



Athletic Training

Irwin Belk Track & Field Complex

1. The certified athletic trainer will assess the situation for medical needs. With the help of athletic training students, athletic administration and campus police, the certified athletic trainer is responsible for controlling the scene until EMS arrives.
2. In the case of a medical emergency requiring EMS or Paramedic Assistance **CALL CAMPUS POLICE (803-323-3333) or ext. 3333 from campus phones. A police officer may be present at games and should be contacted to activate EMS.**
3. An AED will be located in the Track/Field athletic training room under the first treatment table. If an AED is not present, AEDs are located at the softball athletic training room or in the Coliseum Athletic Training room
4. If you are the one contacting Campus Police provide the necessary information:
  - i. Name, address, phone number of caller (you).
  - ii. The situation presented and the condition of the athlete.
  - iii. Any first aid treatment or care given.
  - iv. Directions as needed to locate the Irwin Belk Track & Field Complex.
  - v. Other info as requested by the dispatcher.
  - vi. **DO NOT HANG UP FIRST! LET EMS HANG UP FIRST!**
5. The use of the following hand signals will expedite care:
  - i. To activate EMS (to call or have them enter field of play if already present) – tap head
  - ii. To ask for an AED – fist up
  - iii. To request the spine board – arms out straight
  - iv. To request the splint bad – cross arms over chest
6. Upon arrival of EMS, provide pertinent patient information and have insurance information available:
  - i. Method of Injury
  - ii. Vitals
  - iii. Treatment Rendered
  - iv. Medical History
7. Assist Emergency Care as needed.
  - i. Obtain medical history and insurance information
  - ii. Sports medicine staff should accompany the student athlete to the hospital if available (ATS/ATC) or a Winthrop University Representative (Assistant Coach).
  - iii. Notify other sports medicine staff, administrators and coaches as needed.
  - iv. Complete appropriate injury/accident reports.
8. Opposing Team Coverage: In the event the opposing team does not bring an ATC, we can provide First Aid or any other treatment we determine necessary with the opposing team's prior consent in practice or at game time. If the opposing team brings a student athletic trainer in lieu of a certified, we can assist him or her with first aid or any other necessary treatments if they ask for assistance.

**Emergency Contact Numbers:**

Campus Police	(803) 323-3333	Amber Radtke, ATC	(803) 280-5705
911 from Campus Phone	x3333	Eby Krebs, ATC	(803) 370-8441
Jeff Lahr, Head Athletic Trainer	(803) 242-1770	Seth Faulkner, ATC	(740) 506-4358
Daniel Lundy, ATC	(803) 367-2513		

In the case of emergencies when a certified athletic trainer is not present, please follow the guidelines below:

**Concussions:** If there is a loss of consciousness **DO NOT MOVE THE ATHLETE! Activate EMS (call campus police @ 803-323-3333)**. Have someone assist you in keeping the area clear and monitor the athlete's vitals until EMS arrives. If the athlete were to regain consciousness before EMS arrives keep them calm and do not allow them to move.

**Cardiac Arrest:** Activate EMS (call campus police @ 803-323-3333). Keep the scene clear. If trained in CPR monitor symptoms and initiate CPR as needed. **Send someone to get the AED from the athletic trainer. If an AED is not present, AEDs are located at the softball athletic training room or in the Coliseum Athletic Training room or Coliseum south entrance storage room** and follow the instructions to administer. Continue to follow the instructions of the AED until EMS arrives.

**Heat Illness:** If the athlete or individual is sweating profusely, clammy to the touch, slightly disoriented and still coherent remove them to a shaded or cool area, inside would be best. Remove any wet clothing and place ice bags or cool wet towels at the back of the neck, armpits, and groin. Give them fluids, but only if they are conscious.

If the athlete or individual is no longer sweating, dry to the touch, disoriented, incoherent and skin appears red, **activate EMS (call campus police @ 803-323-3333)**. Remove to the shaded or cool area, and cool IMMEDIATELY! Place in a cold whirlpool, ice at the same key points. Monitor until EMS arrives.

**Respiratory Distress:** If the athlete has their own inhaler and is able to administer it themselves encourage them to do so. **If they are unable to or they are not breathing, activate EMS (call campus police @ 803-323-3333)**. **Send someone for an AED** just in case it is needed. If you are trained in CPR, initiate rescue breathing and continue to monitor symptoms until EMS arrives.

**Sickle Cell Trait Collapse:** If someone who is positive for the sickle cell trait and experiencing any of the following symptoms: acute chest pain, difficulty breathing, pain in arms, legs, chest or abdomen, and/or signs of stroke, remove them from participation immediately. **Activate EMS (call campus police @ 803-323-3333)**. **Send someone to get the AED** just in case it is needed. Monitor symptoms until EMS arrives.

### **Pre Event Checklist:**

- **Preparation:** Ensure that all emergency equipment is readily available and in proper working order - ie: vacuum splints, crutches, ice, cell phone, radio, emergency information folder
- **Communication:** Identify emergency phone locations (cell, campus, or pay)
- **Facilitation:** Identify emergency personnel (MD/campus police/EMS –if onsite), introduce yourself, and find out where they will be positioned. Review signals, and discuss plans in event of emergency.
- **Familiarization:** Be aware of athletes with a pre-existing condition and potential health hazards.

### **Emergency Locations:**

#### **Piedmont Medical Center (Hospital)**

222 South Herlong Avenue

Rock Hill, SC 29732

Main Operator (803) 329-1234

Emergency Admission (803) 329-6850

#### **Piedmont Urgent Care- Sutton Road (open until 8 p.m.)**

515 River Crossing Dr, Fort Mill, SC 29715

Phone:(803) 578-2800

#### **Riverview Medical Center (24-hr Urgent Care)**

1393 Celanese Road

Rock Hill, SC 29732

(803) 329 - 3103