



# EMERGENCY INFORMATION



**UVM FIELD, COURT &  
INDOOR SPORTS**



## **EMERGENCY PLAN**

1. Coach and/or CPR officer should clear the area and assess the situation
2. Apply the necessary first-aid or CPR
3. If injury requires further attention contact Campus Recreation immediately
4. If injury is serious, contact emergency services (UVM Rescue on campus, local EMS off)
5. Provide emergency services with the students insurance information (these should be printed off of The Lynx and with the club at all times)
6. Follow up with the student's emergency contact immediately
7. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
8. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances.
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code.
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator – 656 8723

Athletic Trainer – 207-730-0144

UVM Rescue – 656-4287

Burlington F.D. – 864 – 5311

Shelburne F.D. – 985-2366

South Burlington F.D. – 864-4110

**EMERGENCY INFORMATION**



**UVM POOL USERS**



## **EMERGENCY PLAN**

1. Lifeguard, Coach and/or CPR officer should clear the area and assess the situation
2. Apply the necessary first-aid or CPR
3. If injury is serious contact Campus Rec immediately as well as UVM Rescue
4. If off-campus, and injury is serious, contact emergency services or call 911
5. Provide emergency services with the students insurance information (these should be printed off of The Lynx and with the club at all times)
6. Follow up with the student's emergency contact
7. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
8. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club Sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. All participants must certify they are a capable swimmer by passing a swim test

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator - 656 8723

Athletic Trainer - 207-730-0144

UVM Rescue - 656-4287

Burlington F.D. - 864 - 5311

Shelburne F.D. - 985-2366

South Burlington F.D. - 864-4110

**EMERGENCY INFORMATION**



**UVM SNOW SPORTS**



## **EMERGENCY PLAN**

1. Coach and/or CPR officer should clear the area and assess the situation
2. Apply the necessary first-aid or CPR
3. Ski Patrol should be immediately contacted to further assess the injury
4. If or injury is particularly serious, contact emergency services. (Stowe Rescue or other)
5. Provide emergency services with the student's insurance information (these should be printed off of The Lynx and with the club at all times)
6. Follow up with the student's emergency contact
7. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
8. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. All participants should wear the appropriate safety gear including a helmet at all times
6. The coach and/or officers should verify that each participant has the necessary skill level for the terrain and techniques being executed in practice, competition, or free riding. Participants should practice "smartstyle"
7. Students should ride in groups of three or more

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator - 656 8723

Athletic Trainer - 207-730-0144

UVM Rescue - 656-4287

Burlington F.D. - 864 - 5311

Stowe Rescue - 253-9060

Stowe Ski patrol

# EMERGENCY INFORMATION



**UVM SAILING**



## **EMERGENCY PLAN**

1. Training partners should clear the area and assess the situation. If a safety officer is present, they should take the lead.
2. Apply the necessary first-aid or CPR
3. Coast Guard should be immediately contacted to further assess the injury
4. If or injury is particularly serious, contact emergency services.
5. Provide emergency services with the student's insurance information (these should be printed off of The Lynx and with the club at all times)
6. Follow up with the student's emergency contact
7. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
8. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. All participants must certify they are a capable swimmer by passing a swim test.
6. When water temperatures are low participants should wear the necessary dry suits
7. The Sailing Club should consult with the CLCSC and Coast Guard in determining if conditions are safe

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator – 656 8723

Athletic Trainer – 207-730-0144

UVM Rescue – 656-4287

Burlington F.D. – 864 – 5311

CLCSC – 864-2499

Coast Guard – 951-6791

# EMERGENCY INFORMATION



**UVM CYCLING, RUNNING  
& TRIATHLON**



## **EMERGENCY PLAN**

1. Training partners should clear the area and assess the situation if one is present
2. Apply the necessary first-aid or CPR if someone with certification is present
3. Contact the local emergency service provider
4. Provide emergency services with the student's insurance information
5. Follow up with the student's emergency contact
6. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
7. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. All participants should wear the appropriate gear for the terrain and weather conditions
6. Participants should train in groups of three or more whenever possible and especially when training in non-populated areas
7. At least one member of the training group should have a cell phone with them

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator – 656 8723

Athletic Trainer – 207-730-0144

UVM Rescue – 656-4287

Burlington F.D. – 864 – 5311

Shelburne F.D. – 985-2366

South Burlington F.D. – 864-4110

**EMERGENCY INFORMATION**



**EQUINE SPORTS**



## **EMERGENCY PLAN**

1. Coach and/or Safety Officer should clear the area and assess the situation
2. The injured party should not be moved unless coach and safety officer are 100% sure of the situation and the individual can do so under their own power
3. Contact local Emergency Medical Services (EMS)
4. Provide EMS with the student's insurance information (these should be printed off of The Lynx and with the club at all times)
5. Follow up with the student's emergency contact
6. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
7. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code and Club Sports Code of Conduct
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. All riders should wear equipment at all times.
6. Equipment and horses should be checked on a regular basis to ensure safety
7. When the temperature or ground conditions pose a risk to riders and animals, practices or competitions should be cancelled

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator - 656 8723  
Athletic Trainer - 207-730-0144  
UVM Rescue - 656-4287  
Williston Fire Department - 911  
Colchester Rescue - 264-5590

**EMERGENCY INFORMATION**



**MARTIAL ARTS**



## **EMERGENCY PLAN**

1. Coach and/or Safety Officer should clear the area and assess the situation
2. Apply the necessary First Aid or CPR
3. If the injury is serious, contact local Emergency Medical Services (EMS)
4. Provide EMS with the student's insurance information (these should be printed off of The Lynx and with the club at all times)
5. Follow up with the student's emergency contact
6. Follow up with the Club Sports Coordinator immediately for Catastrophic injuries, otherwise please be sure to complete an accident report on The Lynx within 48 hours
7. The injured party should contact the Club Sports Athletic Trainer to set up a consultation (This is essential to receive the best follow up care) by emailing [Kathryn.Vreeland@uvm.edu](mailto:Kathryn.Vreeland@uvm.edu)

## **MEMBER EXPECTATIONS**

1. At no time during any Club sports or UVM sanctioned activity should members use alcohol, tobacco, or other illegal substances
2. Students should adhere to the school's policies regarding proper behavior at all times. For further info please consult UVMs Student conduct code and Club Sports Code of Conduct
3. In addition to UVM policies students and Clubs should adhere to all regulations of their governing body and/or competitions they attend
4. UVM sports clubs should practice inclusion and should in no way partake in any behavior or practices which are discriminatory towards current and prospective members, as well the community as a whole
5. Appropriate Safety equipment should be used at all times
6. Equipment should be checked on a regular basis to ensure safety
7. When using mats, these should be cleaned on a regular basis to prevent potential infections
8. New techniques should only be done under the supervision of a coach or instructor and in the appropriate surroundings
9. Participants should be paired up for training with partners of comparable size and skill level

## **IMPORTANT PHONE NUMBERS**

Club Sports coordinator - 656 8723  
Athletic Trainer - 207-730-0144  
UVM Rescue - 656-4287  
Williston Fire Department - 911  
St. Michael's Fire and Rescue - 654-2565