

UVM CLUB SPORTS: RISK MANAGEMENT OPERATIONS

EMERGENCY PROTOCOL

If someone is injured follow the steps below-

1. Clear the area and assess the individual
2. If emergency services are needed, have someone call 911 or local emergency contact
3. Send someone to get the nearest first aid kit and AED
4. Apply the necessary First-aid or CPR, if someone with certification is present, or stay with the injured party until additional help arrives
 - a. If the individual is transported to the hospital, call Jerome Budomo at 619-861-4312
 - b. If the individual is cared for without a hospital visit, encourage them to make an appointment with the [Club Sports AT](#) to further assess the injury and provide the appropriate follow-up care.
5. Complete an [Accident Report](#) within 48 hours

Inclement Weather

Under severe/harsh weather, Clubs may be asked to stop practices or competitions.

Severe Heat:

1. Weather.com reads heat index of 100F
 - Inform participants of condition
 - Build in extra water breaks and rests
2. Weather.com reads heat index of 110F or higher
 - All activities must cease, and can resume once index is below 110F

Thunder/Lightening:

- Club Safety Officer should move participants and spectators off the field to a safe space. Take the first aid kit to the shelter location.
- Detection: If you see it, flee it; if you hear it, clear it. (NCAA 1E1a) This slogan reflects the fact that upon the first sound of thunder, lightning is likely within eight to 10 miles and capable of striking your location. All activity must then cease and shelter must be sought.
- Evacuation: Direct participants and spectators to nearest shelter (a grounded building or car).
- Resumption: Activities may be resumed upon waiting 30 minutes after both the last sound of thunder and last flash of lightning. (NCAA 1E3d)

CONCUSSION MANAGEMENT

If you suffer a head injury during a club event, please make an appointment with [student health services](#) as soon as you can. You are also welcome to make an appointment with PT360 by contacting ClubAT@uvm.edu for a free injury screen. Please note that if you do meet with our athletic trainer at PT360 we do still encourage you to connect with Student Health services to get any additional support you may need in regards to academic accommodations.

If you are diagnosed with a concussion, you will be required to work with our [athletic trainers](#) on your return to play protocol once you have been cleared by a medical professional to return to activity.