

## Emergency Action Plan: Football Practice Field

- **Call EMS in any life-threatening situation:**
  - Unconsciousness
  - Uncontrollable bleeding
  - Difficulty breathing
  - Anything you are unsure of or feel uncomfortable with
  
- **Telephone access:**
  - Primary: cell phone of coach
  - Secondary: Blue-Light Emergency Phone located adjacent to the 1900 block of University Forest Apartments
  
- **Important Numbers:**
  - UR Police Emergency:
    - From Cell Phone: (804) 289-8911
    - From Campus Phone: 911
  - Athletic Training Room: (804) 289-8393
  
- **Ambulance Directions to First Market Stadium:**
  - Use River Road entrance at the University of Richmond Drive
  - Take a left at first stop sign
  - Turn right at the next stop sign
  - Take second left onto Spider Lane and follow to the end of the parking lot
  - Bear left at the end of parking lot and take the dirt road leading up to the field.

**Notify your athletic trainer at home or in athletic training room after the situation has resolved to let them know what happened. If your athletic trainer cannot be notified please call another staff athletic trainer.**

- **Safe Shelter:** in case of lightning or thunder
  - Robins Center
  - Football Shed
  - Special Programs Building (open 24 hours)