Dome)

Emergency Personnel: During practices there are multiple athletic trainers available in the Joyce Athletic Training Facility. The Joyce Center Athletic Training Facility is open M-F 8:00 a.m. – 11:00 a.m. and 1:00 p.m. – 7 p.m., and Saturday 8:00 a.m. – 12:00 p.m. while the Loftus Athletic Training Facility is open Monday-Friday 7:30 a.m. – 7 p.m. In the case of an emergency all coaches are first responders. They should contact the athletic training facility or their team athletic trainer.

During competitions there will be a student athletic trainer present in the arena as well as a certified athletic trainer available in the Joyce Center Athletic Training Facility.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Emergency Communication: A landline telephone is located in the coaches' offices. The athletic trainer and coaches should have cell phones on hand. The number to call is (574) 631-5555 from a cell phone or 1-5555 or 911 from a landline.

Emergency Equipment: All emergency equipment is available in the Joyce Athletic Training Facility. Items available include AED, splint kit, crutches, and first aid care. The AED is located on the wall near the Gate 4 entrance.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.



Medical Non-Emergency Check-List Fencing Arena (Joyce Center)

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Care

Secure proper equipment and administer first aid, then transport as needed.

Use the Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone numbers/ Addresses

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647- 1500

6913 N. Main St.

Suite 300

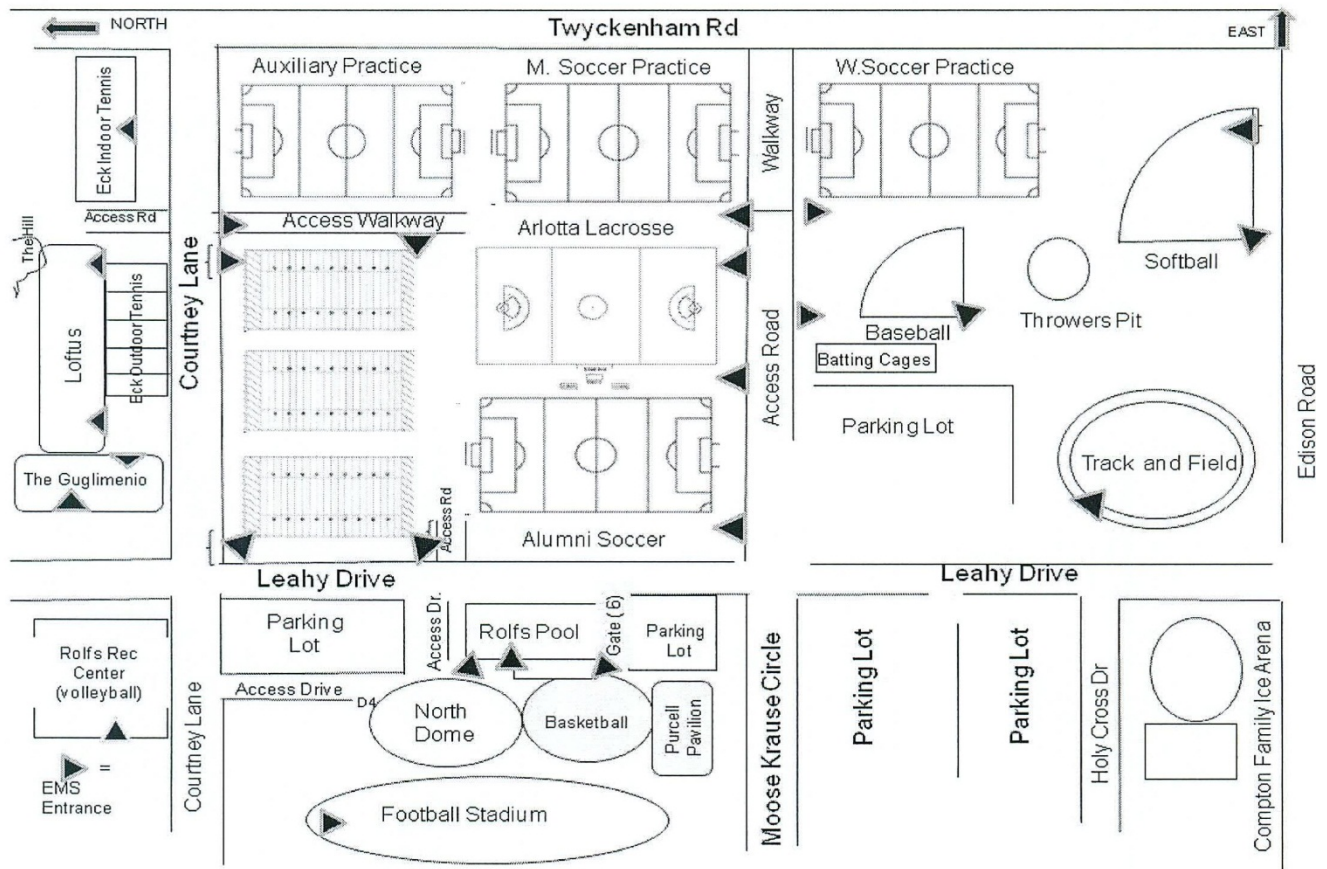
Granger, IN 46530



Joyce Center Fencing Arena (Gate 4) Directions:

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive, then turn west (left) onto Courtney Lane. Gate 4 entrance to the Joyce Center will be on the left.

From Twyckenham Road: Turn west onto Courtney Lane at Eck Tennis Pavilion. Proceed through first stop sign and Gate 4 of the Joyce Center will be on your left after crossing the intersection with Leahy Drive.



Emergency Procedures

Football Practice

LaBar Football Complex

Emergency Personnel: During a Notre Dame Football practice, a staff athletic trainer will initiate and direct the emergency process. A certified athletic trainer will be present at all practices and games
Head Football athletic trainer – football staff athletic trainers – team physician (when onsite) - team orthopedist (when onsite) – student athletic trainers.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or 574-631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Team Athletic Director, Rob Hunt: (574) 208-2756

Team Physician, Dr. Jennifer Malcolm: (574) 340-2932

Emergency Equipment: The following emergency equipment is on hand at all football practices:

E-Card	Oxygen Tank/Mask	AED
Splints	Spine Board	Crutches
Emergency Kit	Face Mask Removal Tools	

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone (provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or (574) 631-3300.

Emergency Procedures

Football – Notre Dame Stadium

Emergency Personnel: During a Notre Dame Football practice, a staff athletic trainer will initiate and direct the emergency process. A certified athletic trainer will be present at all practices and games. Head Football athletic trainer - staff athletic trainers – team physician (when onsite) - team orthopedist (when onsite) – student athletic trainers.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or (574) 631-5555 (1-555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Team Athletic Trainer, Rob Hunt: (574) 208-2756, office (574) 631-2455
Team Physician, Dr. Jennifer Malcolm: (574) 340-2932

Emergency Equipment: The following emergency equipment is on hand at all football practices:

E-Card	Oxygen Tank/Mask	AED
Splints	Spine Board	Crutches
Emergency Kit	Face Mask Removal Tools	

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone, Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Medical Non-Emergency Check-List

LaBar Football Complex

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center (574) 631-3300

Joyce Athletic Training Facility (574) 631-7100

Team Athletic Trainer, Rob Hunt: (574) 208-2756, office (574) 631-2455

Team Physician, Dr. Jennifer Malcolm: (574) 340-2932

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone Numbers/Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St., Suite 300

Granger, IN 46530



LaBar Football Practice Complex Directions

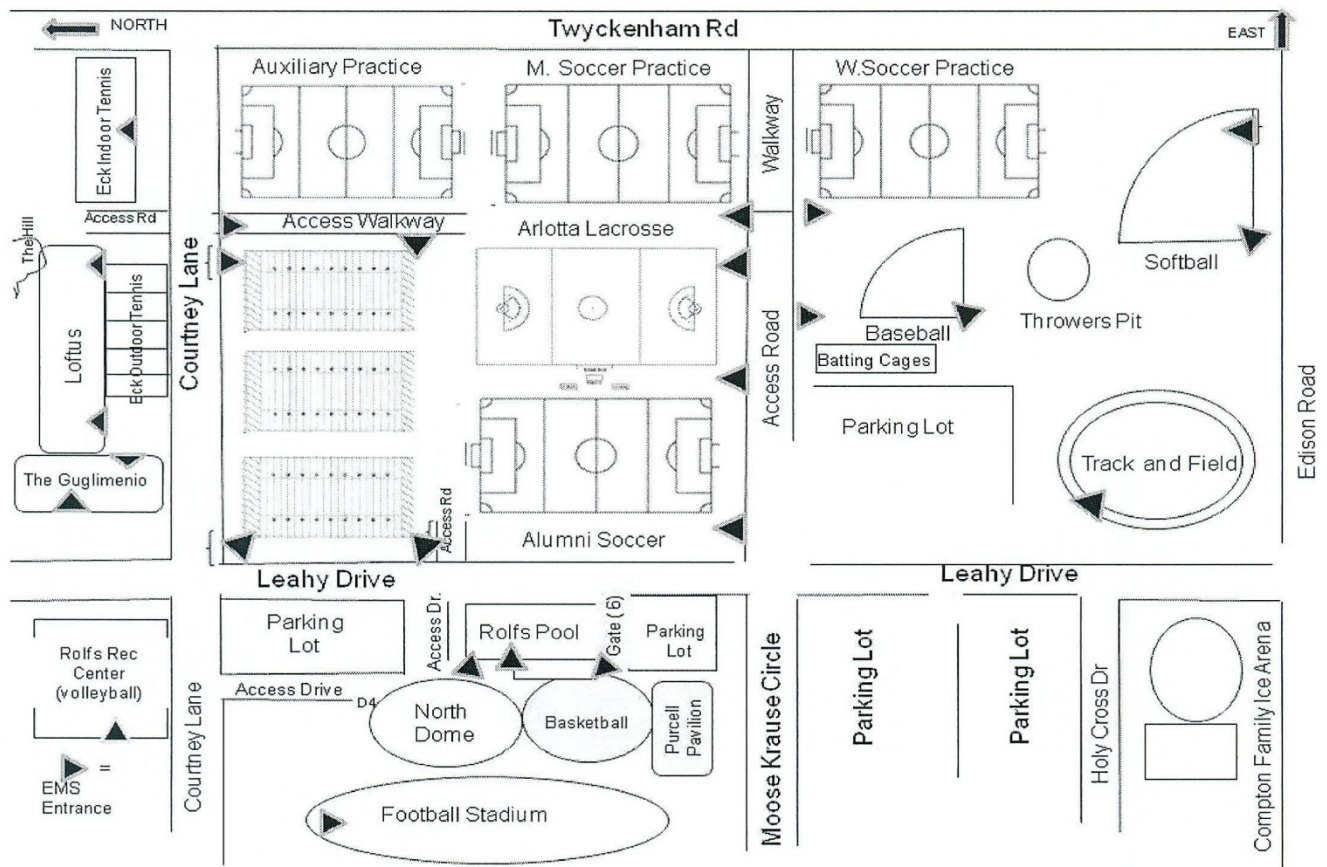
From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. Proceed behind the Joyce Center and LaBar football practice complex is located on the corner of Leahy Drive and Courtney Lane.

From Twyckenham Drive: Turn west onto Courtney Lane at the Eck Tennis Pavilion. The LaBar football practice complex is located on the corner of Leahy Drive and Courtney Lane.

Notre Dame Football Stadium Directions

From Leahy Drive, turn west (left) at the corner of Courtney Lane and Moose Krause Circle. Turn left up onto the curb at the Stadium north gate (tunnel) of the football stadium.

On game day, EMS personnel will be stationed by the Stadium wall on the northwest end of the Notre Dame sideline. An ambulance will be stationed by the north gate. A Sports Medicine emergency cart will be parked by the north gate at the top of the ramp.



Emergency Procedures – Men’s and Women’s Golf - Warren Golf Course Tournament and Practice Sites

Emergency Personnel: Athletic Trainer, head coach, assistant coach. If there is no athletic trainer present, the chain of command will be Head coach, then assistant coaches.

Team Athletic Trainer Skip Meyer: (574) 532-4186

Joyce Center Athletic Training Facility: (574) 631-7100

Loftus Sports Medicine Center: (574) 631-3300

Emergency Communication: Cell phone can be used, or landline which is located in the clubhouse (Pro Shop) and/or practice facility coaches’ offices.

Emergency Equipment: An AED is located in the clubhouse Pro Shop, starter’s cottage and at practice facility.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List Men's and Women's Golf Practice Site

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Skip Meyer (574) 532-4186

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the clubhouse or practice facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 674-1000

615 N. Michigan Street

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main Street – Suite 300

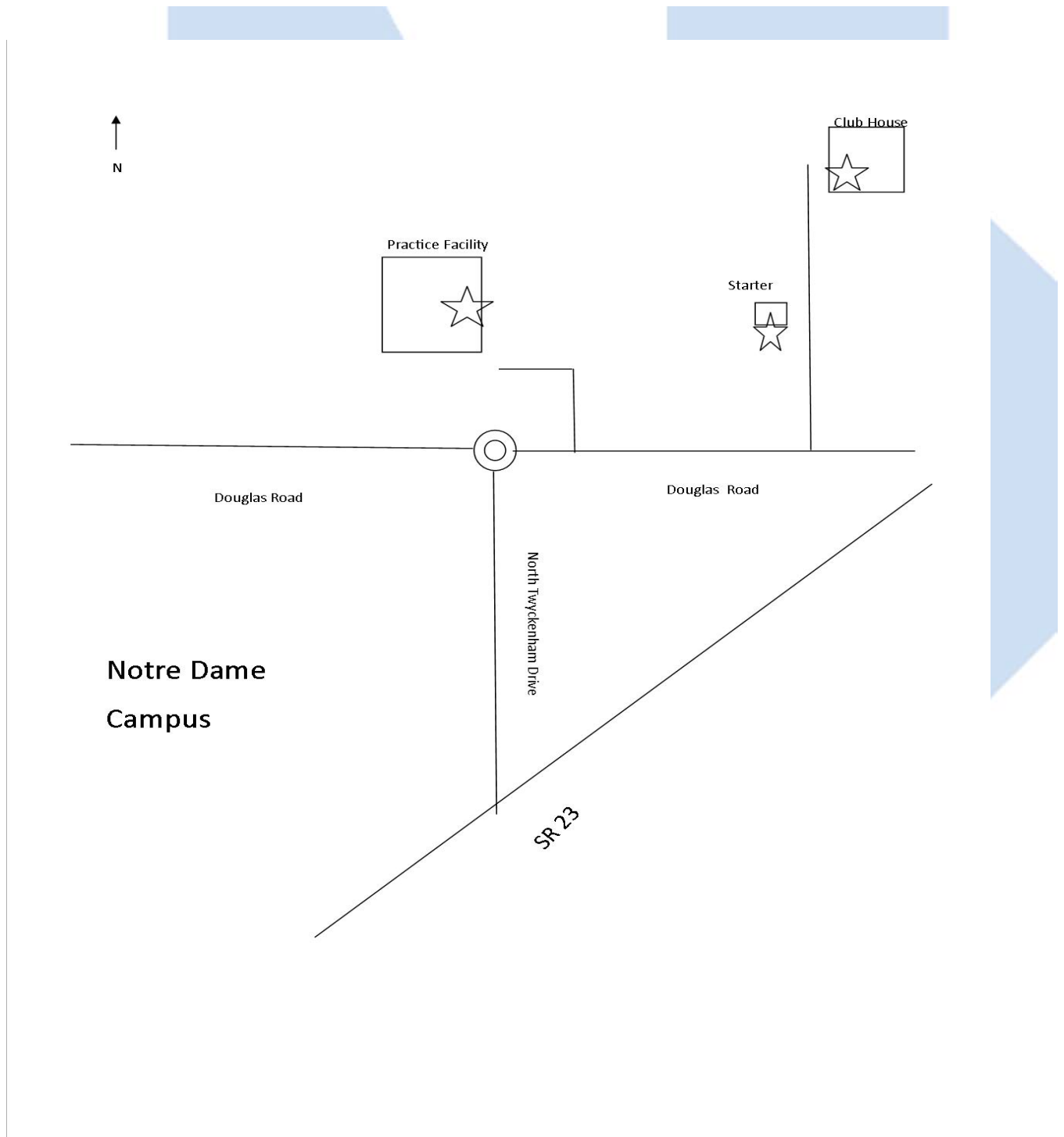
Granger, IN 46530



Directions to Warren Golf Course

Tournament/On-Course Emergency: From Twyckenham Drive turn right (east) onto Douglas Road at the roundabout. Entrance to the golf course is ¼ mile east of the roundabout on the left.

Practice Facility Emergency: From Twyckenham Drive turn right (east) onto Douglas Road. Entrance to the practice facility is 300 feet east of the roundabout on the left.



Emergency Procedures - Hockey

Compton Family Ice Arena Competition and Practice

Emergency Personnel: A certified athletic trainer (ATC) will be present at all games and official team practices and will initiate the Emergency Action Plan (EAP). EMS, orthopedic surgeon, and team physician are on site for all games. In other situations where no athletic trainer is present, the chain of command will be Head coach, assistant coach, equipment manager, operations manager.

Team Athletic Trainer, Kevin Ricks: (574) 315-0702

Compton Hockey Athletic Training Facility: (574) 631-1241

Joyce Athletic Training Facility: (574) 631-7100

Loftus Athletic Training Facility (574) 631-3300

Team Physician Dr. Kevin McAward: (574) 514-7964

Dr. Robert Clemency: (574) 286-0649

Emergency Communication: The athletic trainer and hockey staff will have cell phones on hand. Landline phones are in the equipment room, home and visiting hockey athletic trainer's offices. The hockey athletic training facility is located off the home bench on the north side of the game arena.

Emergency Equipment: For official team practices and games equipment listed is located in the home and visitors hockey athletic training facility-locker room areas:

AED

Airway Management Kit

Oxygen Tank & Mask

CPR Mask

Crutches

Vacuum splints

Scoop Spine Board (only on home side)

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Medical Non-Emergency Check-List - Hockey

Compton Family Ice Arena Competition and Practice

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Kevin Ricks: (574) 315-0702

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 355-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

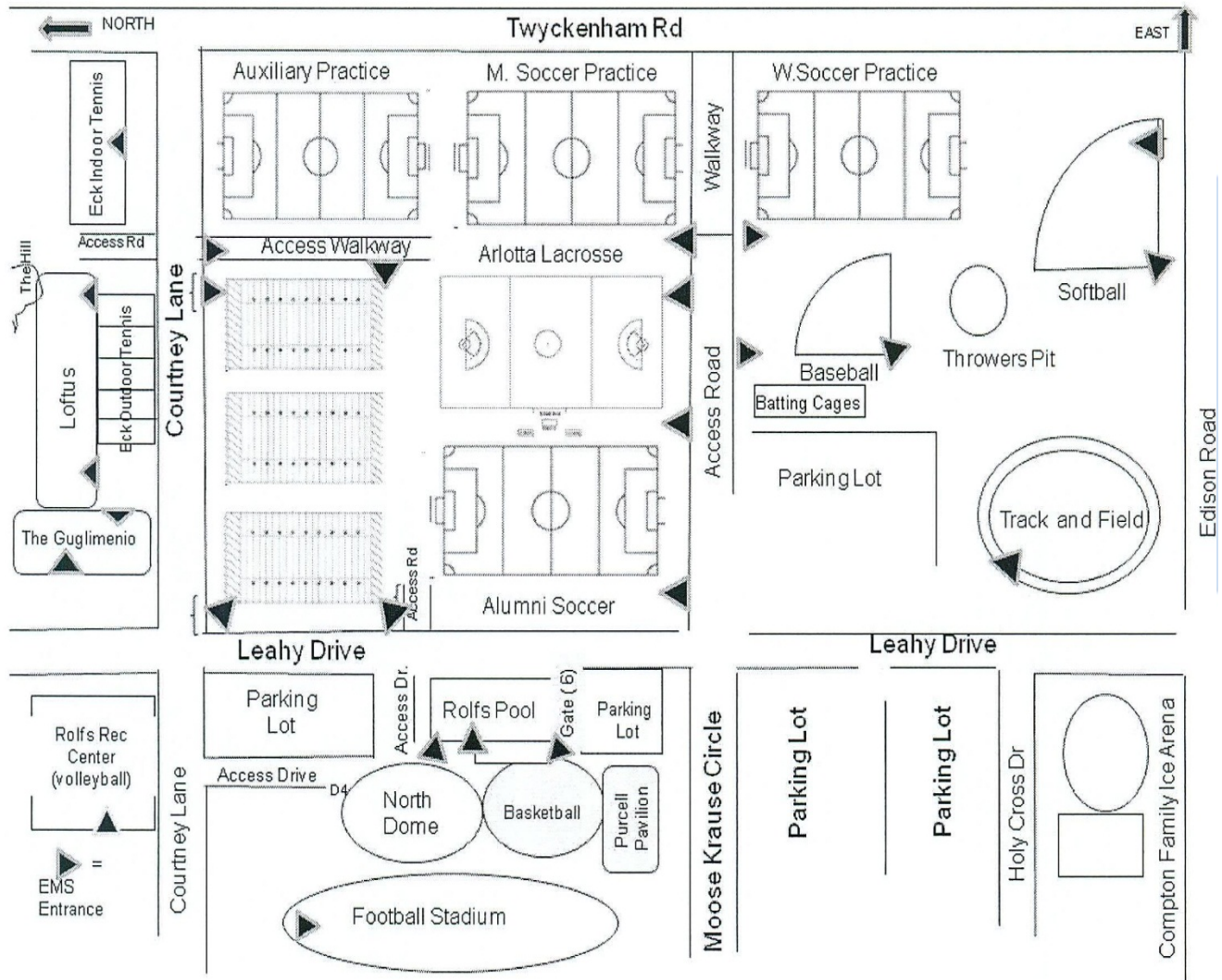
Granger, IN 46530



Compton Family Ice Arena Directions:

From Angela Boulevard/Edison Road: Turn north onto Joyce Drive. Enter the loading dock of the Compton Family Ice Arena (southwest part of the building).

From Twyckenham Road: Turn west onto Edison Road then turn north (right) at the Joyce Drive. Enter the loading dock of the Compton Family Ice Arena (southwest part of the building).



Emergency Procedures – Arlotta Lacrosse Stadium

Men's and Women's Lacrosse Competition and Practice

Emergency Personnel:

Practice: Athletic trainer - coaches – operations manager

Game: Physician - athletic trainer - student athletic trainer – coaches – operations manager

Emergency Communication: Personnel on-site will initiate emergency response via cell or campus phone. The certified athletic trainer will designate an individual to contact EMS through (574) 631-5555 (1-5555 or 911 on a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured and direction to facility). The athletic trainers and physicians will have cell phones. Master keys are with athletic trainer.

Men's Lacrosse Team Athletic Trainer, Mandy Merritt ATC: (574) 340-1311

Women's Lacrosse Team Athletic Trainer, TBD

Arlotta Athletic Training Facility: (574) 631-9294

Emergency Equipment: The listed equipment is located in Arlotta Stadium:

AED – located just inside door from field on wall (on field for games)

CPR mask, crutches, vacuum splints, medical kit with facemask removal shears and a cordless drill, oxygen tank/mask, cervical collar and towel rolls.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Medical Non-Emergency Check-List – Men’s and Women’s Lacrosse Arlotta Stadium

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam’s Hall (574) 631-7497

St. Joseph Regional Medical Center (SJRMC) (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan Street

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

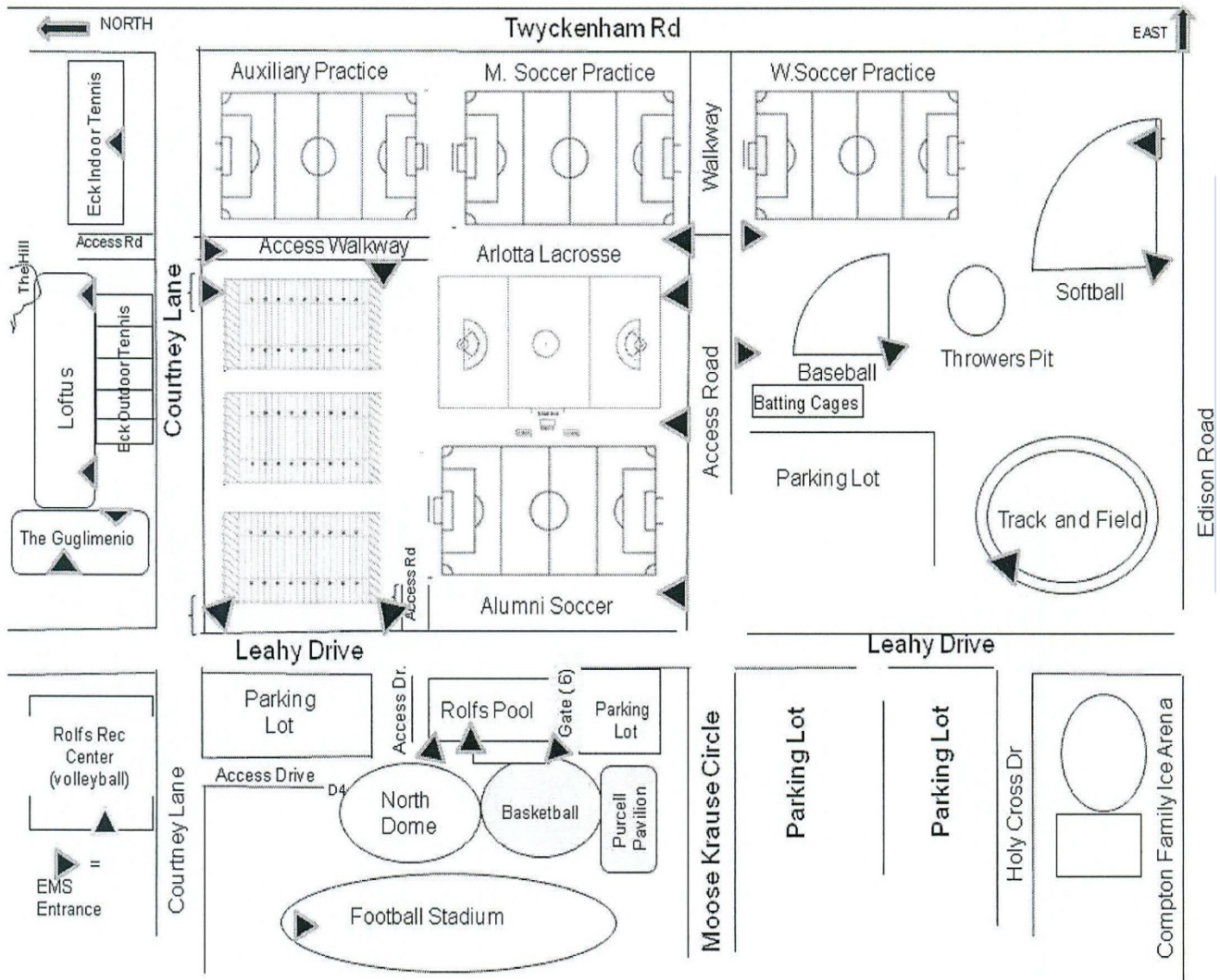
Granger, IN 46530



Directions to Arlotta Lacrosse Stadium

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. At the 2nd stop sign (the intersection of Leahy Drive and Moose Krause Circle) turn east (right) into the parking lot. Continue down the access road to the Arlotta Lacrosse Stadium which is on the left.

From Twyckenham Road: Turn west onto Courtney Lane. At the 1st stop sign, turn south (left) onto Leahy Drive. At the 1st stop sign turn east (left) into the parking lot. Continue down the access road to the Arlotta Lacrosse Stadium which is on the left.



Emergency Procedures – Women’s Rowing Boathouse on Northside Boulevard (South Bend)

Emergency Personnel: Athletic trainer, head and assistant coaches.

**If athletic trainer is not present, coaches are designated as the first responders and will direct the process.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or (574) 631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Dave Ludwig, ATC: (574) 276-8093

Emergency Equipment: Available Emergency equipment includes the following:

AED	Transportation Vehicle	Rope
CPR Mask	First Aid Kit	Life Vest

The coaching staff carries rope, life vests, and basic first aid supplies in their launch. The athletic trainer will bring the following: Crutches, Vacuum Splints and Med Kit.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.

Venue Directions: (Rowing Boathouse):

From University of Notre Dame (north): Follow Notre Dame Avenue south until it ends at Northside Blvd approximately 1.5 miles. Turn left (southeast), travel approximately 420 feet, and turn right down to the boathouse/park. There is a parking lot there that is visible from the road.

From Jefferson Blvd: Turn south on Notre Dame Ave and take to Northside Blvd approximately ½ mile. Turn left on Northside Blvd to the entrance of the park approximately 420 feet and turn right.

Medical Non-Emergency Check-List

Rowing Boathouse

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer Dave Ludwig: (574) 276-8093

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone Numbers/ Addresses

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647- 1500

6913 N. Main St. Suite 300

Granger, IN 46530





Emergency Procedures

Erg Training Facility/Joyce Center (North Dome) –Women’s Rowing

Emergency Personnel: Athletic trainer, team physician (when available), head and assistant coaches, operations manager, student athletic trainers. An athletic trainer will be present at most practices, but when not present, is on campus and available via cell phone during practice sessions. ** If athletic trainer is not present, coaches are designated as the first responders and will direct the process.

Athletic Training Facilities— Loftus (574) 631-3300 or Joyce 631-7100
Team Athletic Trainer, Dave Ludwig: (574) 276-8093

Emergency Communication: Personnel on-site will initiate emergency response via cell or campus phone. The athletic trainer will designate an individual to contact EMS through 574-631-5555 or (1-5555 or 911 on campus landline) and give the appropriate information (patient information, number of patients involved, location and directions to facility).

Emergency Equipment: An AED is located on the northeast wall inside Gate 4 of the Joyce Center. All other emergency equipment is located in the Joyce Center Athletic Training Facility or will be brought by athletic trainers covering the event.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene (Gate 4 of Joyce Center).
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List

Erg Training Facility/Joyce Center (North Dome) –Women’s Rowing

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Dave Ludwig: (574) 276-8093

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone Numbers/Addresses:

Student Health Center (University of Notre Dame) –St. Liam’s Hall (574) 631-7497

St. Joseph Regional Medical Center: (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital: (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center: (574) 647-1500

6913 N. Main St.–Suite 300

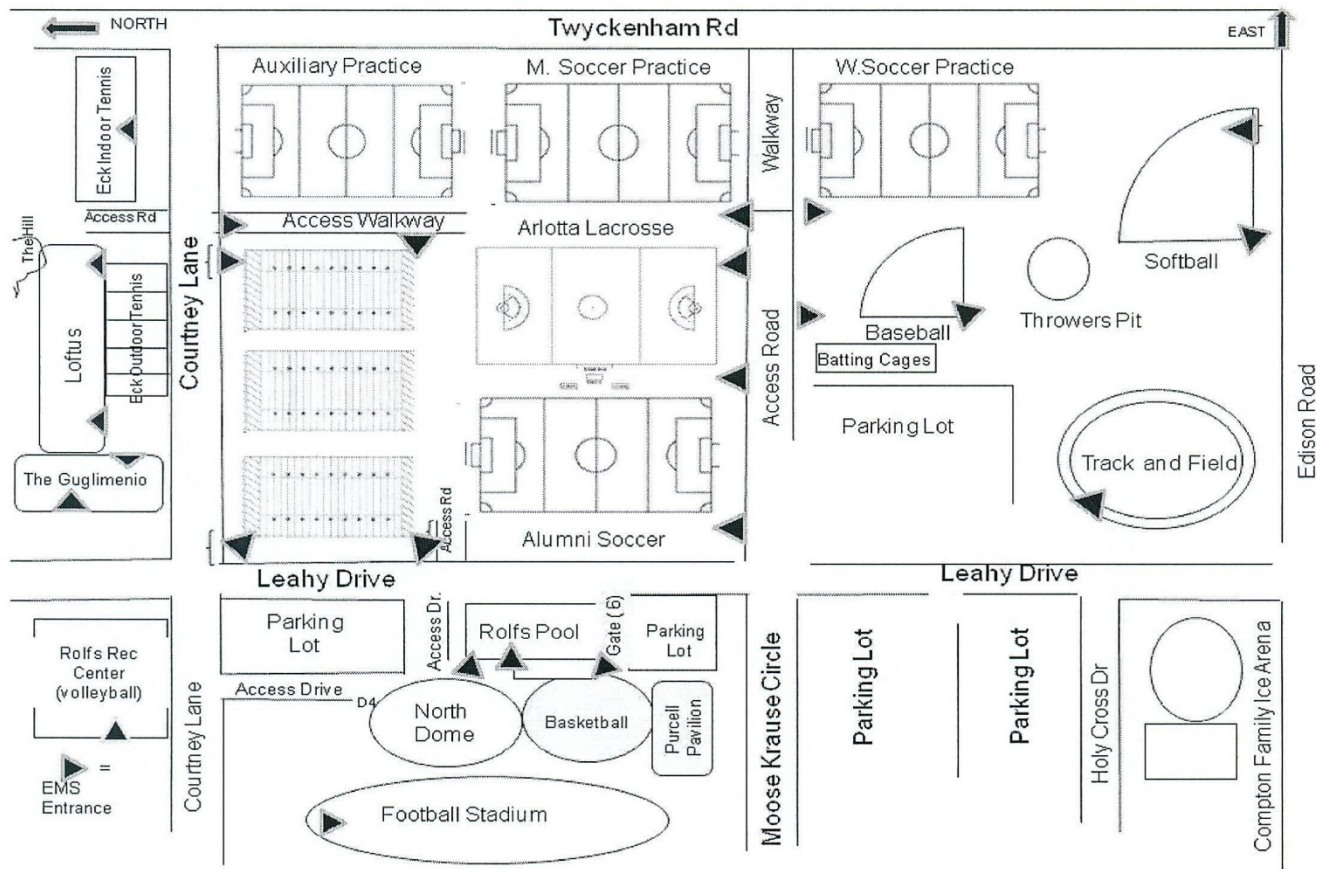
Granger, IN 46530



Joyce Center Erg Gym (Gate 4) Directions:

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive, then turn west (left) onto Courtney Lane. Gate 4 entrance to the Joyce Center will be on the left.

From Twyckenham Road: Turn west onto Courtney Lane at Eck Tennis Pavilion. Proceed through first stop sign and Gate 4 of the Joyce Center will be on your left after crossing the intersection with Leahy Drive.



Emergency Procedures – Men’s and Women’s Soccer Alumni Stadium and Soccer Practice Fields

Emergency Personnel: Athletic trainer and/or student athletic trainers, team physician, EMS personnel, head and assistant coaches, operations personnel.

Men’s Team Athletic Trainer: Steve Smith (574) 310-5144

Women’s Team Athletic Trainer: Tony Sutton (574) 340-3135

Men’s Team Physician: Dr. Jim Moriarity (574) 532-0304

Women’s Team Physician: Dr. Kevin McAward (574) 514-7964

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or 574-631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Emergency Equipment: Equipment used will be brought on site by the athletic trainer and/or team physicians. There will be student athletic trainers for competitions, as well. Emergency equipment includes the following:

AED (on home bench during competitions) Golf Cart Crutches CPR Mask
Oxygen Tank/Mask Vacuum Splints Physician’s kit Athletic trainer’s kit
Ambulance (game only)

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO DO SO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Medical Non-Emergency Check-List – Men’s and Women’s Soccer Alumni Soccer Stadium and Practice Field

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Men’s Team Athletic Trainer, Steve Smith: (574) 310-5144

Women’s Team Athletic Trainer, Tony Sutton: (574) 340-3135

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, he/she may designate an individual to accompany the athlete.

Important Phone numbers/ Addresses

Student Health Center (University of Notre Dame) —St. Liam’s Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647- 1500

6913 N. Main St.

Suite 300

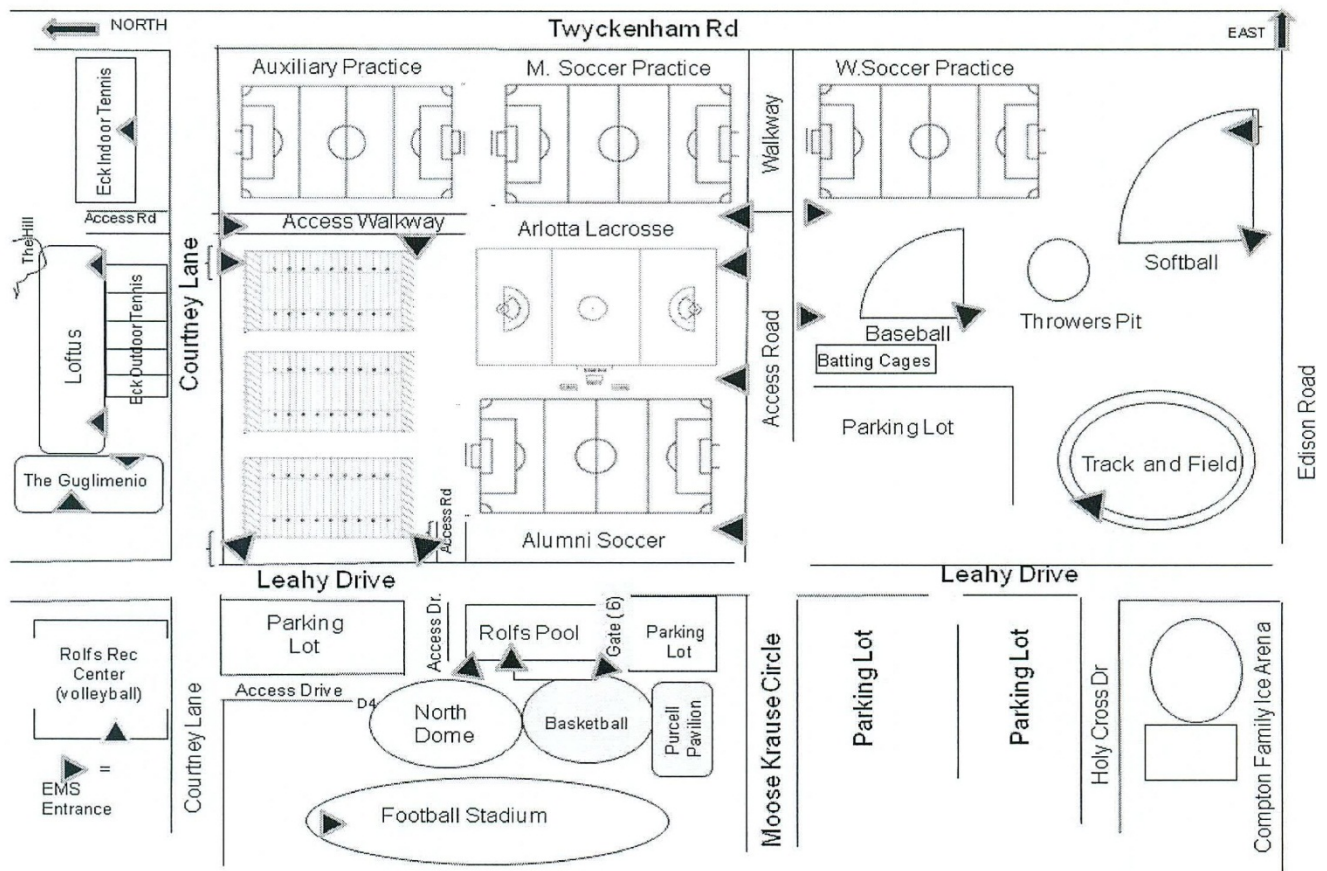
Granger, IN 46530



Directions to Alumni Soccer Stadium and soccer practice fields:

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. At the 2nd stop sign, turn east (right) onto the access road (at the intersection of Leahy Drive and Moose Krause Circle). Alumni Stadium will be on the left. To reach the practice fields, continue east on the access road. Practice fields will be on the left and right of the access road.

From Twyckenham Road: Turn west onto Courtney Lane. At the 1st stop sign at the intersection of Courtney Lane and Leahy Drive, turn south (left) onto Leahy Drive behind the Joyce Center to the first stop sign (at the intersection of Leahy Drive and Moose Krause Circle). Turn east (left) onto the access road. Alumni Stadium will be on the left. To reach the practice fields, continue east on the access road. Practice fields will be on the left and right of the access road.



Emergency Procedures - Softball

Melissa Cook Stadium - Competition and Practice

Emergency Personnel: A certified athletic trainer will be present at all games and most practices. If there is no athletic trainer present the Loftus athletic training facility is open M-F 7:00 a.m. - 7:00 p.m., and the JACC athletic training facility is open M-F 8:00 a.m. – 12:00 p.m. and 1:00 p.m. - 7:00 p.m., and Saturday 8:00a.m. – 12:00 p.m.

** If an athletic trainer is not present the coaching staff becomes the first responders.

Team Athletic Trainer, Nikki Hammond: (920) 251-3727

Athletic Training Facility: (574) 631-7100 (Joyce) and 631-3300 (Loftus)

Emergency Communication: A landline telephone is located in the 3rd base dugout and in the coach's offices inside the stadium. Also athletic trainer and coaches have cell phones on hand. The number to call is (574) 631-5555 from a cell phone or 1-5555 or 911 from a campus phone.

Emergency Equipment: An AED is located under the treatment table in the athletic training facility at Melissa Cook Softball Stadium. To get to the athletic training facility, enter the mud room through 3rd base dugout and take a left. It is the door on the left, closest to the ice machine. During games emergency equipment (splints, crutches, etc.) will be kept in the 3rd base dugout.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300



Medical Non-Emergency Check-List

Melissa Cook Softball Stadium Practice

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Nikki Hammond: (920) 251-3727

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone Numbers/ Addresses

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647- 1500

6913 N. Main St.

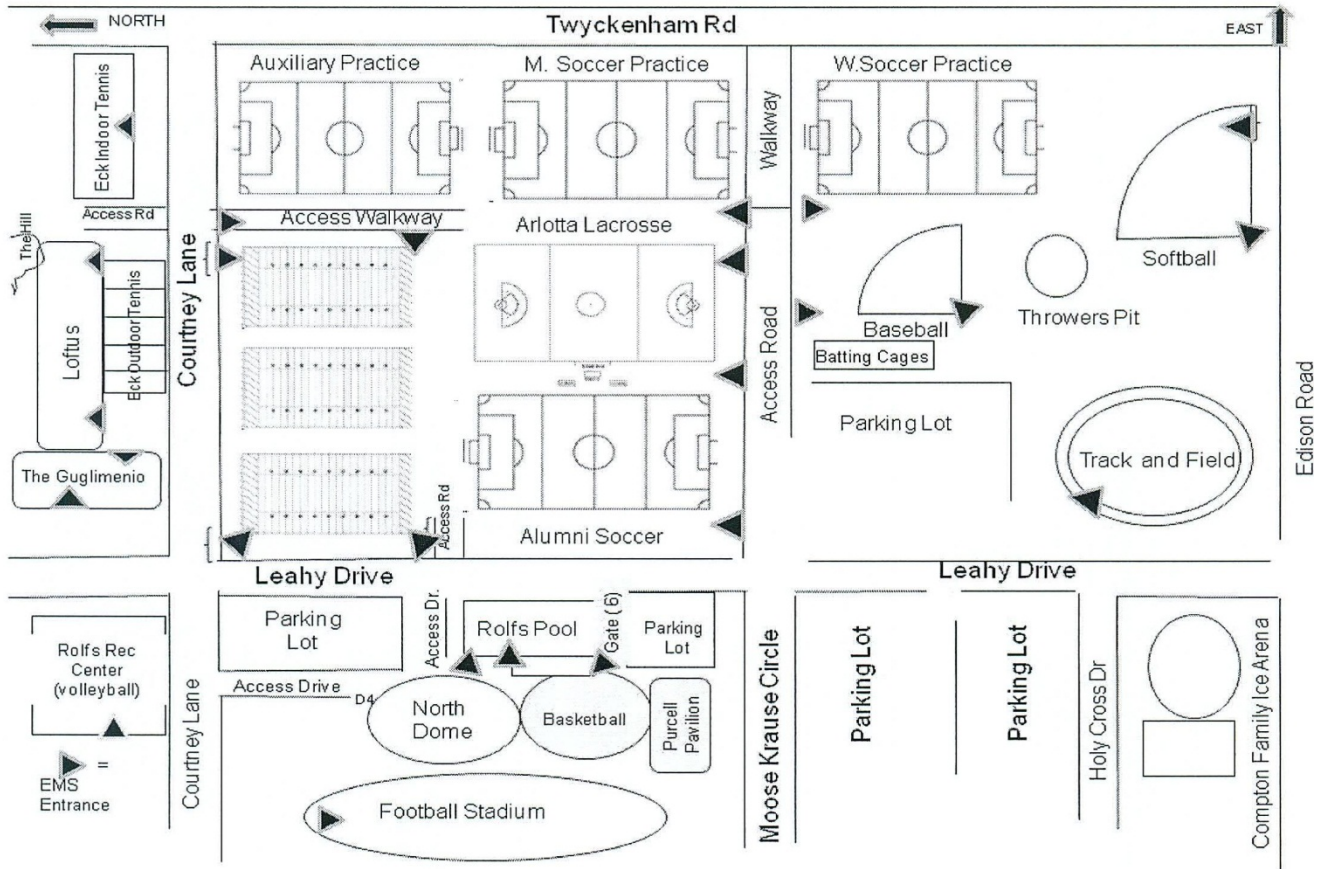
Suite 300

Granger, IN 46530



Directions to Melissa Cook Softball Stadium

At the intersection of Edison Road and Twyckenham Road, drive over the side sidewalk and enter the stadium through the right field access gate.



Emergency Procedures for Eck Indoor Hitting Facility

Softball - Practice

Emergency Personnel: A certified athletic trainer will be present at all games and most practices. If there is no athletic trainer present, the Loftus athletic training facility is open M-F 7:00 a.m. – 7:00 p.m. The Joyce Center athletic training facility is open M-F 8:00 a.m. – 12:00 p.m. and 1:00 p.m. – 7:00 p.m. and Saturday 8:00a.m. - 12:00 p.m.

**In case athletic trainer is not present, all members of the coaching staff are the first responders.

Team Athletic Trainer, Nikki Hammond: (920) 251-3727

Loftus Sports Medicine Center: (574) 631-3300 or Joyce Athletic Training Facility: 631-7100.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or (574) 631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Emergency Equipment: There is only an AED mounted in this facility. All other equipment needed will be at the Joyce Athletic Training Facility or at Melissa Cook stadium.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List Softball / Eck Indoor Hitting Facility

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Nikki Hammond: (920) 251-3727

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Phone numbers/ Addresses

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647- 1500

6913 N. Main St.

Suite 300

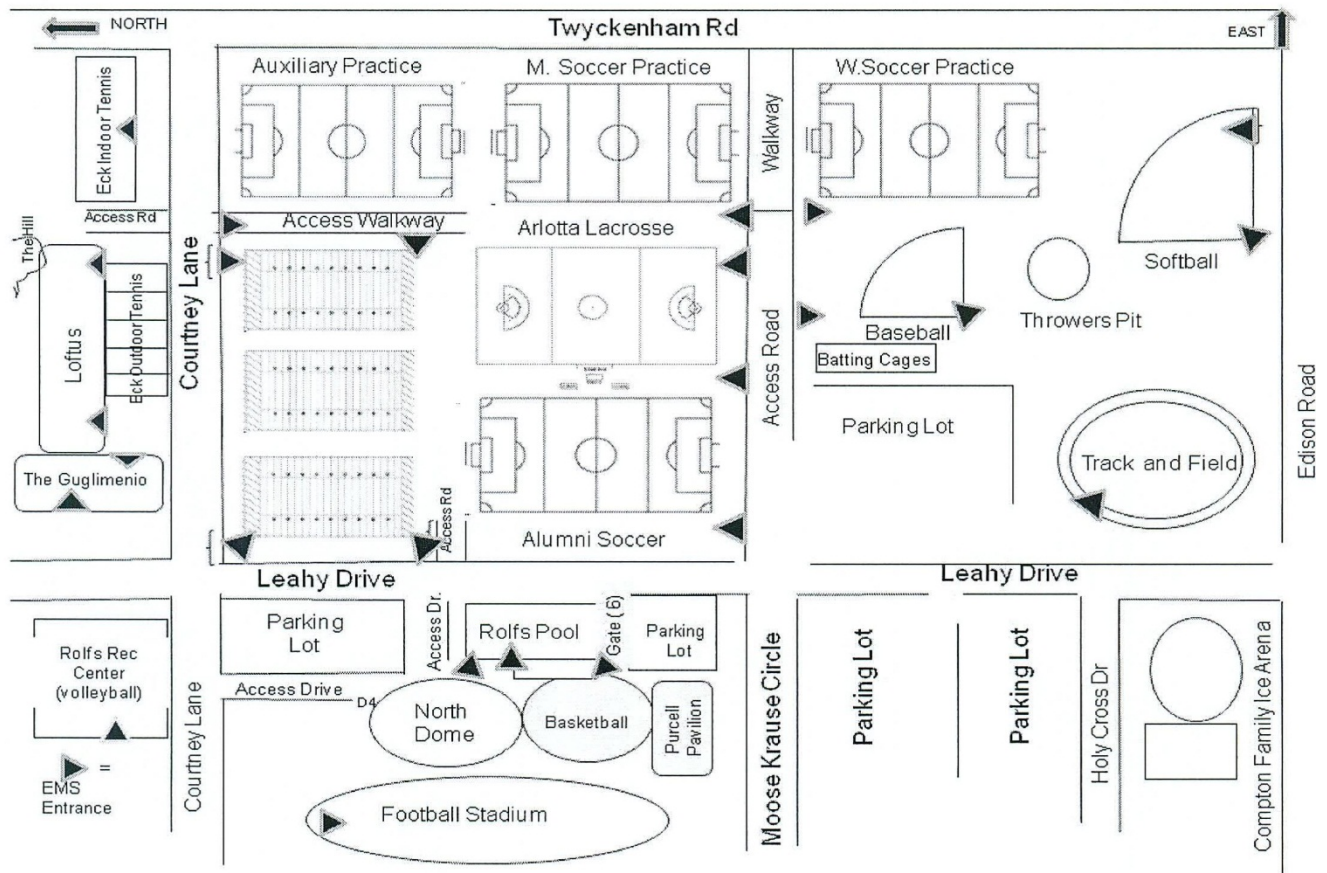
Granger, IN 46530



Directions to Eck Indoor Hitting Facility

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. Take the first right into the Eck Baseball Stadium parking lot. The indoor hitting facility is located directly to the north of the baseball stadium.

From Twyckenham Drive: Turn west onto Courtney Lane at the Eck Tennis Pavilion. At the first stop sign turn south (left) onto Leahy Drive. Following Leahy Drive and turn east (left) into the Eck Baseball Stadium parking lot. The indoor hitting facility is located directly to the north of the baseball stadium.



Emergency Procedures

Rolfs Aquatic Center

Men's and Women's Swimming/Diving

Emergency Personnel:

Practice: Athletic trainer (if onsite) – coaches – aquatics director – lifeguards

Meet: Athletic trainer – lifeguard – coaches – aquatics director – student athletic trainer

** Coaches are first responders if athletic trainer is not present.

Emergency Communication: Personnel on-site will initiate emergency response via cell or campus phone. The athletic trainer will designate someone to contact EMS through (574) 631-5555 (1-5555 or 911 on campus phone) and give appropriate information (patient information, number of injured, location and direction to facility). Athletic trainers and physicians will have cell phones. A phone is in the pool offices by gate 5. Joyce Athletic Training Facility (574) 631-7100; Loftus 631-3300

Men's Team Athletic Trainer TBD

Women's Team Athletic Trainer, Chantal Porter: (574) 876-1914

Emergency Equipment:

An AED, basic first aid equipment, and oxygen are located in a cabinet on the west wall deck next to the pool offices. Water safety equipment (flotation devices, ropes, etc.) is located on several walls on the pool deck. Splints, crutches, cardiac kit and other first aid equipment can be located in Joyce ATF.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.

Medical Non-Emergency Check-List Men's and Women's Swimming/Diving Rolfs Aquatic Center

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Men's Team Athletic Trainer, TBD

Women's Team Athletic Trainer, Chantal Porter: (574) 876-1914

Care

Secure proper equipment and administer first aid, then transport as needed.

Sports Medicine vehicle is available to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (SJPMC) (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan Street

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

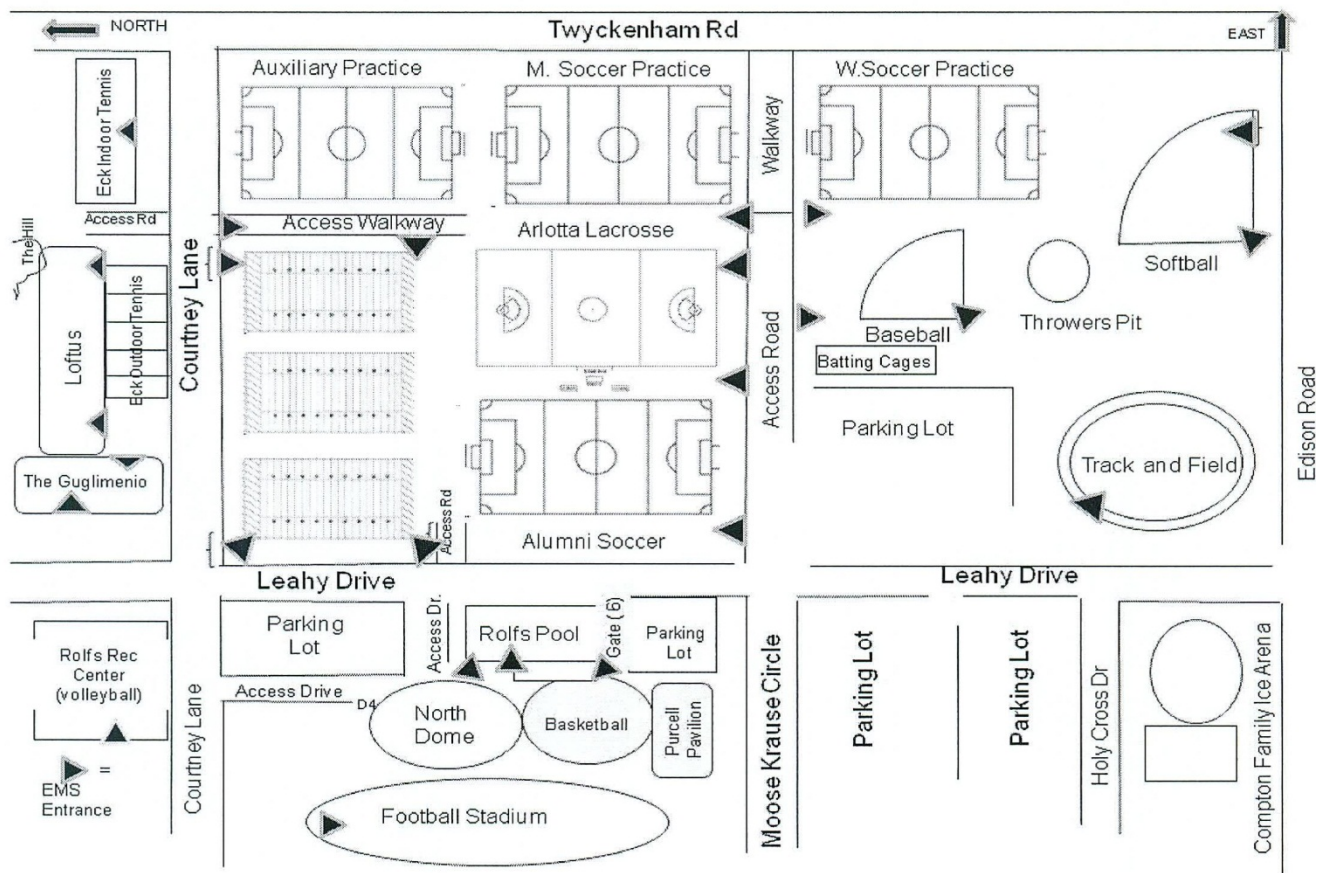
Granger, IN 46530



Directions to Rolfs Aquatic Center

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. At Courtney Lane turn west (left). Make an immediate left onto the access drive. Proceed to Gate 5 of the Joyce Center. The pool entrance will be on the left.

From Twyckenham Drive: Turn west onto Courtney Lane at the Eck Tennis Pavilion. Continue west on Courtney Lane through the intersection with Leahy Drive (1st stop sign). Take the next left onto the access drive. Proceed to Gate 5 of the Joyce Center. The pool entrance will be on the left.



Emergency Procedures Men's and Women's Tennis Eck Tennis Pavilion/Courtney Tennis Center

Emergency Personnel: A certified athletic trainer will be on call at all practices and on site for all home matches. The team physician will be on call during practices and matches.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through (574) 631-5555 (1-5555 or 911 on a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones. Eck Indoor Tennis Pavilion phone is at the front desk.

Men's Team Athletic Trainer, Tony Sutton: (574) 340-3135

Women's Team Athletic Trainer, Steve Smith: (574) 310-5144

EMS activation: athletic trainer, coaching staff, operation manager, then student athletic trainer.

Emergency Equipment: Equipment will be brought on site by the athletic trainer. There will be student athletic trainers for competitions. Emergency equipment includes:

AED is located on stairway of the indoor courts on the East side of Eck Tennis Pavilion
Vacuum Splints Crutches CPR Mask Athletic Trainer's kit Golf cart (available)

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-3300 or 631-7100.



Medical Non-Emergency Check-List Men's and Women's Tennis Eck Tennis Pavilion/Courtney Tennis Center

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Men's Team Athletic Trainer, Tony Sutton: (574) 340-3135

Women's Team Athletic Trainer, Steve Smith: (574) 310-5144

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (SJPMC) (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan Street

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

Granger, IN 46530

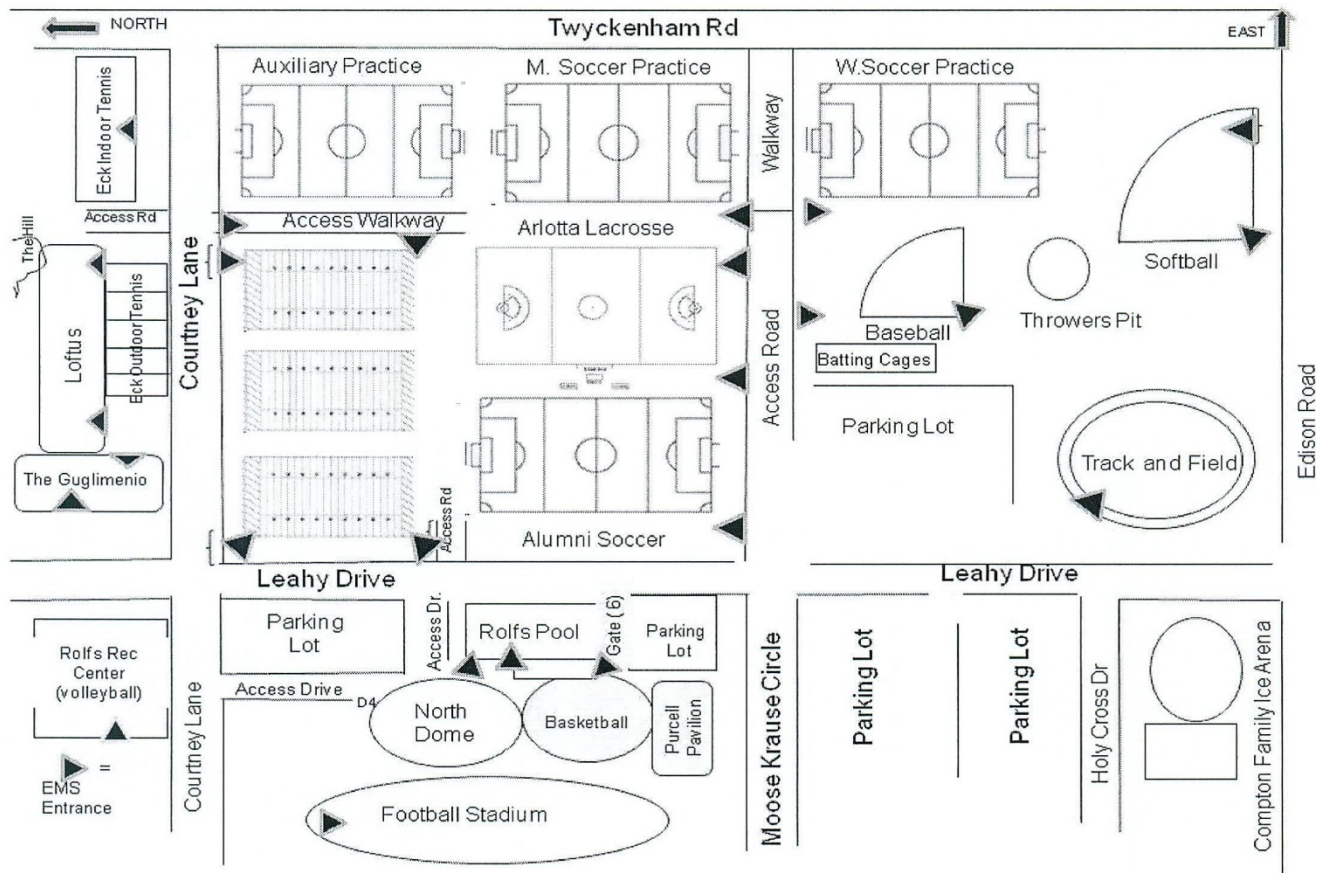


Directions to Eck Tennis Pavilion and Courtney Tennis Center

Both facilities are reach via Courtney Lane. From Leahy Drive, turn east (right) onto Courtney Lane. From Twyckenham Drive turn west onto Courtney Lane.

Eck Tennis Pavilion (indoor courts): Enter through the front (glass) doors.

Courtney Tennis Center (outdoor courts): There is an access road between the Eck Indoor Tennis Pavilion and the press box of the outdoor courts. The entrance gate is by the press box.



Emergency Procedures

Men's and Women's Outdoor Track and Field Facility

Emergency Personnel: There may not be an athletic trainer present during practice; however, during athletic training facility hours M-F 7:00 a.m. – 7:00 p.m.), an athletic trainer is on-call and can be located in the Joyce and/or the Loftus Athletic Training Facility (within 3-5 minutes of the outdoor track). A coach will be present during practice sessions, and he/she is designated as the first responder if an athletic trainer is not present.

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer (if available) will designate an individual to contact EMS through 911 or (574) 631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Team Athletic Trainer, Le' Quita Beaton: (856) 371-5895

Emergency Equipment: Currently there is no emergency equipment stored on site at the outdoor track, but an AED and other first aid equipment (splints, crutches, spine board, etc.) are located in both the Joyce and Loftus athletic training facilities. When an athletic trainer is attending practice, basic first aid supplies will be carried.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List

Outdoor Track and Field Facility

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Le'Quita Beaton: (856) 371-5895

Care

Secure proper equipment and administer first aid, then transport as needed.

1- Golf cart to the athletic training facility.

2- Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers/Address:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main Street, Suite 300

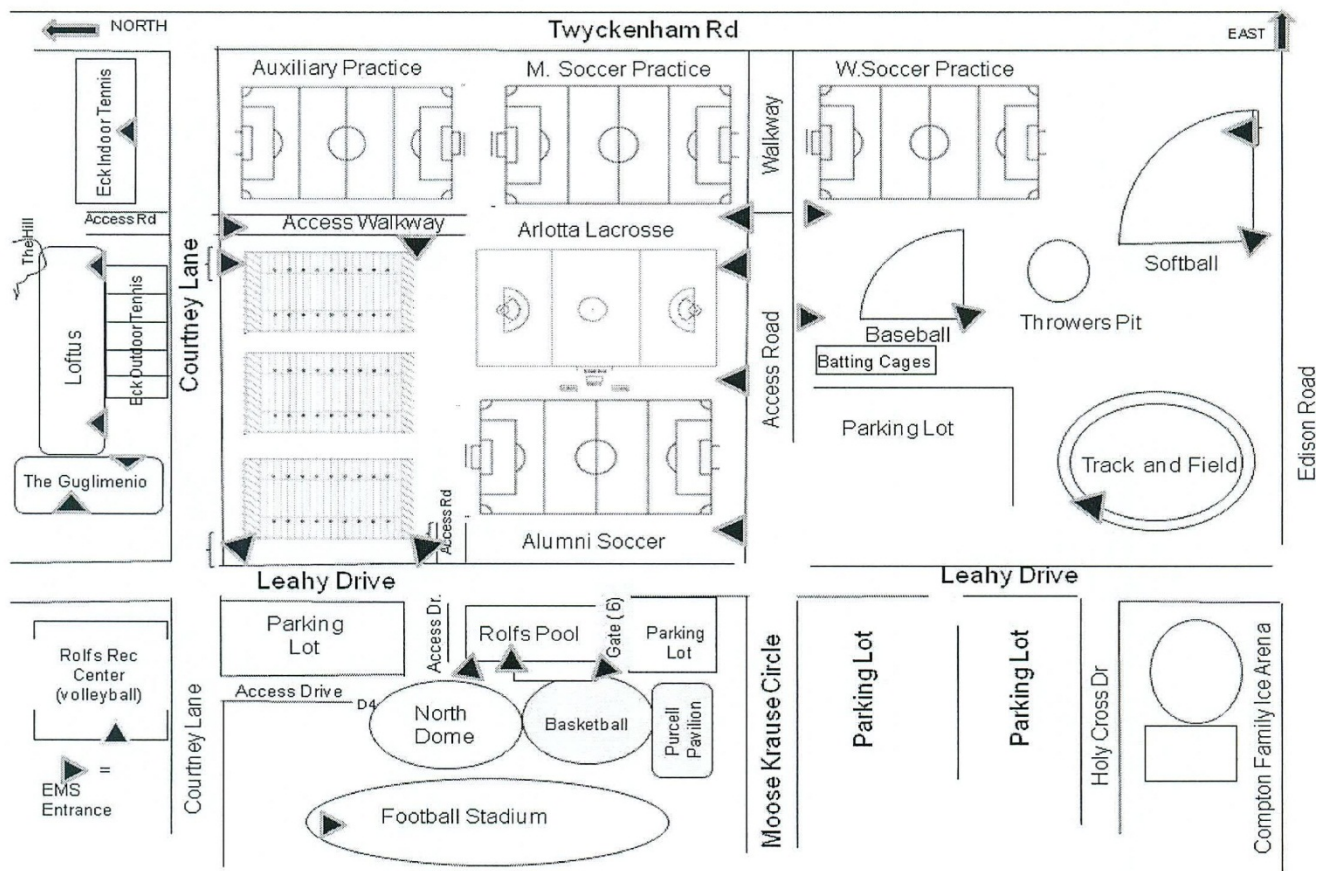
Granger, IN 46530



Directions to Outdoor Track Facility

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. The track is located on the east (right) side of Leahy Drive. The entrance gate is located in the northwest corner of the track facility.

From Twyckenham Drive: Turn west onto Courtney Lane at the Eck Tennis Pavilion. Turn left (south) onto Leahy Drive. Proceed on Leahy Drive to the 2nd stop sign. The entrance gate is located in the northwest corner of the track facility.



Emergency Procedures – Volleyball Competition and Practice Purcell Pavilion

Emergency Personnel: A certified athletic trainer will be present at all games and part of all practices.

If there is no athletic trainer present the chain of command will be:

Practice: Head coach - assistant coach – operations manager

Games: Physician – athletic trainer – coaches – operations manager

Team Athletic Trainer, Chantal Porter ATC: (574) 876-1914

Team Physician, Dr. Rebecca Moskwinski: (574) 532-0305

Athletic Training Facility: (574) 631-7100 (Joyce); 631-3300 (Loftus)

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or 574-631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Emergency Equipment:

Practice – Located in Joyce Athletic Training Facility: AED (also on wall next to ND security office) CPR Mask Oxygen Tank/Mask Splints Crutches

Games – Located behind the home team bench: AED CPR Mask Crutches Splints

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.

Medical Non-Emergency Check-List

Volleyball Practice

Purcell Pavilion

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Chantal Porter: (574) 876-1914

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

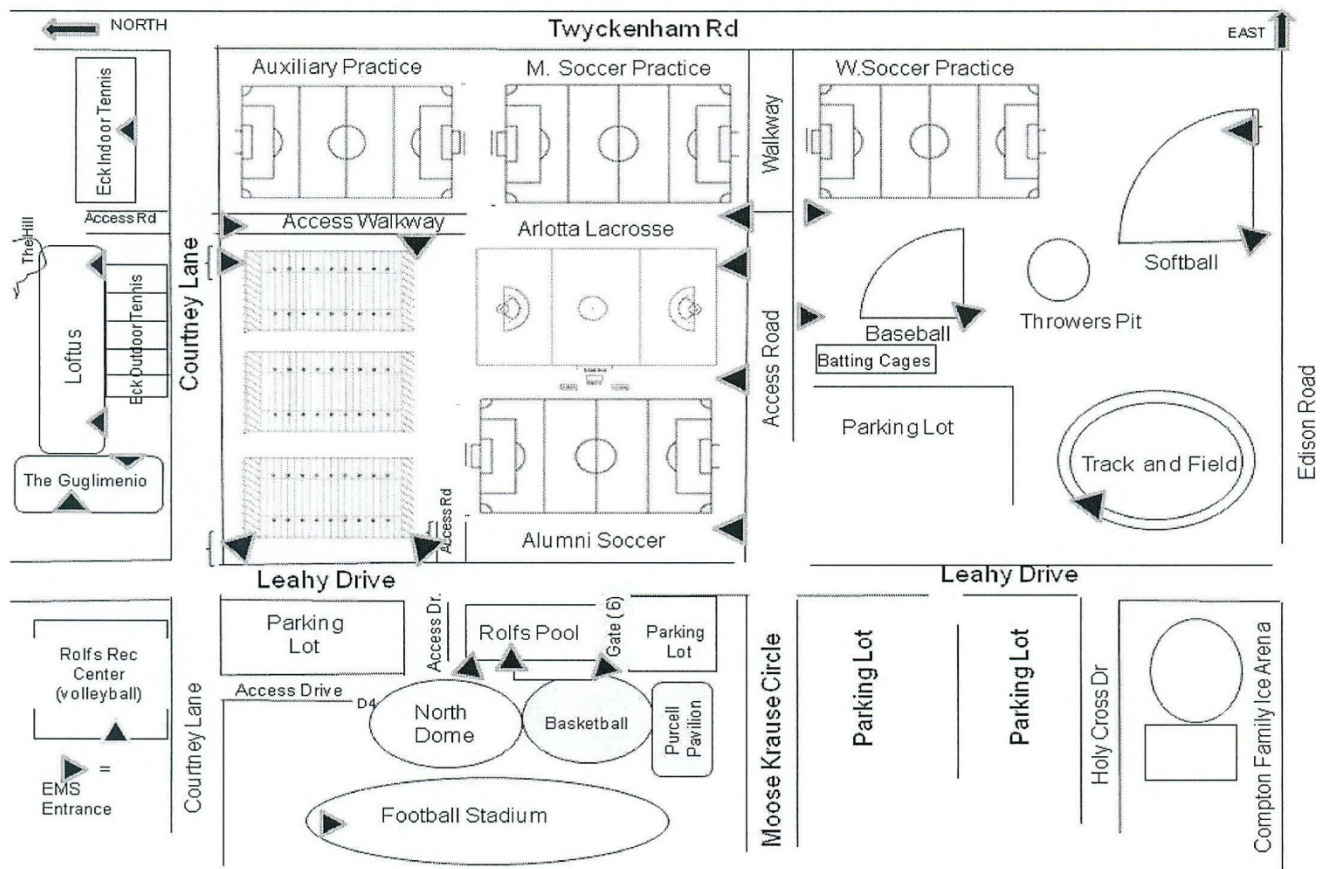
Granger, IN 46530



Directions to Purcell Pavilion (Volleyball competition site)

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. Proceed north through 2 stop signs and take the next left at Gate 6 of the Joyce Center. There is a loading dock door at this entrance which leads into the building.

From Twyckenham Drive: Turn west onto Courtney Lane. Turn south (left) onto Leahy Drive. Proceed past the Rolfs Aquatics Center and take the next right into Gate 6 of the Joyce Center. There is a loading dock door at this entrance which leads into the building.



Emergency Procedures

Volleyball Practice

Joyce Center – Fieldhouse/North Dome

Emergency Personnel: A certified athletic trainer will be present at all games and part of practices. If there is no athletic trainer present the chain of command will be as follows: Head coach – assistant coach – operations manager

Team Athletic Trainer, Chantal Porter: (574) 876-1914

Athletic Training Facility: (574) 631-7100 (Joyce) or 631-3300 (Loftus)

Emergency Communication: Emergency personnel on-site will initiate emergency response via cell phone or campus phone. The certified athletic trainer will designate an individual to contact EMS through 911 or (574) 631-5555 (1-5555 if a campus landline) and give the appropriate information (patient information, number of patients involved, location of injured, direction to facility). The athletic trainers and physicians will have cell phones on hand at all times.

Emergency Equipment: An AED is located inside of Gate 4 of Joyce Center and in the Joyce Athletic Training Facility.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to “flag down” EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631-3300.



Medical Non-Emergency Check-List

Volleyball Practice

Joyce Center – Fieldhouse/North Dome

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Chantal Porter: (574) 876-1914

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 647-1000

615 N. Michigan St.

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main St. Suite 300

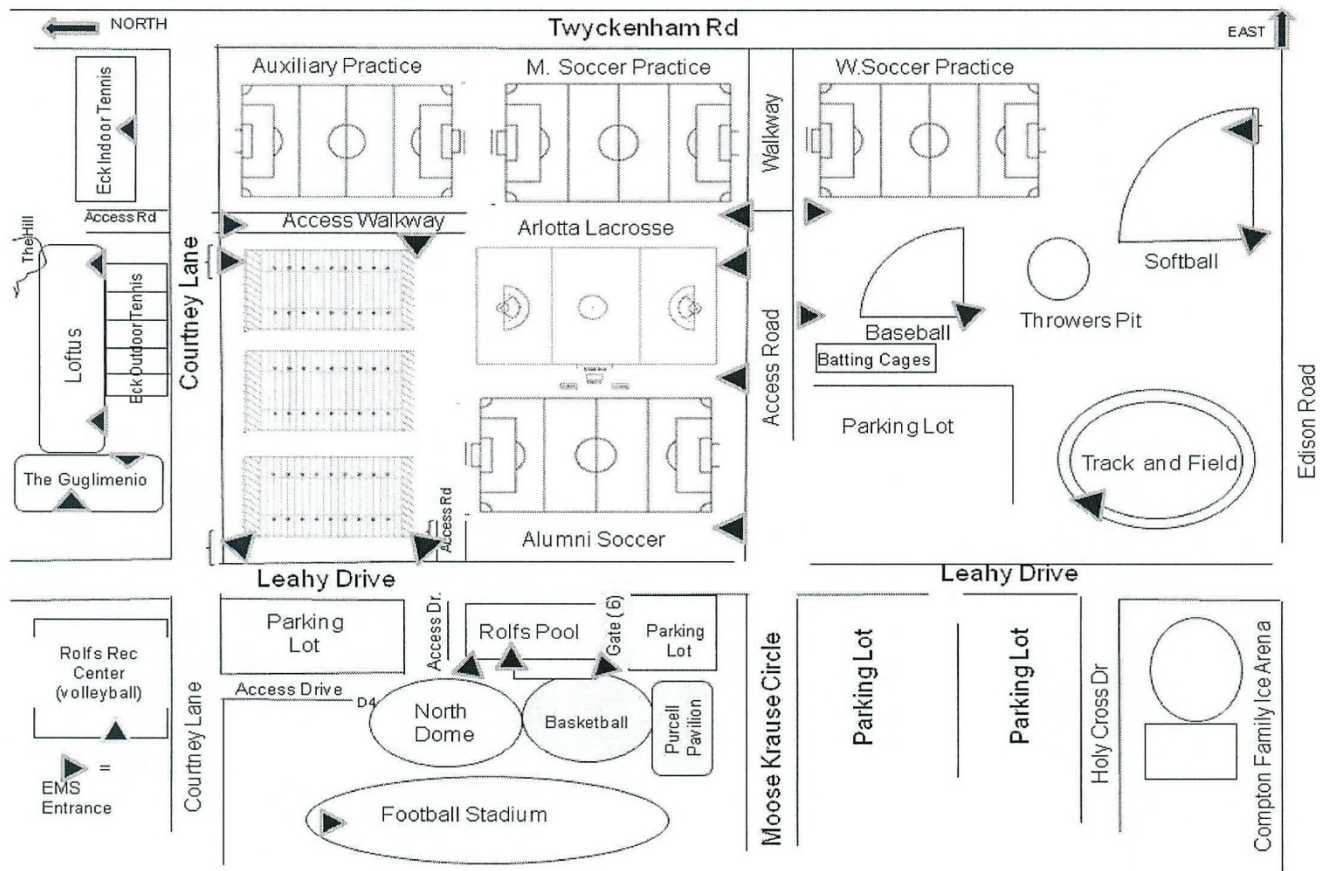
Granger, IN 46530



Directions to Joyce Center Field House (North Dome) Volleyball Practice Facility

From Angela Boulevard/Edison Road: Turn north onto Leahy Drive. At the 3rd stop sign turn west (left) onto Moose Krause Circle. Take the next left onto the access road to Gate 5 of the Joyce Center.

From Twyckenham Road: Turn west onto Courtney Lane. Go through the 1st stop sign and take the 1st left onto the access road. Proceed to Gate 5 of the Joyce Center.



Emergency Procedures - Cheerleading

Purcell Pavilion/Joyce Center Arena /PIT practice gym/GYM #1 and #2

Emergency Personnel: If an athletic trainer is not present, the chain of command will be as follows:
Head coach – assistant coach – squad members
Team Athletic Trainer, Anne Marquez: (318) 289-6842
Athletic Training Facility: (574) 631-7100 (Joyce) or (574) 631-3300 (Loftus)

Emergency Communication: Personnel on-site will initiate emergency response via cell or campus phone. The athletic trainer will designate someone to contact EMS using (574) 631-5555 (1-5555 or 911 on a campus landline) and give the appropriate information (patient information, number involved, location and direction to facility). The athletic trainers and physicians will have cell phones.

Emergency Equipment: One AED is located on outside wall of security office at Gate 6 and another AED is located in doctor's office in Joyce Athletic Training Facility. Splint bag, crutches, cardiac/IV kit, CPR mask are also located in Joyce Center Athletic Training Facility. Spine board/stretcher is located inside the storage cage at Gate 6 tunnel next to men's basketball locker room.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), first aid treatment provided, specific directions, and other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.



Medical Non-Emergency Check-List

Cheerleading Practice

Joyce Center

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Anne Marquez: (574) 289-6842

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

St. Joseph Regional Medical Center (574) 335-5000

5215 Holy Cross Parkway

Mishawaka, IN 46545

Memorial Hospital (574) 674-1000

615 N. Michigan Street

South Bend, IN 46601

MedPoint Urgent Care Center (574) 647-1500

6913 N. Main Street – Suite 300

Granger, IN 46530



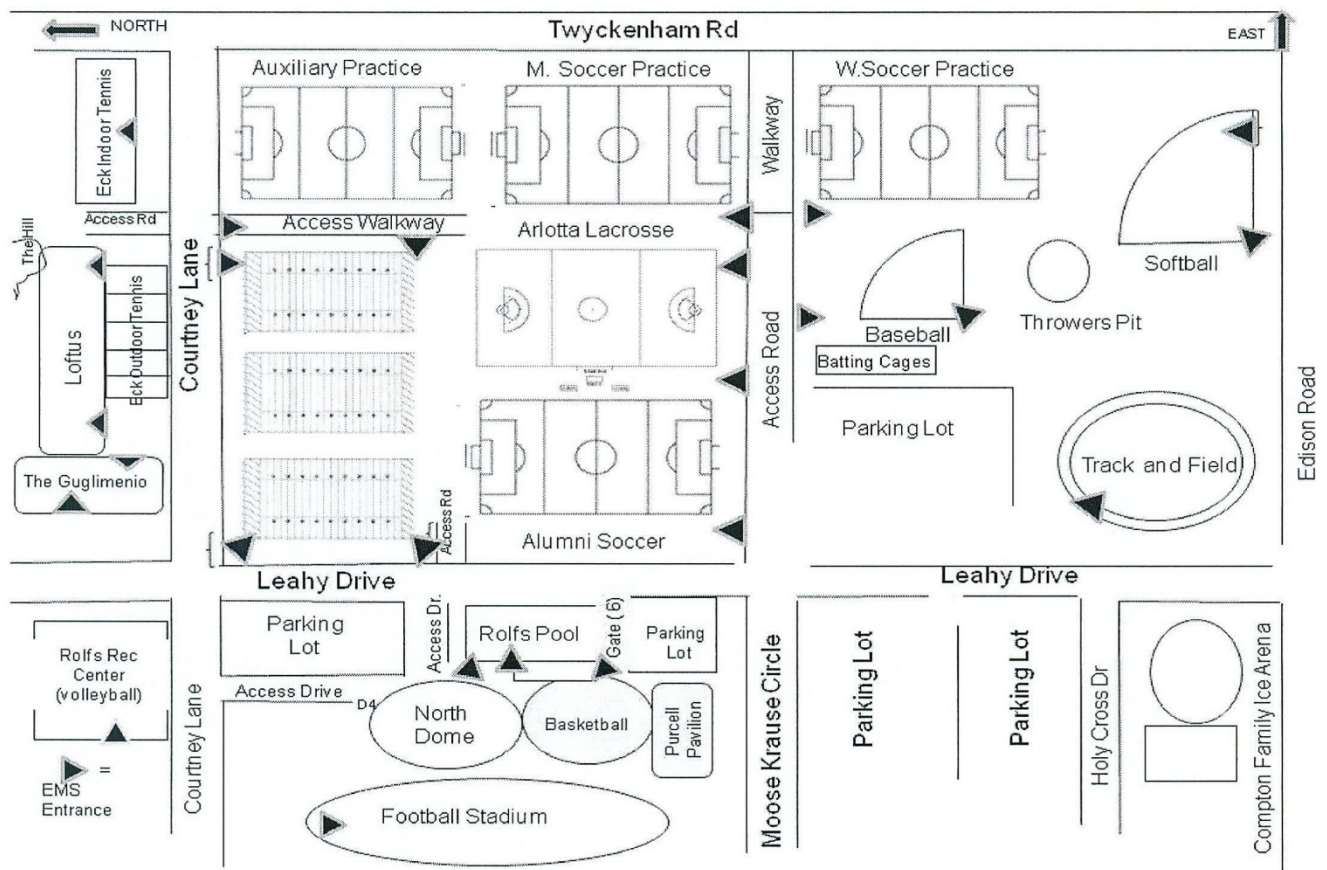
Directions to Cheerleading Practice Areas

From Angela Boulevard/Edison Road: Turn north on Leahy Drive. Proceed to Gate 6 of the Joyce Center which is located off of Leahy Drive directly across from Alumni (soccer) Stadium.

From Twyckenham Drive: Turn west onto Courtney Lane at the Eck Tennis Pavilion. Turn south (left) onto Leahy Drive and proceed to Gate 6 of the Joyce Center which is located off of Leahy Drive directly across from Alumni (soccer) Stadium.

PIT location: EMS will enter through Gate 6 of the Joyce Center. Have security personnel accompany EMS with the elevator key. Follow the hallway past the equipment room to the service elevator located by the women's basketball offices.

Gym 1/Gym 2 location: EMS will enter through Gate 6 of the Joyce Center. A service elevator is located just inside of Gate 6. Take the elevator to the 2nd floor and turn left and proceed along the concourse. Gym 1 is located by Gate 8 and Gym 2 is located by Gym 10.



V. Loftus Indoor Facility Procedures

Emergency Procedures Loftus Indoor Facility

Emergency Personnel: Athletic trainer, team physician (when available), head and assistant coaches, team operations personnel, student athletic trainers and building operations personnel. An athletic trainer will be present at most practices in the Loftus Indoor Facility. However, if an athletic trainer is not present at the activity, one will be available by cell phone and located within the Loftus Athletic Training Facility.

** If an athletic trainer is not present, coaches are designated as the first responders and will direct the process.

Loftus Athletic Training Facility: (574) 631-7100

Emergency Communication: Personnel on-site will initiate emergency response via cell or campus landline phone. The athletic trainer will designate an individual to contact EMS by dialing campus security at (574) 631-5555 or 91, and give the appropriate information (patient information, number of patients involved, location of incident and directions). Landline phones are located in operations staff office near the main entrance to the indoor field.

Emergency Equipment: An AED is located on the wall across from the operations staff office (southwest corner of facility). All other emergency equipment is located in the Loftus Athletic Training Facility or will be brought by the athletic trainer(s) covering the event.

Roles of First Responder:

- a. Secure scene safety and provide immediate care to the injured or ill individual.
- b. Activate the emergency medical system (EMS).
Call 911 or 1-5555 from campus phone, (574) 631-5555 from cell phone. Provide name, address, telephone number, number of individuals involved, condition of injured individual(s), type of first aid treatment provided, specific directions, and other information as requested. DO NOT HANG UP UNLESS TOLD TO BY THE EMERGENCY DISPATCHER.
- c. Assign an individual to retrieve specific emergency equipment items.
- d. Direct EMS to the scene.
- e. Open appropriate gates and doors for access to facility by EMS.
- f. Designate individual(s) to wait in front of entrance to "flag down" EMS and direct to scene.
- g. Notify athletic training facility/athletic trainer (if not on site) (574) 631-7100 or 631- 3300.

Medical Non-Emergency Check-List Loftus Indoor Facility

Check

Establish scene safety and provide immediate care to the injured or ill individual.

Call

If an athletic trainer is present, use them to manage the situation.

If an athletic trainer is not present, notify the athletic training staff of the situation.

Loftus Sports Medicine Center: (574) 631-3300

Joyce Athletic Training Facility: (574) 631-7100

Team Athletic Trainer, Anne Marquez: (574) 289-6842

Care

Secure proper equipment and administer first aid, then transport as needed.

Use a Sports Medicine vehicle to transport to Student Health Center or local hospital.

A staff athletic trainer will accompany the athlete to off campus locations. If an athletic trainer is not available, then he/she may designate an individual to accompany the athlete.

Important Numbers and Addresses:

Student Health Center (University of Notre Dame) —St. Liam's Hall (574) 631-7497

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Granger, IN 46530



Directions to Loftus Indoor Facility

From Angela Boulevard/Edison Road: Turn North on Leahy Drive and proceed behind to the Joyce Center to Courtney Lane. Turn East (right) onto Courtney Lane. Loftus Indoor Facility is located on your left behind the outdoor tennis courts. The first entrance to the facility is on your left (gated parking lot). Another entrance is located through the access road between Eck Indoor Tennis Facility and the outdoor tennis courts. This second entrance is typically the primary access to Loftus.

From Twyckenham Drive: Turn West onto Courtney Lane at the Eck Indoor Tennis Facility. Loftus is located on your right, behind the outdoor tennis courts. Turn North (right) onto the access road between Eck Indoor Tennis Facility and the outdoor tennis courts. Another entrance is located on the right past the outdoor tennis courts (gated parking lot).

