



Colorado College
Campus Recreation Athletic Training
Policies and Procedures

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The following Colorado College Campus Recreation Policies and Procedures manual was established with a purpose to provide guidance to mitigate risk, establish a safe environment, and provide accessible healthcare services to all Campus Recreation participants. All Campus Recreation participants including Club Sport athletes, coaches, and students utilizing Colorado College Campus Recreation facilities are expected to read, understand, and adhere to the content provided within this manual.

MISSION

The mission of Campus Recreation Athletic Training is to protect the health and safety of all Colorado College Campus Recreation participants by preventing, managing, and rehabilitating injuries so that each student may continue to engage in recreational opportunities and physical activity during and beyond their time at Colorado College.

GENERAL INFORMATION

An Athletic Trainer (AT) is a healthcare professional who collaborates with a physician to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of acute or chronic injuries and medical conditions.

The Campus Recreation Athletic Trainer primarily services Colorado College Club Sport student-athletes and all Campus Recreation participants including those students participating in Campus Recreation programming (Intramurals, Fitness Classes, etc.) and all students accessing our facilities. Campus Recreation participants are only eligible to receive AT services through the Campus Recreation Athletic Trainer and are not eligible for services from the Varsity Athletic Training Facility.

Athletic Training services are available to all active Colorado College students free of charge. Referrals to off-campus healthcare resources for further evaluation, imaging, or testing may be recommended by the Campus Recreation Athletic Trainer. Off-campus services will be covered at the student's expense.

CONTACT INFORMATION

Chris Starr

Director of Recreation & AFP Fitness Center
cstar@coloradocollege.edu
(O): 719-389-6767

Campus Safety (Emergency)
719-389-6911

Christina Lorete, LAT, MSAT, ATC
Campus Recreation Athletic Trainer
clorete@coloradocollege.edu
(O): 719-389-6891

Campus Safety (Non-Emergency)
719-389-6707

Student Health Center
719-389-6384

Communication Tree

If an injury or emergency occurs and professional staff is not present, the following communication tree should be initiated:

1. Campus Safety (Non-Emergency): 719-389-6707
2. Campus Safety (Emergency): 719-389-6911
3. Campus Recreation Athletic Trainer: 719-389-6891

- a. Club Sport student-athletes can utilize the Messenger feature on Healthy Roster to contact AT after hours

4. Director of Recreation: 719-389-6891

All injuries/incident involving Campus Safety or 911 services, should be reported immediately to Campus Recreation Athletic Trainer or Director of Recreation following the injury/incident.

ACCESS

Location

The Campus Recreation Athletic Training Facility is located on the second floor of the El Pomar Sports Complex, Office 220, between the Auxiliary Gym and the ice machine.

Hours

The Campus Recreation Athletic Training Facility is generally open Monday through Friday from 12:00pm – 6:00pm. Hours vary during Block Breaks and holidays. Weekend hours are determined based upon Club Sports' home event competitions. Visit the Campus Recreation Athletic Training website for up-to-date hours.

Appointments

Appointments for evaluations, treatment, and rehabilitation are not required, however, are highly encouraged especially during high usage times. Club Sport Athletes and Campus Recreation participants including active Colorado College students and those participating in all Campus Recreation programming (Intramurals, Fitness Classes, etc.) can make an appointment using via drop-in, phone, email, or via the online Outlook Scheduler found on the Campus Recreation Athletic Training website.

Event Coverage

The Campus Recreation Athletic Trainer will be present for all on-campus Home Club Sport games and competitions. Request for Athletic Training coverage for special events and tournaments may be requested by Club Sport teams. Coverage will be determined based upon availability. All requests for coverage outside of typical coverage provided, should be submitted to the Director of Recreation and Campus Recreation AT no later than 2 weeks prior to the event.

Colorado College Emergency Medical Services (CEEMS) will be present at all Club Sport Home games and competitions. CEEMS is a student-run division of Campus Safety and they are responsible for providing professional emergency medical care to the CC community. CEEMS staff work alongside the Campus Recreation Athletic Trainer to provide on-field care and emergency services.

Visiting Teams

Athletic Training services will be provided to all visiting teams during Home events and competitions. Visiting teams are requested to provide supplies for taping. Injuries requiring additional follow-up care or referral, will be reported to the visiting team's point of contact from the Club Sport student-athlete's institution.

Due to separate location of Athletic Training Facility and competition fields, pre-competition treatments are limited. Modalities including moist heat packs, E-STIM, Ultrasound, and other equipment are not available for use prior to game. If visiting team players require pre-competition treatment, notification from the visiting team's Athletic Trainer/healthcare provider should be provided including specific details and parameters of treatment. A letter to the Campus Recreation Athletic Trainer can be emailed to clorete@coloradocollege.edu no later than 24 hours prior to competition.

Water, water cups, injury ice, and injury bags will be available for all Visiting teams.

HEALTH INSURANCE

All Athletic Training services are provided free of charge. Participants utilizing Athletic Training services may be requested to provide health insurance information if participating in Club Sports or if referral to off-campus healthcare resources are recommended.

Colorado College requires all students to have comprehensive health insurance while attending Colorado College and to provide annual proof of coverage. This requirement is in place to minimize catastrophic financial risk for students. Students may elect coverage under their own insurance, through their employer or their parent's policies, or through the Student Health Insurance Plan offered by the college.

STUDENT HEALTH CENTER & EMERGENCY DEPARTMENT AND URGENT CARE RESOURCES

Student Health Center

The Student Health Center provides health services to students on campus. Services include:

- Allergy Services
- Athletic and routine Physicals
- Screenings, evaluation, and treatment for illness and medical conditions
- Telehealth Appointments
- Women's Health Services

The Student Health Center is in the Yalich Student Services Center (212). Visit their [website](#) to view current hours of operation.

Emergency Department and Urgent Care Resources

During after Student Health Center after-hours, Urgent Care and Emergency Departments can be utilized. Urgent Care should be utilized for injuries or illnesses that do not appear to be serious or life-threatening but cannot wait until the morning. Urgent Care facilities are usually not open 24 hours, whereas Emergency Departments are open 24/7.

Emergency Departments are for serious and life-threatening injuries and illnesses. In case of an emergency occurring on campus, Campus Safety should be contacted immediately. Refer to the chart below to determine whether a visit to Urgent Care or the Emergency Department is the most appropriate:

Condition	Urgent Care	Emergency Department
Allergies	x	
Animal bites		x
Asthma attack (minor)	x	
Asthma attack (severe)		x
Bleeding that won't stop		x
Broken bone (not bent)	x	
Broken bone (bent, curved, or looks deformed)		x
Bronchitis	x	
Burn (minor)	x	
Burn (severe)		x
Cold	x	
Cut (minor)	x	
Cut (severe)		x
Dehydration	x	
Diarrhea	x	
Dizziness	x	
Earache/Ear Infection	x	
Fainting		x
Fever	x	
Headache	x	
Head Injury/Concussion (minor and without loss of consciousness)	x	
Head injury/Concussion (with loss of consciousness or from extreme impact)		x
Insect bite	x	
Mental health concerns		x
Nausea	x	
Pink Eye	x	
Pneumonia		x
Poisoning		x
Rash	x	
Seizure		x
Sore throat	x	
Sprain or strain	x	
Stitches (minor without sedation)	x	
Stitches (deep wound or needing sedation)		x
Stomach pain (mild)	x	
Stomach pain (severe)		x
Swallowed object		x
Trouble breathing		x
Ultrasound, CT scan, or MRI		x
Urinary infection	x	

Below is a list of nearby Emergency Departments and Urgent Care Clinics:

Concentra Urgent Care (1.2 mi)

402 W Bijou St.
Colorado College, CO 80905
719-302-6942

Penrose Hospital (1.6 mi)

2222 N. Nevada Ave.
Colorado Springs, CO 80907
719-776-5000

The Little Clinic (1.8 mi)

1750 W Uintah St.
Colorado Springs, CO 80904

UCHealth Emergency Care - Memorial Hospital Central (2 mi)

1400 E Boulder St.
Colorado Springs, CO 80909
719-365-5000

Optum Urgent Care Center (3.1 mi)

1633 Medical Center Point
Colorado Springs, CO 80907
719-636-2999

CLUB SPORT PRE-PARTICIPATION REQUIREMENTS

Prospective and current Club Sport student-athletes must complete the following requirements prior to first game or competition:

- Register Healthy Roster Account
- General Medical Physical
- Baseline Concussion Test
- Medical History Questionnaire
- Assumption of Liability and Risk
- Concussion Protocol Agreement Form
- Consent for Medical Treatment Form
- Emergency Contact Form

Healthy Roster

Healthy Roster is the electronic medical record system utilized by the Colorado College Club Sports Program. All Club Sport student-athletes will receive an automated e-mail with an activation code from Healthy Roster when joining a Club Sport. Access will be granted to new Club Sport student-athletes upon submission of rosters by their team Captains. Club Sport student-athletes are required to register an account to access the following pre-participation documents:


- Assumption of Liability and Risk
- Concussion Protocol Agreement
- Consent for Medical Treatment
- Emergency Contact Form
- Returner Health History Form

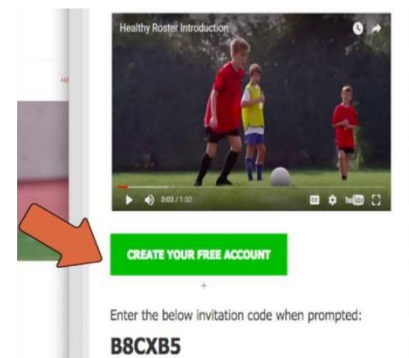
Healthy Roster also contains important information regarding injuries and player status. Participants will be able to track their medical record. Captains and coaches may also receive updates to their account about each teammate's player status.

The messenger feature on Healthy Roster is a valuable resource for Club Sport student-athletes. Club Sport student-athletes may utilize the Messenger feature to schedule appointments and contact the Campus Recreation Athletic Trainer outside regular business hours.

Contact the Campus Recreation Athletic Trainer if you have not received your access code upon submission of your team's roster.

Creating an Account

1. Check your Colorado College for an e-mail from Healthy Roster.
2. Open e-mail from Healthy Roster and select 'Create Your Free Account.'
3. Download  HEALTHYROSTER app if you are utilizing iPhone or Android.
4. Enter activation code.
5. Create security questions and password.



Completing Documents

1. Open the Healthy Roster app, go to your user profile and click on the Documents Tab
2. Tap the document from the Missing Documents section.
3. Complete all information and signature lines.



Uploading New Documents

Documents such as General Medical Physicals, Medical Clearance Notes from Physicians, and Documentation from appointments are required to be uploaded to each athlete's Documents Tab:



1. If you need to upload a document that isn't listed under your *Required Documents* section, click the + symbol in the top right corner of the Documents section.
2. Choose "Other" for document type and then enter a name for the document (eg. 2021 General Medical Physical), then choose 'Select File.'
3. Choose **Scan PDF**, frame the document you are trying to scan and take the photo.
4. After taking the photo you will have the option to retake the image, add a second page, or click done scanning.
5. Once the document is uploaded, select **Share with Entire Care Circle** under the Privacy drop down box.
6. Click **Save**.

General Medical Physical

All new Club Sport participants must complete and submit a General Medical Physical exam to the Campus Recreation Athletic Trainer. All forms must be uploaded by the Club Sport student-athlete to their Healthy Roster account.

New Club Sport participants are required to complete Physicals utilizing the forms found on our Club Sports Important Documents [website](#).

Physicals can be completed by a Physician, Nurse Practitioner, or Physician Assistant. The Campus Recreation Club Sports program will provide one free Physical night at the beginning of each Fall. Due to the size of Colorado College's Club Sport program, availability to receive a Physical during this event may be limited. Prospective Club Sport participants are encouraged to obtain their Physical in the summer prior to arriving on campus.

General Medical Physical exam appointments may also be made with the on-campus Student Health Center. The Student Health Center offer three appointments per day. Appointments are required and can be made over the phone.

General Medical Physicals are valid for the Club Sport student-athlete's entire time within the Club Sports program. The Campus Recreation Athletic Trainer may require an updated General Medical Physical exam for those Club Sport student-athletes who experience a major medical injury or condition occurred since completion of initial Physical exam.

Baseline Concussion Test

Baseline Concussion Test must be completed by all new Club Sport student-athletes prior to first game or competition. Concussion baseline test are administered by the Campus Recreation Athletic Trainer by appointment. Visit the Club Sports Important Document website to schedule an appointment.

Club Sport student-athletes are required to take a new baseline concussion test prior to returning to play after sustaining a concussion.

Medical History Questionnaire

The Medical History Questionnaire Form is to be completed by all returning Club Sport student-athletes. If deemed necessary, the Campus Recreation Athletic Trainer may require returners to complete an additional General Medical

Physical exam OR provide written clearance from overseeing Physician if a major medical injury or condition occurred since completion of initial Physical exam.

Other Forms: Assumption of Liability and Risk, Concussion Protocol Agreement, Consent for Medical Treatment, and Emergency Contact

The remaining four forms – Assumption of Liability and Risk, Concussion Protocol Agreement, Consent for Medical Treatment, and Emergency Contact – will be completed electronically on Healthy Roster by all new Club Sport student-athletes.

Club Sport student-athletes will not be able to access these forms until their Captains have submitted their official roster for the season and their Healthy Roster accounts are activated.

CONCUSSION PROTOCOL

What is a Concussion?

According to the Center for Disease Control and Prevention, a concussion is defined as a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

Signs and Symptoms

Signs and symptoms of concussion or TBI can vary among each individual and can appear immediately after injury. However, sometimes symptoms may take hours or days to appear. Below are a list of common concussion related signs and symptoms:

Signs	Symptoms
• Disorientation, confusion	• Headache
• Retrograde/anterograde amnesia	• Nausea
• Loss of consciousness	• Balance issues/dizziness
• Automatism	• Tinnitus (ringing in the ears)
• Unequal pupil size	• Diplopia (double vision)
• Combativeness	• Blurred vision
• Slowness to answer questions	• Trouble sleeping
• Loss of balance	• Trouble concentrating
• Atypical behavior/personality changes	• Memory issue
• Vacant stare	• Irritability, sadness
• Nystagmus	• Sensitivity to light or noise

The following signs and symptoms are considered red flags and would require immediate referral to the Emergency Department:

- A headache that gets worse and does not go away
- Inability to wake up
- Loss of consciousness
- Repeated vomiting or nausea, convulsions, or seizures

- Slurred speech, weakness, numbness, or decreased coordination
- Unequal or unreactive pupils
- Unusual behavior, increased confusion, restlessness, or agitation

Concussion Protocol

Proper management and care of a concussion sustained by a Colorado College student or Club Sport student-athlete is essential to ensure proper recovery to return-to-learn and return-to-play. When a suspected concussion or TBI occurs, the following steps must be taken:

1. The student or Club Sport student-athlete will be removed from all physical activity immediately and evaluated by the Campus Recreation Athletic Trainer or a qualified healthcare provider who is trained in the evaluation and management of concussions.
2. Any student or Club Sport student-athlete presenting with symptoms of concussion is not permitted to return to Club Sport activities or Campus Recreation programming/activities on the same day as injury.
3. Recognition and diagnosis of a concussion should be driven by the initial signs and symptoms, cognitive assessment, balance assessment, and further neuropsychological testing.
4. Continued monitoring of the student or Club Sport student-athlete is necessary to observe any deterioration of physical or mental status.
5. The student or Club Sport student-athlete will be provided with educational materials for post-concussion care, recommendations, and red flags to be aware of.
6. Additional referral to Accessibility Resources and contact with the student’s Colorado College Professors may be made if accommodations for classroom activities and assignments are needed.
7. Medical clearance from a qualified healthcare provider must be provided prior to returning to play.

Return to Play Progression

Return to play following a concussion requires compliance with a gradual six step process that must be administered and progressed by a qualified healthcare professional. The five-step return to play protocol begins once the student or Club Sport student athlete has a cessation of concussion related symptoms for at least 24 hours. The goal of the return to play protocol is to progressively increase the duration and intensity of exercise to ensure that there is no return of symptoms with physical exertion. The table below describes a general outline for the six-step return to play protocol:

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation
Day 1: No activity	Complete physical and cognitive rest
Day 2: Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity <70%; No resistance training
Day 3: Sport-specific exercise	(Ex.) Skating skills in hockey, running drills in soccer, dribbling drills in basketball; No head impact activity
Day 4: Non-contact training drills	Progression to more complex training drills (Ex.) Passing drills in football or ice hockey
Day 5: Full-contact practice	Following medical clearance from qualified healthcare provider, athlete may participate in normal training activities
Day 6: Return to Play	Normal game play

INCLEMENT WEATHER POLICIES

The following inclement weather policies have been developed and adopted from the National Athletic Trainers' Association, NCAA, and best practices to promote a safe environment for all Colorado College Club Sport student-athletes and Campus Recreation participants while utilizing campus outdoor facilities and spaces.

Lightning

Purpose: To define lightning safety guidelines for Colorado College outdoor facilities and fields when weather conditions may produce lightning.

Chain of Command: Depending on present staff, it is the responsibility of Colorado College professional staff, the Campus Recreation Athletic Trainer, Campus Recreation Intramural student staff, and Club Sport Captains to postpone outdoor activities and instruct participants off the field and into a safe shelter.

Procedure: Environmental assessment of immediate and projected weather information should be evaluated prior to and during any practice, competition, or use of outdoor facilities or spaces. WeatherBug is the primary reliable weather prediction method to be utilized. Colorado College subscribes to a real-time lightning detection service, WeatherSentry. This application is utilized by the Campus Recreation Athletic Trainer to monitor weather conditions.

1. Field Evacuation Criteria

Distance of Lightning	Alert	Action
12 miles	Watch	Monitor storm and notify coaches, refs and personnel or approaching weather. Prepare to seek safe shelter.
10 miles	Warning	Discontinue all outdoor activities. All participants and spectators should promptly seek a safe shelter.

2. Seeking Safe Shelter

Safe shelters include sturdy and enclosed buildings that have plumbing or wiring to electrically ground the structure. A shed or picnic area is not sufficient. If a safe building is not accessible, vehicles including buses, cars, and vans are also safe for evacuation.

CC Safe Locations:

- For Washburn, Stewart, Olson Fields: Adam F. Press Fitness Center and El Pomar Sport Center are the closest safe shelters
- For Yampa/Autry Field: The bathrooms on the west side of the field or personal vehicle are the closest safe shelters
- For Tava Quad: Tutt Library on the north side of the field and Armstrong Hall on the south side of the field are the closest safe shelters

3. Returning to Outdoor Field and Spaces

Once outdoor fields and spaces have been cleared, those individuals in the chain of command should continue to monitor the weather via WeatherBug or WeatherSentry.

The venue must remain free of lightning strikes within the 10-mile radius for 30-minutes before activity can resume. If another strike is detected within the 10-mile radius, the 30-minute wait time will start over. Updates to the coaches, officials, and participants should be provided periodically.

Hot Weather and Heat-Related Illness

Purpose: To define guidelines for physical activity in hot weather conditions and identify heat-related illnesses.

Chain of Command: The Campus Recreation Athletic Trainer will be present for most Home Club Sport games and events occurring on Colorado College Campus. If professional staff is not present, it is the responsibility of the Club Sport Captains to postpone outdoor activities due to extreme heat and to activate the emergency action plan in case of participant experiences a heat-related illness.

Procedure: Environmental assessment of immediate and projected weather information including air temperature, wind, and chance of precipitation should be evaluated prior to and during any practice, competition, or use of outdoor facilities or spaces. WeatherBug is the primary reliable weather prediction method to be utilized.

Heat-related illness occurs in individuals exposed to excessive environmental heat. Heat-related illness can be prevented with proper heat acclimatization, adequate hydration, and early recognition of signs and symptom. Physical activity, including intensity and duration, should progressively increase over a 10 to 14-day period to acclimate the participant to hot weather environments. To maintain proper hydration, the student should match their fluid intake with their sweat and urine loss. Drinking sodium-containing fluids can help keep urine color clear to light yellow.

Below are common heat-related illnesses, associated signs and symptoms, and guidelines for management:

Heat-Related Illness	Signs & Symptoms	Management
Heat Cramps	Short term-term muscle cramps that are visibly contracted, thirst, fatigue, sweating, and dehydration. Occurs during and after workouts.	Remove participant from activity, rest participant in shade, stretch or massage cramping muscle, rehydrate with water and electrolytes, provide food containing high salt content, ice massage heat cramps that persist.
Heat Syncope	Fainting, light headedness, dizziness, tunnel vision, fatigue, decreased pulse rate, dehydration.	Remove participant from activity, rest participant in shade, elevate legs, rehydrate athlete with water and electrolytes, monitor vitals.
Heat Exhaustion	Persistent muscle cramps, dizziness, headache, cool and clammy skin, hyperventilation, weakness, fainting, decreased blood pressure, core temperature between 96.8 and 105 °F, dehydration.	Remove participant from activity, rest participant in the shade, remove excess clothing/equipment, elevate legs, cool athlete with fans, ice towel, and/or ice bags, rehydrate athlete with water and electrolytes, active EMS if symptoms worsen.
Heat Stroke	Altered consciousness, irrational behavior, disorientation, nausea,	Rest participant in shade, remove all clothing/equipment, cool athlete as quick as possible within 30 minutes using whole body ice

	confused or looks “out of it”, hot and wet/dry skin, rapid pulse, low blood pressure, breathing quickly, high core body temperature of >105 °F.	water immersion (35-58 °F), if unable to immerse athlete utilize fans, ice towels, and ice bags. Activate EMS, monitor vitals.
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Cold Weather and Cold-related illness

Purpose: To define guidelines for physical activity in cold weather and identify cold-related illnesses.

Procedure: Environmental assessment of immediate and projected weather information including air temperature, wind, chance of precipitation, and altitude should be evaluated prior to and during any practice or competition. WeatherBug is the primary reliable weather prediction method to be utilized.

The following guidelines can be utilized to determine wind-chill temperature:

≤ 30°F	Be aware of potential for cold injury and notify appropriate personnel of the potential.
≤ 25°F	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
≤ 15°F	Consider modifying activity to limit exposure or to allow more frequent chances to rewarm.
≤ 0°F	Terminate and/or reschedule activity.

Recognition and treatment of early warning signs include shivering, abnormal sensation of distal extremities, lethargy, and disorientation are important in preventing cold/illness injuries. The following are common cold illnesses/injuries and their associated sign and symptoms and recommendations for management:

Hypothermia		Management
Mild	Typically conscious, core temperature 98.6°F to 95°F, fine motor skill impairment, lethargy, apathy, mild amnesia.	Remove wet/damp clothing; Insulate with warm, dry clothing/blankets; Cover the head, move to warm shelter, apply heat to trunk, axilla, chest, and groin; Provide warm fluids and food; Avoid massage to tissues.
Moderate/Severe	Possibly unconscious, core temperature 94°F to 90°F, cessation of shivering, very cold skin, impaired mental function, slurred speech, gross motor skill impairment.	Activate EMS and CPR if necessary.
Frostbite		
Mild/Superficial	Edema, redness or mottled gray skin appearance, stiffness, transient tingling/burning, dry waxy skin, affected area feels cold and firm to the touch, limited movement of affected area.	Avoid weightbearing and massage to tissues, rewarm slowly at room temperature or by placing tissue against another person’s warm skin, avoid water temperature ≥ 90°F to 104°F.
Deep	Edema, mottled or gray skin appearance, tissue that feels hard/does not rebound, vesicles, numbness or	Immerse tissue in warm temperature 98°F to 104°F for 15 to 30 minutes.

	anesthesia, skin may be waxy and immobile, skin color is white, gray, black, or purple; burning, aching, throbbing, or shooting pain, poor circulation, progressive tissue necrosis, neuropraxia, hemorrhagic blistering (within 36-72 hours)	
Chilblain	Red or cyanotic lesions, swelling, increased temperature, tenderness, itching, numbness, burning, or tingling, skin necrosis	Remove wet or constrictive clothing, gently wash and dry area; Elevate, cover with warm, loose, dry clothing/blankets; Do not disturb blisters, apply massage to tissue, or lotions; Avoid weightbearing.
Trench Foot	Burning, tingling, or itching, loss of sensation, cyanotic or blotchy skin, swelling, pain or sensitivity, blisters, skin fissures or maceration.	Clean and dry feet, apply warm pack or soak in warm water 102°F to 110°F for 5 minutes; Apply clean, dry socks.

EMERGENCY ACTION PLAN

Emergency preparedness is essential to deliver an effective and timely response during accidents and natural disasters. All supervising Campus Recreation staff, Club Sport Captains, and Coaches should read and understand the Emergency Action Plan for the sites and facilities where practices and competitions are being held.

Washburn Field

Emergency Personnel: In most emergency situations a Certified Athletic Trainer is on-site for all competitive events, however, if not accessible within a timely manner, any Captain, Coach, or student with First Responder training that has been certified in CPR/AED and First Aid by a national recognized agency may and should provide assistance. The Campus Recreation AT is generally on campus Monday through Friday from 12:00 PM to 8:00 PM and on-site for all Home Club Sport competitions. CCEMS will be on-site for all Club Sport competitions.

Emergency Communication: Personal cell phone; Landline phone is located at North and South desks of Adam F. Press Fitness Center.

- EMS: 911
- Campus Safety (Emergency): 719-389-6911
- Campus Safety (Non-Emergency): 719-389-6707
- Christina Lorete, Campus Recreation Athletic Trainer: (O): 719-389-6891 (C): 757-286-9568
- Chris Starr, Director of AFP Fitness Center & Recreation: (O): 719-389-6767 (C): 719-650-2428
- Andy Obringer, Assistant Director of AFP Fitness Center: (O): 719-389-6112 (C): 937-604-2947

Role of First Responders:

1. First Responder – Most medically qualified person

Evaluate injury:

- Determine the nature and severity of the injury
- Provide appropriate First Aid within your scope of training
- Calm and reassure the injured individual. Never leave the injured individual alone
- Assign role #2-5 to bystanders

2. Emergency Medical Assistance Caller- CCEMS, Campus Recreation staff, Coach, bystander

- Contact Campus Recreation Athletic Trainer
- If the situation is life threatening, activate EMS or Campus Safety:

Caller: "Hello my name is _____. I am calling from Washburn Field next to El Pomar Sports Center, 44 W Cache La Poudre St, Colorado Springs, CO 80903. We have a person who suffered from a possible (Describe type of injury – head, neck, leg, etc.). The person is (Conscious/Unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance to Washburn Field on the campus of Colorado College. The emergency vehicle should enter the field via the alleyway on W. Cache La Poudre St., by the tennis courts. The field is north of the alley and surrounded by the track. Someone will meet EMS at the entrance of the alleyway.

Be the last to hang up the phone

3. Equipment Retrieval – CCEMS, Campus Recreation staff, teammate, bystander

- AED, vacuum splints, and crutches will be located on Home Bench when Campus Athletic Trainer is present at Home Club Competitions.
- Spine board is located in Washburn Athletic Training Room, underneath press box.
- Closest wall-mounted AED can be found at the North Desk of Adam F. Press Fitness Center.

4. Scene Controller – Campus Recreation Staff, Coach/Captain, teammate

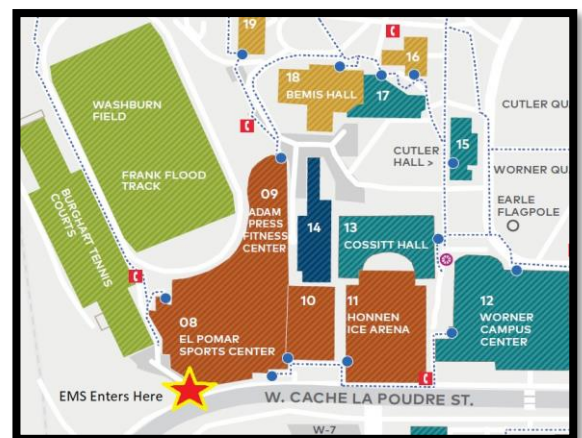
- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury and maintain clear path for EMS entry

5. Emergency Vehicle Escort

- Go to entrance of alleyway, flag down and meet EMS to direct staff to injury site

Nearby Emergency Departments:

- Centura Penrose St. Francis Hospital
2222 N. Nevada Ave. (1.6mi)
- Memorial Hospital
1400 E. Boulder St. (2.0mi)



Venue Directions: From N. Cascade Ave., head west on W. Cache la Poudre St. Immediately after El Pomar Sports Complex, take a right into alleyway by tennis courts. The field is north of alley and surrounded by the track.

Stewart/Olson Field

Emergency Personnel: In most emergency situations a Certified Athletic Trainer is on-site for all competitive events, however, if not accessible within a timely manner, any Captain, Coach, or student with First Responder training that has been certified in CPR/AED and First Aid by a national recognized agency may and should provide assistance. The Campus Recreation AT is generally on campus Monday through Friday from 12:00 PM to 8:00 PM and on-site for all Home Club Sport competitions. CCEMS will be on-site for all Club Sport competitions.

Emergency Communication: Personal cell phone

- EMS: 911
- Campus Safety (Emergency): 719-389-6911
- Campus Safety (Non-Emergency): 719-389-6707
- Christina Lorete, Campus Recreation Athletic Trainer: (O): 719-389-6891 (C): 757-286-9568
- Chris Starr, Director of AFP Fitness Center & Recreation: (O): 719-389-6767 (C): 719-650-2428
- Andy Obringer, Assistant Director of AFP Fitness Center: (O): 719-389-6112 (C): 937-604-2947

Role of First Responders:

1. First Responder – Most medically qualified person

Evaluate injury:

- Determine the nature and severity of the injury
- Provide appropriate First Aid within your scope of training
- Calm and reassure the injured individual. Never leave the injured individual alone
- Assign role #2-5 to bystanders

2. Emergency Medical Assistance Caller- CCEMS, Campus Recreation staff, Coach, bystander

- Contact Campus Recreation Athletic Trainer
- If the situation is life threatening, activate EMS or Campus Safety:

Caller: "Hello my name is _____. I am calling from Stewart/Olson Field. We have a person who suffered from a possible (Describe type of injury – head, neck, leg, etc.). The person is (Conscious/Unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance to Stewart/Olson Field on the campus of Colorado College. The emergency vehicle should enter the field via the alleyway on W. Uintah St., just before the bridge and prior to Glen Ave. Someone will meet EMS at the entrance of the alleyway.

Be the last to hang up the phone

3. Equipment Retrieval – CCEMS, Campus Recreation staff, teammate, bystander

- AED, vacuum splints, and crutches will be located on Home Bench when Campus Athletic Trainer is present at Home Club Competitions.
- Spine board is located in Stewart Field Athletic Training Room, underneath press box.
- Closest wall-mounted AED can be found at the North Desk of Adam F. Press Fitness Center.

4. Scene Controller – Campus Recreation Staff, Coach/Captain, teammate

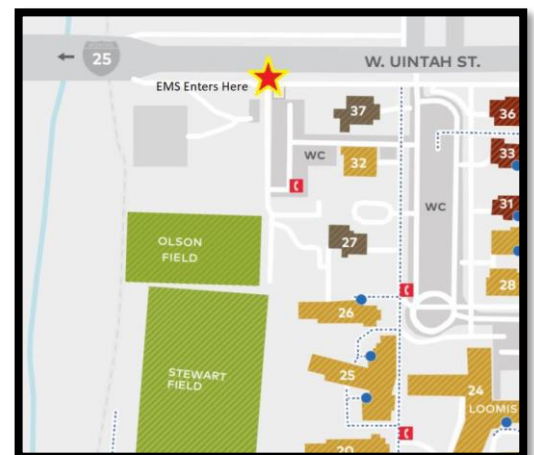
- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury and maintain clear path for EMS entry

5. Emergency Vehicle Escort

- Go to entrance of alleyway, flag down and meet EMS to direct staff to injury site

Nearby Emergency Departments:

- Centura Penrose St. Francis Hospital
2222 N. Nevada Ave. (1.6mi)
- Memorial Hospital
1400 E. Boulder St. (2.0mi)



Venue Directions: From N. Cascade Ave., head west on W. Uintah St. Turn left into alleyway just before the bridge and prior to Glen Ave. Pass the parking lot and drive down ramp to the field.

Adam F. Press Fitness Center & El Pomar Sports Center

Emergency Personnel: In most emergency situations a Certified Athletic Trainer is on-site for all competitive events, however, if not accessible within a timely manner, any Captain, Coach, or student with First Responder training that has been certified in CPR/AED and First Aid by a national recognized agency may and should provide assistance. The Campus Recreation AT is generally on campus Monday through Friday from 12:00 PM to 8:00 PM and on-site for all Home Club Sport competitions. CCEMS will be on-site for all Club Sport competitions.

Emergency Communication: Personal cell phone, landline phones are located at the North and South desks of AFP and each office of Campus Rec Professional Staff.

- EMS: 911
- Campus Safety (Emergency): 719-389-6911
- Campus Safety (Non-Emergency): 719-389-6707
- Christina Lorete, Campus Recreation Athletic Trainer: (O): 719-389-6891 (C): 757-286-9568
- Chris Starr, Director of AFP Fitness Center & Recreation: (O): 719-389-6767 (C): 719-650-2428
- Andy Obringer, Assistant Director of AFP Fitness Center: (O): 719-389-6112 (C): 937-604-2947

Role of First Responders:

1. First Responder – Most medically qualified person

Evaluate injury:

- Determine the nature and severity of the injury
- Provide appropriate First Aid within your scope of training
- Calm and reassure the injured individual. Never leave the injured individual alone
- Assign role #2-5 to bystanders

2. Emergency Medical Assistance Caller- CCEMS, Campus Recreation staff, Coach, bystander

- Contact Campus Recreation Athletic Trainer
- If the situation is life threatening, activate EMS or Campus Safety:

Caller: "Hello my name is _____. I am calling from Adam F. Press Fitness Center/El Pomar Sports Center, 44 W Cache La Poudre St. We have a person who suffered from a possible (Describe type of injury – head, neck, leg, etc.). The person is (Conscious/Unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance to Adam F. Press Fitness Center/El Pomar Sports Center on the campus of Colorado College. The emergency vehicle should enter the via the alleyway on W. Cache La Poudre St., by the tennis courts. Someone will meet EMS at the entrance of the alleyway.

Be the last to hang up the phone

3. Equipment Retrieval – CCEMS, Campus Recreation staff, teammate, bystander

- AEDs are located throughout the AFP and El Pomar: North Fitness Center Desk, Heritage Hall near glass doors, 2nd floor next to Rm 218, 1st floor next to Rm 121, Schlessman Pool, and Recreation Athletic Trainer's Office 220.
- First Aid kits are located at the North and South Fitness Center Desk.
- Vacuum splints are in the Campus Recreation Athletic Training Office

4. Scene Controller – Campus Recreation Staff, Coach/Captain, teammate

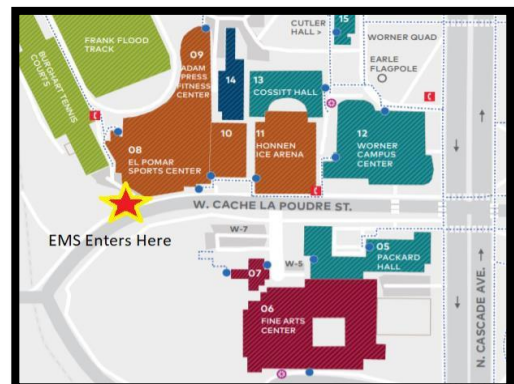
- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury and maintain clear path for EMS entry

5. Emergency Vehicle Escort

- Go to entrance of alleyway, flag down and meet EMS to direct staff to injury site

Nearby Emergency Departments:

- Centura Penrose St. Francis Hospital
2222 N. Nevada Ave. (1.6mi)
- Memorial Hospital
1400 E. Boulder St. (2.0mi)



Venue Directions: From N. Cascade Ave., head west on W. Cache la Poudre St. Immediately after El Pomar Sports Complex, take a right into alleyway by tennis courts.

Venue Concerns: An individual with the key card/door key access must escort EMS. There is no elevator access to the 4th floor of the administrative offices of the El Pomar Sports Complex. EMS will have to enter on the 3rd floor of the building and use the stairwell at the end of the hall of administrative offices.

Donald E. Autrey “Yampa” Field

Emergency Personnel: In most emergency situations a Certified Athletic Trainer is on-site for all competitive events, however, if not accessible within a timely manner, any Captain, Coach, or student with First Responder training that has been certified in CPR/AED and First Aid by a national recognized agency may and should provide assistance. The Campus Recreation AT is generally on campus Monday through Friday from 12:00 PM to 8:00 PM and on-site for all Home Club Sport competitions. CCEMS will be on-site for all Club Sport competitions.

Emergency Communication: Personal cell phone

- EMS: 911
- Campus Safety (Emergency): 719-389-6911
- Campus Safety (Non-Emergency): 719-389-6707
- Christina Lorete, Campus Recreation Athletic Trainer: (O): 719-389-6891 (C): 757-286-9568
- Chris Starr, Director of AFP Fitness Center & Recreation: (O): 719-389-6767 (C): 719-650-2428
- Andy Obringer, Assistant Director of AFP Fitness Center: (O): 719-389-6112 (C): 937-604-2947

Role of First Responders:

1. First Responder – Most medically qualified person

Evaluate injury:

- Determine the nature and severity of the injury
- Provide appropriate First Aid within your scope of training
- Calm and reassure the injured individual. Never leave the injured individual alone
- Assign role #2-5 to bystanders

2. Emergency Medical Assistance Caller- CCEMS, Campus Recreation staff, Coach, bystander

- Contact Campus Recreation Athletic Trainer
- If the situation is life threatening, activate EMS or Campus Safety:

Caller: “Hello my name is _____. I am calling from Autrey Field, 915 N Nevada Ave. We have a person who suffered from a possible (Describe type of injury – head, neck, leg, etc.). The person is (Conscious/Unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance to Autrey Field on the campus of Colorado College. The emergency vehicle should enter the field via the parking lot off N. Nevada Ave., north of the Children’s Center. Someone will meet EMS in the parking lot.

Be the last to hang up the phone

3. Equipment Retrieval – CCEMS, Campus Recreation staff, teammate, bystander

- AED, vacuum splints, and crutches will be located on Home Bench when Campus Athletic Trainer is present at Home Club Competitions.
- Closest wall-mounted AED can be found in Shove Chapel, next to Room 105.

4. Scene Controller – Campus Recreation Staff, Coach/Captain, teammate

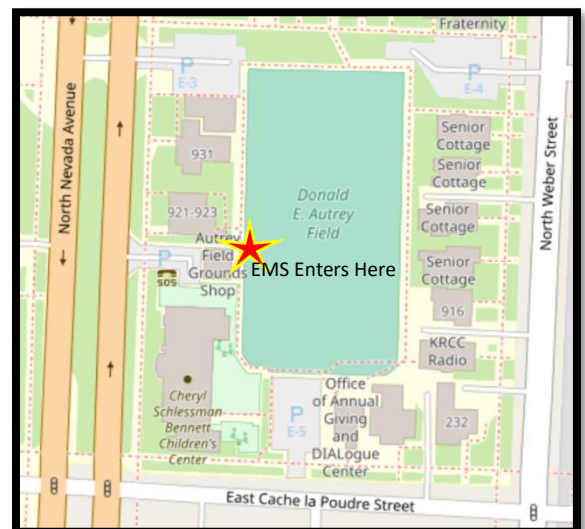
- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury and maintain clear path for EMS entry

5. Emergency Vehicle Escort

- Go to parking lot by Children’s Center, flag down and meet EMS to direct staff to injury site

Nearby Emergency Departments:

- Centura Penrose St. Francis Hospital
2222 N. Nevada Ave. (1.6mi)
- Memorial Hospital
1400 E. Boulder St. (2.0mi)



Venue Directions: From N. Nevada Ave., head north and take a right into alleyway just north of Children’s Center. The field is located behind the Autrey Field Grounds Shop.

Ed Robison Hockey Arena

Emergency Personnel: In most emergency situations a Certified Athletic Trainer is on-site for all competitive events, however, if not accessible within a timely manner, any Captain, Coach, or student with First Responder training that has been certified in CPR/AED and First Aid by a national recognized agency may and should provide assistance. The Campus Recreation AT is generally on campus Monday through Friday from 12:00 PM to 8:00 PM and on-site for all Home Club Sport competitions. CCEMS will be on-site for all Club Sport competitions.

Emergency Communication: Personal cell phone

- EMS: 911
- Campus Safety (Emergency): 719-389-6911
- Campus Safety (Non-Emergency): 719-389-6707
- Christina Lorete, Campus Recreation Athletic Trainer: (O): 719-389-6891 (C): 757-286-9568
- Chris Starr, Director of AFP Fitness Center & Recreation: (O): 719-389-6767 (C): 719-650-2428
- Andy Obringer, Assistant Director of AFP Fitness Center: (O): 719-389-6112 (C): 937-604-2947

Role of First Responders:

1. First Responder – Most medically qualified person

Evaluate injury:

- Determine the nature and severity of the injury
- Provide appropriate First Aid within your scope of training
- Calm and reassure the injured individual. Never leave the injured individual alone
- Assign role #2-5 to bystanders

2. Emergency Medical Assistance Caller- CCEMS, Campus Recreation staff, Coach, bystander

- Contact Campus Recreation Athletic Trainer
- If the situation is life threatening, activate EMS or Campus Safety:

Caller: "Hello my name is _____. I am calling from Ed Robison Arena, 849 N Tejon St. We have a person who suffered from a possible (Describe type of injury – head, neck, leg, etc.). The person is (Conscious/Unconscious – state one). First aid treatment (CPR, control bleeding, etc.) is currently being rendered. We need an ambulance to Ed Robison Arena on the campus of Colorado College. The emergency vehicle should enter the arena via the driveway on the southeast corner from Dale St. Someone will meet EMS at the double doors next to the garage.

Be the last to hang up the phone

3. Equipment Retrieval – CCEMS, Campus Recreation staff, teammate, bystander

- AED, vacuum splints, and crutches will be located on Home Bench when Campus Athletic Trainer is present at Home Club Competitions.
- Closest wall-mounted AED can in hallway by visitor locker rooms

4. Scene Controller – Campus Recreation Staff, Coach/Captain, teammate

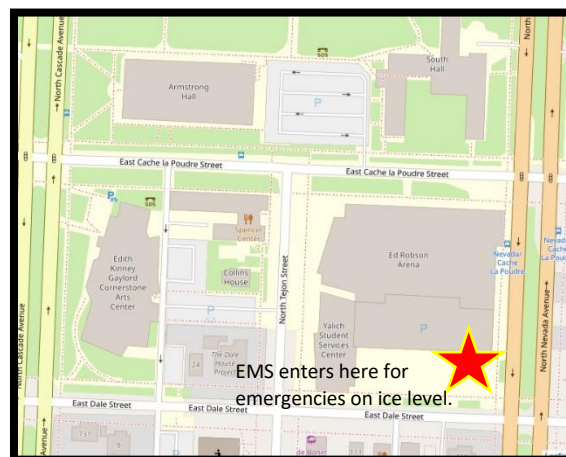
- Keep uninjured athletes, spectators, fans, media, etc. away from the site of injury and maintain clear path for EMS entry

5. Emergency Vehicle Escort

- Go to double doors by garage where Zamboni is parked, flag down and meet EMS to direct staff to injury site.

Nearby Emergency Departments:

- Centura Penrose St. Francis Hospital
2222 N. Nevada Ave. (1.6mi)
- Memorial Hospital
1400 E. Boulder St. (2.0mi)



Venue Directions: From N. Cascade Ave., head east on E Dale St. and take a left onto the driveway on the southeast corner of Ed Robison Arena. Ice level access can be made via the double doors near the garage.