Amherst College Athletics: Preventing Catastrophic Injuries and Death Education
Basic EAP Fundamentals

In an emergency on campus dial 2111 from a campus phone or 413-542-2111 from a cell phone.

Know where nearby pertinent emergency equipment is located.

Review annually.
EMERGENCY ACTION PLAN - ALUMNI GYM
266 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all Swimming and Diving, Volleyball and Basketball contests or in the Main Sports Medicine Facility Room 1117 for Squash contests.

Emergency Communication:
• Emergency phone is located on the outside of the building to the left of the entrance if facing the building
• Additional full access phones are located in the main athletics office, Main Sports Medicine Facility Room 1117 (413-542-2363) and in coaches’ offices.

Emergency Equipment
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sidelines during contests.

Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
• Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Locations:
• Alumni Gym - 266 South Pleasant Street, Amherst MA, 01002
• Coolidge Cage - 276 South Pleasant Street, Amherst, MA 01002
• Davenport Squash Courts - 266 South Pleasant Street, Amherst, MA 01002
• Pratt Pool - 270 South Pleasant Street, Amherst, MA 01002
• Lefrak Gymnasium - 280 South Pleasant Street, Amherst, MA 01002
• Wolf Fitness Center - 266 South Pleasant Street, Amherst, MA 01002
• Middleton Gymnasium - 266 South Pleasant Street, Amherst, MA 01002

Venue Directions:
• Alumni gymnasium can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and bear left going in front of the building. The main entrance will be halfway down the driveway before Kirby Street and the Admissions building. Heading North on Route 166/South Pleasant Street, the driveway will be on the right. Access to the rear of Alumni gym is via Kirby Drive.
EMERGENCY ACTION PLAN - MAIN SPORTS MEDICINE FACILITY
266 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
• ATC will be available during normal operational hours Monday-Friday 9AM-7PM (hours may vary depending on
time of year, weather and other outside factors). For after hours/summer programs, etc., access EMS.

Emergency Communication:
• Emergency phones are located in back lobby of Alumni Gymnasium complex.
• Full access phones are located in the ATC’s offices
• Additional full access phone is located in the Main Sports Medicine Facility Room 1117 (413) 542-2363

Emergency Equipment
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117.

Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
• Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Main Sports Medicine Facility can be accessed from Route 116/South Pleasant Street. Heading South on Route
116/South Pleasant Street, take a left onto the driveway and bear left going in front of the building. The main
entrance will be halfway down the driveway before Kirby Street and the Admissions building. Heading North on
Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - DAVENPORT SQUASH COURTS
266 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
- ATC will be on site or in the Main Sports Medicine Facility Room 1117 for all practices and contests.

Emergency Communication:
- Emergency phone is located outside of the rear doors of Alumni Gymnasium complex.
- Full access phones are located in the Squash coach’s and Swimming coach’s offices and in the front lobby at monitors station.
- Additional full access phone is located in the Main Sports Medicine Facility Room 1117 (413) 542-2363

Emergency Equipment
- Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
- Call EMS by:
  - Dialing 2111 from an on campus telephone, or
  - Dialing (413) 542-2111 if you are using an off-campus or cell phone
- Provide the following information, as requested by the dispatcher;
  - Name
  - Specific Location (building, field, venue, or room)
  - Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  - Provide your cell phone number for additional information, if required
- Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
- Davenport Squash Courts can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and bear left going in front of the building. The main entrance will be halfway down the driveway before Kirby Street and the Admissions building. Heading North on Route 166/South Pleasant Street, the driveway will be on the right. After entering the building, the squash courts can be accessed from multiple locations based on where the emergency is located. For the 2nd and 3rd floor access, take a left upon entering the building and then the next right. At the end of the hallway take a left after the stairwell and then another right. The entrance to the 2nd and 3rd floors of the squash courts will be straight ahead. If the emergency is on the 1st floor of the squash courts, elevator access may be necessary. To access the elevator, take a right upon entering the building and then the next left. Follow the corridor to the end and then take a right, the elevator will be on your left hand side. Take the elevator to the bottom level and take a right upon exiting the elevator. Follow that corridor to the end and take a right, access to the 1st floor of the squash courts will be straight ahead.
Emergency Personnel:
- ATC will be on site or in the Main Sports Medicine Facility Room 1117 for all practices and contests.

Emergency Communication:
- Campus phone is located in front lobby of LeFrak Gymnasium
- Full access phone is located in the front lobby of Alumni Gymnasium at the monitors desk.

Emergency Equipment:
- Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the pool deck during contests.

Role of First Responders:

Activating EMS:
- Call EMS by
  - Dialing 2111 from an on campus telephone, or
  - Dialing (413) 542-2111 if you are using an off-campus or cell phone
  - Provide the following information, as requested by the dispatcher;
    - Name
    - Specific Location (building, field, venue, or room)
    - Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    - Provide your cell phone number for additional information, if required
- Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
- Coolidge Cage can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and bear left, parking in front of the Coolidge Cage driveway. Heading north on Route 166/South Pleasant Street, the driveway will be on the right. Enter through the Coolidge Cage garage door. Alternatively, enter through the main doors of Alumni Gymnasium and take a right. Turn left keeping the fitness center on your right. At the end of the hallway take a right and the elevator will be located on your left across from the entrance to the fitness center. Take the elevator to the bottom floor and turn left. Coolidge Cage will be directly in front of you. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
Emergency Personnel:
• ATC, lifeguard, and coach will be on site for all contests. A lifeguard will be on site for all pool events.

Emergency Communication:
• Emergency phone is located in the pool area across from the coach’s office.
• Additional full access phones are located in the Swimming coach’s office Room 1118, the Squash coach’s offices and in the Main Sports Medicine Facility Room 1117 (413) 542-2363.

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the pool deck during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene
• Lifeguard(s)
• Removal of the injured athlete from water

Venue Directions:
• Pratt Pool in Alumni Gymnasium can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and bear left, parking in front of the Coolidge Cage driveway. Heading north on Route 166/South Pleasant Street, the driveway will be on the right. Enter through the Lefrak Gymnasium entrance which is located to the right of Coolidge Cage and to the left South Amherst College Drive at the end of the walkway. After entering the building go through the double doors and take a left. Exit the gymnasium and follow the corridor, up the ramp and the pool entrance will be on your right. Alternatively, enter through the cage garage door and go diagonally across Coolidge Cage and exit through the doors to the right of the Fitness Center. Take a right and Pratt Pool will be directly ahead. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - LEFRAK GYMNASIUM
280 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all contests and in the Main Sports Medicine Facility Room 1117 for all practices.

Emergency Communication:
• Campus phone is located in the front lobby. Emergency phone is located in the front lobby and the back lobby of Lefrak Gymnasium.
• Full access phone is located in the Swimming coach’s office
• Additional full access phone is located in the Main Sports Medicine Facility Room 1117 (413) 542-2363

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Lefrak Gymnasium can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight just to the left of South Amherst College Drive. The main entrance will be to the right of Coolidge Cage and to the left South Amherst College Drive at the end of the walkway. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - ORR RINK
300 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all practices and contests.

Emergency Communication:
• Emergency phone is located on the wall to the left of the stairwell to the second floor.
• Additional full access phones in the Orr Rink Sports Medicine Facility Room 6111 (413) 542-8516, Zamboni Room (413) 542-8378 and in the coaches’ offices located on the second floor.

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Orr Rink Sports Medicine Facility Room 6111. Additional supplies will be kept on the sideline during competition.

Roles of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Orr Rink can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium. The main entrance to Orr Rink is located on the right after exiting the underpass, with Memorial Baseball Field being on your left. Heading North on Route 166/South Pleasant Street, the driveway will be on the right..
EMERGENCY ACTION PLAN - ORR RINK SPORTS MEDICINE FACILITY
300 South Pleasant Street, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all practices and contests.

Emergency Communication:
• Emergency phone is located on the wall to the left of the stairwell to the second floor.
• Additional full access phones in the Orr Rink Sports Medicine Facility Room 6111 (413) 542-8516, Zamboni Room (413) 542-8378 and in the coaches’ offices located on the second floor.

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Orr Rink Sports Medicine Facility Room 6111. Additional supplies will be kept on the sideline during competition.

Roles of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Orr Rink can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium. The main entrance to Orr Rink is located on the right after exiting the underpass, with Memorial Baseball Field being on your left. As you walk into the rink from the main entrance, you would take a left once the rink is in front of you and the Orr Rink Sports Medicine Facility is located on your left hand side in between the Men’s Ice Hockey locker room and the Women’s Ice Hockey locker room. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
Emergency Action Plan - Memorial Baseball Field
50 South Amherst College Drive, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all contests and in the Main Sports Medicine Facility Room 1116 for practices.

Emergency Communication:
• Emergency phone is located in Orr Rink on the wall to the left of the stairwell to the second floor.
• Additional full access phones are located in the Orr Rink Sports Medicine Facility Room 6111 (413) 542-8516, Zamboni Room (413) 542-8378 and in the coaches’ offices located on the second floor.

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during competition.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene.

Venue Directions:
• Memorial Baseball Field can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium and Memorial Baseball Field will be straight ahead. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - RUGBY GAME FIELD
50 South Amherst College Drive, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all contests.

Emergency Communication:
• Emergency phone is located in Orr Rink on the wall to the left of the stairwell to the second floor.
• Additional full access phones are located in the Orr Rink Sports Medicine Facility Room 6111 (413) 542-8516, Zamboni Room (41) 542-8378 and in the coaches’ offices located on the second floor

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during competition.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• The Rugby Game Field can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium and Memorial Baseball Field will be straight ahead. Continue to follow the road around the baseball field and at the end of the baseball field and the beginning of the lower fields there is ambulance access. The field is located in the right field and center field of Memorial Baseball Field. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - HITCHCOCK SOCCER FIELD’S (LOWER FIELDS)
100 South Amherst College Drive, Amherst, MA 01007

Emergency Personnel:
• ATC will be on site for all practices and contests.

Emergency Communication:
Emergency phone is located at the Tennis Barn/Caddy Shack
Full access phone is located at the Tennis Barn/Caddy Shack (413) 542-2093

Emergency Equipment:
Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during competition.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Hitchcock Soccer Fields can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium and around Memorial Baseball Field. An ambulance can access the Hitchcock Soccer Fields at the end of the right field of Memorial Baseball Field in between the fence and hill. Heading North on Route 166/South Pleasant Street, the driveway will be on the right.
EMERGENCY ACTION PLAN - TENNIS COURTS
95 South College Drive, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all contests and

Emergency Communication:
• Emergency Phone is located at the Southeast corner of the tennis courts, in between the tennis courts and the parking lot.
• Additional full access phones located in the Tennis Barn/Caddy Shack, Orr Rink Sports Medicine Facility Room 6111 (413) 542-8516, Zamboni Room (413) 542-8378 and coaches’ offices.

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Main Sports Medicine Facility Room 1117. Additional supplies will be kept on the sideline during competition.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Tennis Courts can be accessed from Route 116/South Pleasant Street. Heading South on Route 116/South Pleasant Street, take a left onto the driveway and continue straight taking a right onto South Amherst College Drive. Follow the road underneath Lefrak Gymnasium and around Memorial Baseball Field. The road will bring you directly to the Tennis Courts. An ambulance can access the Tennis Courts on the North/fan side of the courts.
Emergency Action Plan - Pratt Field
150 Northampton Road/75 Orchard St, Amherst MA, 01002

Emergency Personnel:
• ATC will be on site for all Football and Lacrosse practices and contests; Orthopedic Surgeon, Medical Doctor or Physician’s Assistant will be on site for all Football scrimmages and contests, and an ambulance will be on site for all Football scrimmages and contests.

Emergency Communication:
• Emergency phone is located outside the front door of the Conway Field House.
• Additional full access phone is located in the Conway Field House Sports Medicine Facility (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility. Additional supplies will be kept on the sideline during practice and competition.

Roles of First Responders:
Activating EMS:
• Call EMS by;
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building or field)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Pratt Football Field can be accessed from Route 116/Northampton Road and also Orchard Street. When traveling North on Route 116/Northampton Road, take a left into the Pratt Field Complex and follow the road straight and take a right just after Conway Field House. There is an entrance to Pratt Field on your left that takes you onto Neuhoff-Lumley Track. If traveling South on Route 116/Northampton Road, take a right into the Pratt Field Complex. When traveling South on Orchard Street, take a right into the Pratt Field Complex. Follow the road straight behind the Pratt Field Press Box and bear left at Pratt Field House. There is an entrance to Pratt Field on your left that takes you onto Neuhoff-Lumley Track. When traveling North on Orchard Street, take a left into the Pratt Field Complex.
EMERGENCY ACTION PLAN - NEUHOFF-LUMLEY TRACK
150 Northampton Road/35 Orchard St, Amherst MA, 01002

Emergency Personnel:
• ATC will be on site for all Track contests and available in the Main Sports Medicine Facility for practices.

Emergency Communication:
• Emergency phone is located outside the front door of the Conway Field House.
• Additional full access phone is located in the Conway Field House Sports Medicine Facility (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility. Additional supplies will be kept on the sideline during competition.

Roles of First Responders:
Activating EMS:
• Call EMS by;
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building or field)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Neuhoff-Lumley Track can be accessed from Route 116/Northampton Road and also Orchard Street. When traveling North on Route 116/Northampton Road, take a left into the Pratt Field Complex and follow the road straight and take a right just after Conway Field House. There is an entrance to Neuhoff-Lumley Track on your left. If traveling South on Route 116/Northampton Road, take a right into the Pratt Field Complex. When traveling South on Orchard Street, take a right into the Pratt Field Complex. Follow the road straight behind the Pratt Field Press Box and bear left at Conway Field House. There is an entrance to Neuhoff-Lumley Track on your left. When traveling North on Orchard Street, take a left into the Pratt Field Complex.
EMERGENCY ACTION PLAN - CONWAY FIELDHOUSE
150 Northampton Road, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all Football, Field Hockey, Lacrosse and Soccer practices and contests.

Emergency Communication:
• Emergency phone is located outside the front door of the Conway Field House.
• Additional full access phone is located in the Conway Field House Sports Medicine Facility (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility Room 002. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413)542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Conway Fieldhouse can be accessed from Route 116/Northampton Road. Heading South on route 116/Northampton Road, turn right into the Pratt Field Complex and follow the road straight to the front doors of the fieldhouse so that Pratt field is on your left and Conway Fieldhouse is on your right. Alternately, after turning into the Pratt Field Complex, take an immediate right and follow the road to the back doors of Conway Fieldhouse. Heading North on route 116/Northampton Road, the driveway will be on the left.
EMERGENCY ACTION PLAN - CONWAY FIELDHOUSE SPORTS MEDICINE FACILITY
150 Northampton Road, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all Football, Field Hockey, Lacrosse and Soccer practices and contests.

Emergency Communication:
• Emergency phone is located outside the front door of the Conway Field House.
• Additional full access phone is located in the Conway Field House Sports Medicine Facility (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility Room 002. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413)542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Conway Fieldhouse Sports Medicine Facility can be accessed from Route 116/Northampton Road. Heading South on route 116/Northampton Road, turn right into the Pratt Field Complex and take an immediate right and follow the road to the doors of Conway Fieldhouse Sports Medicine Facility. Heading North on route 116/Northampton Road, the driveway will be on the left.
Emergency Personnel:
• ATC will be on site for all Football, Field Hockey, Lacrosse and Soccer practices and contests.

Emergency Communication:
• Emergency phone is located on walkway between Gooding Field and Softball Field and by the Softball Field in the parking lot by Whalen House
• Additional full access phone is located in the Conway Field House Sports Medicine Facility (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility Room 002. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413)542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
    • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Gooding Field can be accessed from Route 116/Northampton Road. Heading South on route 116/Northampton Road, turn right into the Pratt Field Complex and take an immediate right. Alternately, after turning left into the Pratt Field Complex, go straight and then bear right so that Conway Field House is on your right and Pratt Field is on your left. Take a right at the end and then take another right which will bring you to the opposite side of Gooding Field. Heading North on route 116/Northampton Road, the driveway will be on the left.
EMERGENCY ACTION PLAN - FOOTBALL PRACTICE FIELD
212 Northampton Road, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site as needed.

Emergency Communication:
• Emergency phone located on walkway between Gooding Field and Softball Field
• A full access phone is located in Whelan House (Rental Housing)
• Additional full access phone is located in the Conway Field House Sports Medicine Facility Room 002A (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility Room 002. Additional supplies will be kept on the sideline during practice.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
    • Name
    • Specific Location (building, field, venue, or room)
    • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Football Practice Field can be accessed from Route 116/Northampton Road. Heading South on route 116/Northampton Road, turn right into the Whalen House driveway and follow it to the end. Ambulance can access the practice field over a vehicle curb by cutting behind Whelan House and up the hill. Heading North on Route 116/Northampton Road, the driveway will be on your left.
EMERGENCY ACTION PLAN - SOFTBALL FIELD
212 Northampton Road, Amherst, MA 01002

Emergency Personnel:
• ATC will be on site for all contests and onsite for practices when needed.

Emergency Communication:
• Emergency phone is located on walkway between Gooding Field and Softball Field and by the Softball Field in the parking lot by Whalen House.
• Full access phone is located in Whalen House (Rental Housing) (413) 542-8506
• Additional full access phone is located in the Conway Field House Sports Medicine Facility Room 002 (413) 542-2119

Emergency Equipment:
• Supplies (splints, AED’s, etc.) are located in the Conway Field House Sports Medicine Facility Room 002. Additional supplies will be kept on the sideline during contests.

Role of First Responders:
Activating EMS:
• Call EMS by:
  • Dialing 2111 from an on campus telephone, or
  • Dialing (413) 542-2111 if you are using an off-campus or cell phone
  • Provide the following information, as requested by the dispatcher;
  • Name
  • Specific Location (building, field, venue, or room)
  • Illness or Injury (head, neck, fracture, cardiac arrest, etc. ATC, will give you this information)
  • Provide your cell phone number for additional information, if required
• Amherst College Police will direct EMS personnel to the correct location, provide access and control the scene

Venue Directions:
• Softball Field can be accessed from Route 116/Northampton Road. Heading South on route 116/Northampton Road, turn right into the Whalen House driveway and follow it to the end. Heading North on Route 116/Northampton Road, the driveway will be on the left.
## Head and Neck/Spine Injuries

### Signs and Symptoms:

<table>
<thead>
<tr>
<th>Head Injury</th>
<th>Neck Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Headache</td>
<td>✔ Loss of Sensation</td>
</tr>
<tr>
<td>✔ Amnesia</td>
<td>✔ Loss of Strength</td>
</tr>
<tr>
<td>✔ Dizziness</td>
<td>✔ Paralysis</td>
</tr>
<tr>
<td>✔ Sensitivity to Light</td>
<td>✔ Numbness</td>
</tr>
<tr>
<td>✔ Sensitivity to Sound</td>
<td>✔ Tingling</td>
</tr>
<tr>
<td>✔ Mental Fogginess</td>
<td>✔ Extreme Neck Pain/Pressure</td>
</tr>
<tr>
<td>✔ Unequal Pupils</td>
<td></td>
</tr>
<tr>
<td>✔ Blurred or Double Vision</td>
<td></td>
</tr>
<tr>
<td>✔ Nausea/Vomiting</td>
<td></td>
</tr>
<tr>
<td>✔ Personality Changes</td>
<td></td>
</tr>
<tr>
<td>✔ Fatigue</td>
<td></td>
</tr>
<tr>
<td>✔ Balance Problems</td>
<td></td>
</tr>
<tr>
<td>✔ Feeling Foggy/Groggy</td>
<td></td>
</tr>
<tr>
<td>✔ Concentration/Memory Problems</td>
<td></td>
</tr>
</tbody>
</table>
# Head and Neck/Spine Injuries Cont.

## Treatment:

<table>
<thead>
<tr>
<th>Head Injury</th>
<th>Neck Injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔️ Do not allow athlete to return to activity until they are evaluated by an Amherst College Health Care Professional (Athletic Trainers or Health Services)</td>
<td>✔️ Call 2111 or 413-542-2111</td>
</tr>
<tr>
<td>✔️ If symptoms are increasing or athlete appears to be in distress, call 2111 or 413-542-2111.</td>
<td>✔️ All suspected neck/spine injuries should be treated as a spine injury until a higher level of care arrives--maintain airway, support c-spine and follow Basic First Aid protocols</td>
</tr>
<tr>
<td></td>
<td>✔️ Do not allow athlete to return to activity until they are evaluated by an Amherst College Health Care Professional (Athletic Trainers or Health Services)</td>
</tr>
</tbody>
</table>
Cardiac Events

Signs and Symptoms:

- ✔ Chest Pain
- ✔ Syncope/Collapse
- ✔ Nausea, Indigestion, Heartburn, Stomach Pain
- ✔ Pain that Spreads to the Left Arm (Males)
- ✔ Throat or Jaw Pain (Females)
- ✔ Dizziness or Lightheaded
- ✔ Fatigue Easily
- ✔ Sweating
- ✔ Legs, Feet or Ankles are Swollen
- ✔ Irregular Heart Beat
Cardiac Events Cont.

Treatment:

✔ Call 2111 or 413-542-2111 immediately
✔ Follow Basic First Aid/CPR Protocols
✔ Locate and bring to the scene an AED
✔ Do not allow athlete to return to activity until they are evaluated by an Amherst College Health Care Professional (Athletic Trainers or Health Services)
Environmental Monitoring

• Monitoring Service: DTN Weather Sentry

• Alerts contain the vital information about changing weather conditions including lightening, high temp/humidity, low temp, high winds. All Coaches and ATC’s have access/alerts on cell phones.

• Athletic Trainers in conjunction with Health Services will have the final call with any weather related modifications to activity

• Lightning 13 Miles and Above: Normal activity, ATC will monitor weather.

• Lightning Within 12-9 Miles: Normal activity, however ATC will inform coaches and officials that impending weather may stop activity and consideration should be made to allow time for athletes to get to a safe structure.

• Lighting 8 Miles or Less: Stop all activity and find the nearest safe structure. Activity will resume once ATC gets the all clear from DTN.
Policy For Hot Weather Participation

Wet Bulb Globe Temperature is monitored by Weather Sentry and/or Kestral WGBT unit as available.

WBGT Under 79° Fahrenheit and Below
Normal activities - Provide at least 3 separate rest breaks each hour with a minimum duration of 3 minutes each.

WBGT 80° - 84° Fahrenheit:
Use discretion for intense or prolonged exercise & watch at-risk players carefully. Provide at least 3 separate rest breaks each hour - a min. duration of 4 minutes each.

WBGT 85° - 87° Fahrenheit:
Maximum practice time is 2 hours. For Football: Players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For all sports: All protective equipment must be removed for conditioning activities. Provide at least 4 separate rest breaks each hour of with a minimum duration of 4 minutes each.

WBGT 88° - 89° Fahrenheit:
Maximum length of practice time is 1 hour. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 minutes of rest breaks provided during the hour of practice.

WBGT 90° Fahrenheit and Over:
No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.
### Exertional Heat Illness + Heatstroke

#### Signs and Symptoms:

<table>
<thead>
<tr>
<th>Heat Illness</th>
<th>Heatstroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Athlete finds it hard or impossible to keep playing</td>
<td>✓ <strong>Increase in core body temperature</strong></td>
</tr>
<tr>
<td>✓ Loss of coordination, dizziness or fainting</td>
<td>✓ Altered consciousness, seizures, confusion, emotional instability, irrational behavior, decreased mental acuity</td>
</tr>
<tr>
<td>✓ Dehydration</td>
<td>✓ Nausea</td>
</tr>
<tr>
<td>✓ Profuse sweating or pale skin</td>
<td>✓ Vomiting</td>
</tr>
<tr>
<td>✓ Headache</td>
<td>✓ Diarrhea</td>
</tr>
<tr>
<td>✓ Nausea</td>
<td>✓ Headache</td>
</tr>
<tr>
<td>✓ Vomiting</td>
<td>✓ Dizziness</td>
</tr>
<tr>
<td>✓ Diarrhea</td>
<td>✓ Weakness</td>
</tr>
<tr>
<td>✓ Stomach/intestinal cramps or persistent muscle cramps</td>
<td>✓ Hot and wet or dry skin</td>
</tr>
<tr>
<td></td>
<td>✓ Increased heart rate</td>
</tr>
<tr>
<td></td>
<td>✓ Decreased blood pressure</td>
</tr>
<tr>
<td></td>
<td>✓ Fast breathing</td>
</tr>
<tr>
<td></td>
<td>✓ Dehydration</td>
</tr>
<tr>
<td></td>
<td>✓ Combativeness</td>
</tr>
</tbody>
</table>
### Exertional Heat Illness + Heatstroke Cont.

**Treatment:**

<table>
<thead>
<tr>
<th>Heat Illness</th>
<th>Heatstroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Hydrate</td>
<td>✔ Call 2111 or 413-542-2111 immediately</td>
</tr>
<tr>
<td>✔ Cool body with ice, removing from direct sun or bring to AC controlled environment. If symptoms increase, call 2111 or 413-542-2111 and cold water immersion</td>
<td>✔ Cold water immersion is gold standard, but cooling immediately is key</td>
</tr>
<tr>
<td>✔ Remove from activity and have an Amherst College Health Care Professional evaluate before returning to activity</td>
<td>✔ Follow Basic First Aid protocols</td>
</tr>
</tbody>
</table>
Exertional Collapse Associated with Sickle Cell Trait

Signs and Symptoms:

✔ Increased pain and weakness in the working muscles (especially the legs, buttocks, and/or lower back)
✔ Muscles look and feel normal
✔ Pain in the upper left quadrant of abdomen or in chest area due to splenic infarction (dead tissue due to loss of blood supply)
✔ Difficulty breathing / rapid breathing
✔ Athlete slumps to ground
✔ Athlete will not lose consciousness immediately and is usually able to communicate their symptoms
Exertional Collapse Associated with Sickle Cell Trait Cont:

Treatment:

✔ Call 2111 or 413-542-2111 immediately
✔ Remove athlete from sun/heat if heat related
✔ Hydrate
✔ Follow Basic First Aid protocols
✔ **Inform treating EMT/Physician that the athlete has Sickle Cell
Policy For Cold Weather Participation

30°- 26° Fahrenheit or wind chill (“feels like”):
- Be aware of the potential for cold injury and notify appropriate personnel of the potential.

25°- 16° Fahrenheit or wind chill (“feels like”):
- Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.

15°- 11° Fahrenheit or wind chill (“feels like”):
- Consider modifying activity to limit exposure or to allow more frequent chances to rewar.

10°- 1° Fahrenheit or wind chill (“feels like”):
- Practice is limited to 1 hour outside or two 45 minute sessions with 15 minutes of rewarming in between.

0° Fahrenheit or wind chill (“feels like”) and below:
- Terminate or reschedule activity
Asthma

Signs and Symptoms:

✔ Difficulty breathing
✔ Chest tightness
✔ Shortness of breath
✔ Wheezing
✔ Coughing
✔ Fatigue
Asthma

Treatment:

✔ Remove athlete from activity and have an Amherst College Health Care Professional (Athletic Trainers, Health Services) evaluate athlete before returning to activity
✔ Rescue inhaler if prescribed for athlete
✔ Encourage athlete to take slow deep breathes (in through nose, out through mouth)
✔ If symptoms are increasing or not resolving call 2111 or 413-542-2111
Rhabdomyolysis

Rhabdomyolysis is the breakdown of damaged skeletal muscle. Muscle breakdown causes the release of myoglobin into the bloodstream. Myoglobin is the protein that stores oxygen in your muscles. If you have too much myoglobin in your blood, it can cause kidney damage.

Signs and Symptoms:

✔ Muscle pain in the shoulders, thighs, or lower back
✔ Muscle weakness or trouble moving arms and legs
✔ Soreness
✔ Bruising
✔ Dark red or brown urine or decreased urination
✔ Abdominal pain
✔ Fatigue
✔ Nausea/vomiting
✔ Fever
✔ Rapid heart rate
✔ Confusion
✔ Lack of consciousness
Rhabdomyolysis

Treatment:

✔ Call 2111 or 413-542-2111 immediately
✔ Remove athlete from activity
✔ Hydrate
✔ Follow Basic First Aid protocols
✔ Early recognition is key to reversing any kidney damage that may occur
## Diabetic Emergency

### Signs and Symptoms:

<table>
<thead>
<tr>
<th>Hypoglycemia (Insulin Shock)</th>
<th>Hyperglycemia (Insulin Coma)</th>
</tr>
</thead>
<tbody>
<tr>
<td>✔ Weakness, drowsiness</td>
<td>✔ Weak and rapid pulse</td>
</tr>
<tr>
<td>✔ Rapid pulse</td>
<td>✔ Nausea</td>
</tr>
<tr>
<td>✔ Fast breathing</td>
<td>✔ Deep, signing breaths</td>
</tr>
<tr>
<td>✔ Pale, sweaty skin</td>
<td>✔ Unsteady gait</td>
</tr>
<tr>
<td>✔ Headache, trembling</td>
<td>✔ Confusion</td>
</tr>
<tr>
<td>✔ Odorless breath</td>
<td>✔ Flushed, warm, dry skin</td>
</tr>
<tr>
<td>✔ Numbness in hands or feet</td>
<td>✔ Odor of nail polish or</td>
</tr>
<tr>
<td>✔ Hunger</td>
<td>sweet apple</td>
</tr>
<tr>
<td></td>
<td>✔ Drowsiness, gradual loss of consciousness</td>
</tr>
</tbody>
</table>
Diabetic Emergency Treatment:

**Hypoglycemia (Insulin Shock)**

✔ Remove athlete from activity, if blood sugar is known, administer small amounts of carbohydrates/sugar (glucose tablets, Gatorade, candy, etc.)

✔ If symptoms do not improve or blood sugar levels are not improving, call 2111 or 413-542-2111

✔ Athlete needs to be evaluated by an Amherst College Health Professional (Athletic Trainers or Health Services) before returning to activity

**Hyperglycemia (Insulin Coma)**

✔ Remove athlete from activity

✔ If blood sugar is known and athlete is able to administer insulin, monitor and if symptoms do not resolve or continue to increase call 2111 or 413-542-2111

✔ Athlete needs to be evaluated by an Amherst College Health Professional (Athletic Trainers or Health Services) before returning to activity

** do not treat if blood sugar is unknown
Exertional or Non-exertional Collapse

• If Athletic Trainers are unavailable, treat as a first responder
• Survey the scene
• Check for breathing and pulse
• If unresponsive, not breathing or no pulse, call 413-542-2111 and treat according to Basic First Aid/CPR protocols
• Any athlete that collapses from a non-orthopedic injury should be evaluated by Athletic Trainers or Health Services before continuing activity
Periodization

The logical integration and sequencing of training factors (i.e. volume, intensity, training density, training frequency, training foci, exercise selection and mode) into mutually dependent periods of time designated to optimize specific physiological, psychological, and performance outcomes at predetermined time points.

- Periodization, Planning and Programming (random training produces random results)
- Every session relates to all other sessions (practice, games, lifting) and need to be looked at as the big picture
- Periodization will increase strength and power
- Higher levels or emotional stress will make athletes recover slower
- All stressors impact adaptation
- Annual Training Plan
- Categorize Programming (days off, days on, holidays, competitions, practice, testing)
- Monitoring (does not dictate training, it informs)
- Under recovery and poor nutrition are often the cause of under performing not over training