

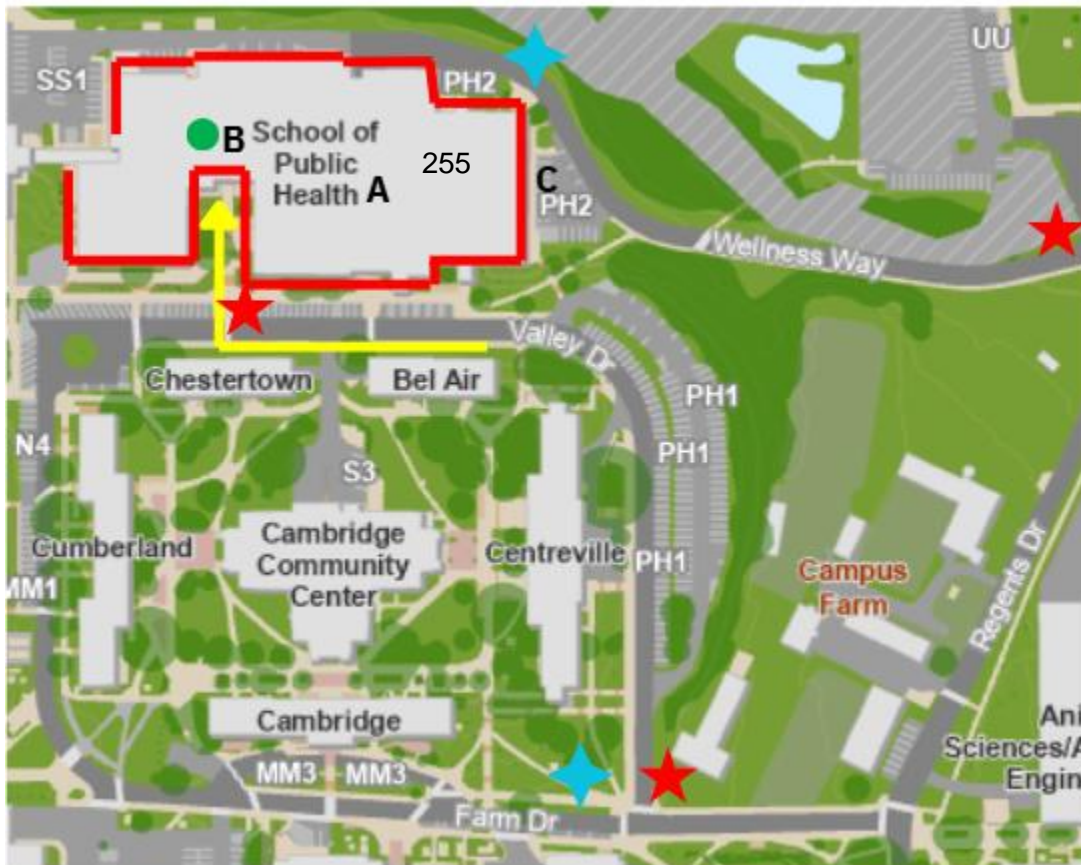
UNIVERSITY OF MARYLAND RECWELL

School of Public Health (SPH)/Gymnastics Gym Room 1120 Emergency Action Plan (EAP)

Emergency Communication: Call campus emergency services (301) 405-3333 (#3333).
Emergency phone located in hallway outside of Gymnastics room lobby.




Address: School of Public Health (campus bldg. 255) 4200 Valley Drive, College Park, MD 20742.

Venue Directions: Primary EMS entrance to gymnastic gym floor through doors at access point B, off of Valley Drive and across from Chestertown Hall. If entering from Wellness Way, go through the doors at access point C, go down the hallway and take the elevator up to the second floor room 1120.



A = School of Public Health B= Primary Emergency Access Point

C = Secondary Emergency Access Point (Lot PH2)  = EMS Entrance

 = Public Phone  = Personnel to meet EMS  = Elevator

Lay First Responder Management of Common and Catastrophic Injuries

Chain of Command:

If no healthcare professional (athletic trainer, paramedic, physician, etc.) is around to assist in an emergency, the guidelines below are available for a lay first responder to follow. Always call campus emergency services if unsure of what to do and yield immediate emergency care to those with the highest medical authority on site.

1. **Check:** Attend to the injured participant and assess the scene, situation, and ABC's (airway, breathing, circulation (heartbeat)).
2. **Call:** Alert campus emergency services 301-405-3333 for advanced medical help, providing the dispatcher with all requested information.
3. **Care:**
 - A. Locate and obtain any available emergency equipment (AED/first aid kit). When campus emergency services are called, a UMPD officer will bring these items to the scene with them.
***Closest public AED is located one floor above outside of the volleyball gym (room 2101) entrance.**
 - B. Ensure that all door, gates, and entry ways are open so that available and designated personnel (red stars on map) can lead EMS to the scene/injured participant
 - C. Providing care for common/catastrophic injuries:
 - **Breathing emergencies:** unconscious, non-breathing participants will need CPR administered and an AED applied until EMS arrives and takes over.
 - **Bleeding:** apply direct pressure to the wound until EMS arrives and takes over.
 - **Heat Illness:** Immediately begin cooling the participant first with all available water/ice and transport them with EMS second.
 - **Fracture:** Do not move the injured area, monitor, and keep the participant calm until EMS arrives and takes over.
 - **Cervical Spine/Neck:** Do not move the injured participant. Have the participant remain still, calm, and monitor until EMS arrives and takes over.
4. **Report:** All injuries/incidents occurring on or in RecWell spaces should be reported in one of the following forms:

A. Accident report-



B. Incident report-

