

# University of Rochester Sports Medicine Visiting Team Guide

## **Athletic Training Staff**

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## **Hours of Operation**

Treatment Hours are Monday-Friday from 10:30a-2:30p and there is a Sports Medicine Staff member available until practices are complete for the day. Weekends are scheduled according to athletic events.

Zornow Athletic Training Room.....585.275.7973

Fauver Athletic Training Room (Fall and Spring only).....585.275.9471

## **Medical Facilities**

University Health Service – River Campus.....585.275.2662

Strong Memorial Hospital (Main number).....585.275.2100

URMC Orthopaedics.....585.275.7379

### **Athletic Training Services for your Event**

Our Sports Medicine Staff will be available at least one hour prior to athletic events. Ice, water, first aid supplies and cups are available at each event. If your athletes require the modalities such as ultrasound, muscle stimulation, whirlpool, etc., we require a note from your team physician or a staff Certified Athletic Trainer. For any of these special needs please have your Athletic Trainer contact our staff at least 48 hours in advance. If your team will be traveling without a Certified Athletic Trainer please send all needed taping supplies with a member of your team.

### **PRACTICE/GAME EMERGENCY ACTION PLAN**

#### 1. Activation of EMS

- Locate nearest Blue Light Phone  
OR
- Call campus security emergency x13 from a landline.
- Verizon cell call #413
- Other cell phones call 585.275.3333
- If off campus call 911 or 585.275.3333
- Give your name and that you are a coach, student, etc.
- Give your specific location
- Tell them you need an ambulance for transportation due to \_\_\_\_\_
- Answer any questions they have and wait for them to hang up
- **Campus Security will arrive and direct the ambulance to the location**

DO NOT move the athlete until medical assistance arrives.