

Emergency Action Plan: Basketball 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: Phone in Strength & Conditioning Office
 - 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 across from Rm 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

ATHLETIC TRAINER	SPORT(S)	OFFICE	PAGER/WORK CELL
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