On behalf of the University of Vermont Athletic Medicine Staff, we would like to welcome you and your team to Burlington, Vermont. The following information should help you in preparation for your visit. If you require any additional information or need to make special arrangements, please contact us before your arrival.

A UVM Athletic Medicine staff member will be present on-site for all meets and games, in accordance with NCAA, America East, Hockey East and EISA guidelines. We will have a medical provider on-site, as well as EMS, for men’s & women’s basketball, men’s & women’s hockey, and men’s lacrosse. A medial provider will also be on-site for men’s & women’s soccer games, track & field meets and ski carnivals. EMS will also be available for women’s lacrosse and field hockey games. Additionally, we have an orthopedic physician on-site for men’s hockey games. For all other games/meets, we will have a physician available by phone. For practices, we will have an UVM Athletic Medicine staff on call. You will have access to the athletic training facility for two hours before games/meets and an hour post-game/meet. If you require any additional information, need to make special arrangements, or if an athletic trainer is not traveling with the team, please contact us before your arrival and send your team with appropriate supplies. UVM Athletic Medicine will try to accommodate reasonable requests that are communicated ahead of time for any team that travels unaccompanied by their athletic trainer. We will do all that we can to assist with any emergency or issue requiring aid.

During games/meets, and practices, the following items will be available near your team bench: a 10-gallon water cooler, cups, injury ice with wrap, towels, a copy of the emergency action plan, and a biohazard supply kit containing: gloves, gauze, biohazard bags, blood spill kit, hand sanitizer, and a sharps container. The emergency equipment (crutches, splint kit, treatment table, oxygen tank, and an AED) will be available within the athletic training room during open hours, and at the venue for games/meets. The closest AED will be listed on the emergency action plan when the athletic training room is closed. There will be areas provided for taping and additional injury ice. Additionally, the visiting locker room (when available) will contain a water cooler, cups, injury ice with wrap, hydrocollator, hot pack covers, and towels.

Upon your arrival we will provide you with access to updates associated with the UVM Athletic Medicine contact information for athletic training staff members and physicians and the [emergency action plan](https://uvmathletics.com/sports/2017/3/27/emergency-action-plans.aspx) for the facility.

Please let us know if you have any questions or if we can help you in any way.

Safe travels!

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| Matt Bain, MS, ATC, PES  Head Athletic Trainer  Matthew.Bain@uvm.edu  Office: 802-656-9951 | Kristen O’Connell, MS, ATC  Head Athletic Trainer  Kristen.O’Connell@uvm.edu  Office: 802-656-9022 |  |

**Athletic Training Facilities:**

* Patrick Athletic Training Room - Phone: (802) 656-7750; Fax (802) 656-9578
* Forbush Athletic Training Room - Phone: (802) 656-1236
* Gutterson Athletic Training Room - Phone: (802) 656-9951

General ATF hours are 8am-6pm Monday-Friday.

Modalities available upon request: Electrical stimulation, ultrasound, GameReady, iontophoresis and more.

**On Campus Medical and Mental Health Services / Emergency Care:**

* University of Vermont Medical Center Emergency Department (111 Colchester Ave, Burlington, VT) –Phone: (802) 847-2434; <https://www.uvmhealth.org/medcenter/departments-and-programs/emergency-room>
* UVM Campus Police Services - Phone: (802) 656-3473; <https://www.uvm.edu/police>
* UVM Rescue 911
* UVM Student Health/Medical Center (425 Pearl St, Burlington, VT) - Phone: (802) 656-3350; Website: [www.uvm.edu/health](http://www.uvm.edu/health)  
  \*Mon-Fri: 8:00 a.m. - 4:30 p.m. ; \*24-hour on-call coverage - Phone: (802) 656-4446
* Counseling and Psychiatry Services - Phone: (802) 656-3340 (24-hour coverage)
* Crisis Text Line: Text “VT” to 741741 from anywhere in Vermont

**Pharmacies:**

* UHC Pharmacy (1 Prospect Street, Burlington, VT) - Phone: (802) 847-3784
* CVS (1 Dorset Street, South Burlington, VT) – Phone: (802) 651-1449

**Urgent Care Centers:**

* University of Vermont Medical Center Urgent Care Fanny Allen Campus (790 College Parkway, Colchester, VT) – (802) 847-1170 Hours 8am-8pm
* Clear ChoiceMD Urgent Care (1200 Williston Road, Burlington) – Phone (802) 454-3016 Hours 8am-8pm

**Athletic Medicine Contact Information**

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| **Name** | **Title** | **Email** | **Phone** |
| Matt Bain | Head Athletic Trainer  (Men's Hockey) | [matthew.bain@uvm.edu](mailto:matthew.bain@uvm.edu) | 802-656-9951 |
| Kristen O'Connell | Head Athletic Trainer (Women's Lacrosse) | [kmoconne@uvm.edu](mailto:kmoconne@uvm.edu) | 802-656-9022 |
| Lisa Hardy | Athletic Trainer  (Women's Basketball) | [lisa.m.hardy@uvm.edu](mailto:lisa.m.hardy@uvm.edu) | 802-656-7750 |
| Michael Heitkamp | Athletic Trainer  (Cross Country/Track & Field, Skiing) | [m](mailto:m)[ichael.heitkamp@uvm.edu](mailto:Michael.Heitkamp@uvm.edu) | 802-656-1236 |
| Neal Sand | Athletic Trainer  (Women's Soccer) | [neal.sand@uvm.edu](mailto:neal.sand@uvm.edu) | 802-656-7750 |
| Eugene Santos | Athletic Trainer  (Men's Basketball) | [eugene.santos@uvm.edu](mailto:eugene.santos@uvm.edu) | 802-656-7750 |
| [Michele Bliss](https://uvmathletics.com/staff.aspx?staff=264) | Athletic Trainer  (Men's Lacrosse) | [michele.bliss@uvm.edu](mailto:michele.bliss@uvm.edu) | 802-656-7750 |
| Hannah Tremel | Athletic Trainer  (Men's Soccer, Skiing) | [hannah.tremel@uvm.edu](mailto:hannah.tremel@uvm.edu) | 802-656-7750 |
| [Sarah Davis](https://uvmathletics.com/staff-directory/sarah-davis/434) | Athletic Trainer  (Field Hockey, Cross Country/Track & Field) | [sarah.davis@uvm.edu](mailto:sarah.davis@uvm.edu) | 802-656-7750 |
| Kat Paradis | Athletic Trainer  (Swimming & Diving) | [katherine.paradis@uvm.edu](mailto:katherine.paradis@uvm.edu) | 802-656-1236 |
| Emma Hindes | Athletic Trainer  (Women's Hockey) | [emma.hindes@uvm.edu](mailto:Emma.Hindes@uvm.edu) | 802-656-9951 |
| Dr. Matt Lunser, DO | Team Physician | [matthew.lunser@uvm.edu](mailto:matthew.lunser@uvm.edu) | 802-656-7750 |
| Dr. Nathan Endres | Orthopedic Surgeon |  | 802-847-2663 |