

## Emergency Action Plan: Bugg Weight Room

- **Call EMS in any life-threatening situation:**
  - Unconsciousness
  - Uncontrollable bleeding
  - Difficulty breathing
  - Anything you are unsure of or feel uncomfortable with
  
- **Telephone access:**
  - Primary: Landline in strength and conditioning office area
  - Secondary: Phone in Athletic Training Room
  
- **Important Numbers:**
  - UR Police Emergency:
    - From Cell Phone: (804) 289-8911
    - From Campus Phone: 8911
  - Athletic Training Room: (804) 289-8393
  
- **Nearest Hospital:**
  - Henrico Doctor's Hospital- Forest  
1602 Skipwith Rd. Richmond, VA 23229  
804-289-4600
  
- **Ambulance Directions to Robins Center:**
  - Right on Boatwright from Three Chopt Road
  - Turn left into X-lot approximately 1 mile down
  - Access Robins Center through media entrance
  - Weight Room is located on ground floor-- Room 138

Notify your athletic trainer at home or in the 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.

### Spiders Sports Medicine Contact Information

*General Athletic Training Room      804-289-8393*

<b>ATHLETIC TRAINER</b>	<b>SPORT(S)</b>	<b>OFFICE</b>	<b>PAGER/WORK CELL</b>
Brian Beck	FB	804-289-8394	804-614-5485
Pamela Guglietti	WBB, M/W Golf	804-287-6619	804-349-8196
Chris Jones	** Director of Sports Med, FB	804-289-8928	804-349-3352
Katie Kaschub	Swim/Dive, M/W XC/Track	804-287-6606	804-349-4823
Lis Macrum	WSOC, BSB	804-289-8001	804-564-1639
Steven Purcell	MSOC	804-287-6841	804-399-3007
Adam Smith	MBB, M/WTEN	804-287-6523	804-269-1025
Meghan Walsh	FH, WLAX	804-287-6476	804-405-5121