IN CASE OF EMERGENCY, DO THE FOLLOWING:

I. PROVIDE EMERGENCY CARE (First Aid/CPR)

II. Contact Emergency Medical Services
   - Signal EMT (on-site) or call RU Police, 932-7211 (on-campus), or call 911 (off-campus)
   - Provide all requested information to dispatch
   - Provide location of emergency

   - Hale Center – One Scarlet Knight Way, off of Sutphen Rd., by FB Stadium
   - F-Field – Enter thru the gate at Field #3, off Sutphen Rd.
   - E-Field - Enter thru the gate at Fitch Rd (E4 field) or gate on Frelinghuysen Rd. (E1 field).
   - Bubble – Enter off of Sutphen Rd. across from the FB Stadium
   - Rutgers Stadium – Enter off of River Rd.
   - Yurcak Stadium – enter through gate at far end of access road off of Frelinghuysen Rd adjacent to golf course.
   - Tennis Courts- One Scarlet Knight Way off of Sutphen Rd., by FB Stadium
   - Tennis Bubble- enter off of Bevier Rd
   - Sonny Werblin Recreation Center- enter front entrance off of Bartholomew Rd.
   - Track- enter gate off of Hospital Rd. across from the back of the RAC
   - RAC- enter back of RAC off of Hospital Rd.
   - Livingston Recreation Center- enter through the front of the gym off of Rd 3.
   - Baseball/Softball/Soccer Practice Fields – enter gate off Hospital Rd., follow access road directly to baseball field
   - CAG- enter through the back of CAG off of Sicard St.

   - Do not hang up until instructed

III. Retrieve AED or other necessary emergency equipment
   - On-site, or nearest available location in building

IV. Send someone to meet EMS at location

V. Notify team physician or director of athletic training services
### Emergency Phone Numbers

#### EMERGENCY PHONE NUMBERS

<table>
<thead>
<tr>
<th>Emergency number</th>
<th>911</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>University Police</strong></td>
<td>848-932-7211</td>
</tr>
<tr>
<td><strong>St. Peter’s Hospital</strong></td>
<td>732-745-8600 (front desk) 732-745-8525 (ER)</td>
</tr>
<tr>
<td><strong>RWJ Hospital</strong></td>
<td>732-828-3000 (front desk) 732-937-8944 (ER)</td>
</tr>
<tr>
<td><strong>Team Physician</strong></td>
<td><strong>Robert Monaco</strong> 732-445-6258 (Office MainLine) 732-445-6262 (Private Line) 732-921-6797 (Cell)</td>
</tr>
<tr>
<td><strong>Asst. Team Physician</strong></td>
<td><strong>Jason Womack</strong> 732-445-6258 (Hale Center) 732-986-2724 (Cell)</td>
</tr>
<tr>
<td><strong>Sports Medicine Fellows</strong></td>
<td>732-445-6258 (Hale Center)</td>
</tr>
<tr>
<td><strong>Head Athletic Trainers</strong></td>
<td><strong>David McCune</strong> 732-445-6234 (Office) 732-921-7166 (Cell) 732-463-1807 (Home)</td>
</tr>
<tr>
<td></td>
<td><strong>Eric Bridenbaugh</strong> 732-445-7896 (Office) 732-921-6791 (Cell) 908-788-8514 (Home)</td>
</tr>
</tbody>
</table>

#### Athletic Training Rooms

<table>
<thead>
<tr>
<th>College Ave Gym</th>
<th>848-932-1502 (Elizabeth Ferraro)</th>
</tr>
</thead>
</table>
Emergency Action Plan: Rutgers Athletic Center (RAC)

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if necessary; located on outer wall of building between restrooms
4. Inform dispatch to location inside the RAC, advise on best entrance for EMS
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services

Emergency Action Plan – RAC Fields

Emergency Action Plan: Rutgers Athletic Center Fields

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
Emergency Action Plan – Track & Field / Field Hockey Complex

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if necessary; located on the wall outside of athletic training room
4. Inform dispatch to location of field, advise on best entrance for EMS (gate on Hospital Rd)
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services
Emergency Action Plan – Gymnastics (Livingston Rec Facility)

Emergency Action Plan: Gymnastics Facility (Livingston Gym)

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if necessary; located at front desk of facility
4. Inform dispatch to location of gym, advise on best entrance for EMS
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services

Emergency Action Plans – Bubble Facility

Emergency Action Plan: Bubble Facility

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located in Hale Center, on wall outside athletic training room

4. Inform dispatch to location of field, advise on best entrance for EMS (entrance on Sutphen Rd)

5. Provide necessary injury/emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach/athlete/student) to meet EMS or police

8. Notify team physician or director of athletic training services

**Emergency Action Plan – E-Fields**

**Emergency Action Plan: E-Fields**

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head/neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life-threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid/CPR as needed

2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located in Hale Center, on wall outside athletic training room

4. Inform dispatch to location of field, advise on best entrance for EMS (gate on Frelinghuysen Rd or gate on golf course side)

5. Provide necessary injury/emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach/athlete/student) to meet EMS or police

8. Notify team physician or director of athletic training services

**Emergency Action Plan: Yurcak Field (Soccer Stadium)**
Emergency Action Plan: Yurcak Field

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if necessary ; located in Hale Center, on wall outside athletic training room
4. Inform dispatch to location of field, advise on best entrance for EMS (enter thru gate by Yurcak parking lot, golf course side)
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services

Emergency Action Plan – Swimming & Diving (Werblin Rec Center)

Emergency Action Plan: Swimming Facility (Werblin Rec Center)

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located at front desk of facility

4. Inform dispatch to location of pool, advise on best entrance for EMS

5. Provide necessary injury / emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach / athlete / student) to meet EMS or police

Notify team physician or director of athletic training services

**Emergency Action Plan – Rutgers Football Stadium**

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed

2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located in Hale Center, on wall outside athletic training room (or on Rutgers sidelines)

4. Inform dispatch to location of field, advise on best entrance for EMS (enter thru gate off of River Rd, access road to stadium field)

5. Provide necessary injury / emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach / athlete / student) to meet EMS or police

8. Notify team physician or director of athletic training services
Emergency Action Plan: Hale Center

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if necessary ; located on wall outside athletic training room
4. Inform dispatch to location inside the Hale Center, advise on best entrance for EMS
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services

Emergency Action Plan: Turf Football Practice Fields

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.
1. Provide first aid / CPR as needed

2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located in Hale Center, on wall outside athletic training room

4. Inform dispatch to location of field, advise on best entrance for EMS (enter thru gate in white student parking area on Sutphen Rd)

5. Provide necessary injury / emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach / athlete / student) to meet EMS or police

8. Notify team physician or director of athletic training services

Emergency Action Plan: Wrestling / Volleyball (College Ave. Gym)

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed

2. Contact EMS (911), or campus police (932-7211)

3. Retrieve AED, if necessary; located at front desk of facility

4. Inform dispatch to location of gym, advise on best entrance for EMS (back entrance)

5. Provide necessary injury / emergency information to dispatch

6. Do not hang up phone until instructed to do so by dispatch

7. If possible, send someone (coach / athlete / student) to meet EMS or police

8. Notify team physician or director of athletic training services

Emergency Action Plan – Rowing Boathouse
Emergency Action Plan: Crew Boathouse

The following EAP should be implemented during any emergency or life-threatening situation (heart attack, cardiac arrest, respiratory arrest, seizure, stroke, serious head / neck injury, traumatic body injury, diabetic emergency, heat-related illness, anaphylactic emergency, significant blood loss, weather-related incident). An emergency is any sudden life threatening injury or illness that requires immediate medical attention. Emergency situations can occur at any time during athletic participation. Expedient action must be taken in order to provide the best possible treatment. This emergency plan will help ensure the best care is provided. Any individual (ATC, coach, assistant coach, strength and conditioning coach, physician or other health care provider) present at the scene of an emergency may be required to act according to the protocol below.

1. Provide first aid / CPR as needed
2. Contact EMS (911), or campus police (932-7211)
3. Retrieve AED, if available
4. Inform dispatch to location of boathouse, advise on best entrance for EMS
5. Provide necessary injury / emergency information to dispatch
6. Do not hang up phone until instructed to do so by dispatch
7. If possible, send someone (coach / athlete / student) to meet EMS or police
8. Notify team physician or director of athletic training services