

## Emergency Plan: Strength & Conditioning (Weight Room)

**Emergency Personnel:** A certified athletic trainer will be on-call for emergency situations related to the weight room. The Strength and Conditioning Coach trained in CPR and AED techniques should begin emergency procedures by contacting 9-1-1, a certified athletic trainer, and/or CU security as determined by the specific emergency.

**Emergency Communication:** Specific university personnel will be responsible for appropriate communication.

**Emergency Equipment:** Supplies will be located in a designated emergency kit; emergency equipment (i.e. splint bag, AED), if not on site, is accessible from satellite Athletic Training Facility in the lobby of the gymnasium.

### Role of First Responders

1. Immediate care of the injured or ill student-athlete
2. Activation of the emergency medical system (EMS)
  - a. 8-911 (campus line) 911 (cell) (provide name, address, telephone number; number of individuals injured; condition of injured; first aid treatment; specific directions, other information as requested)
3. Emergency equipment retrieval
4. Direction of EMS to scene
  - a. Open appropriate gates
  - b. Designate individual to “flag down” EMS and direct to scene
  - c. Scene control: limit scene to first aid providers and move bystanders away from area

**Venue Directions:** The CU Weight Room Facility is located at the Phoenix Plaza on S. Maple Street. Emergency personnel should be instructed to enter the southwest side of the building where the garage door access will be opened by the weight room personnel.

### Venue Map

