

NORTH DAKOTA STRENGTH AND CONDITIONING
EMERGENCY MEDICAL PLAN

Here at the University of North Dakota, the care and safety of our student athletes is a top priority of the strength and conditioning staff. To ensure that care and safety all strength staff members are CPR/First Aid certified. We also have a plan of action to guide the staff in case of an emergency. This emergency medical plan is both an in-season and out of season protocol. Our emergency protocol is as follows:

- 1: In the case of an injury/illness that would fall out of the scope of the coach's capabilities we would promptly send the student athlete to our Athletic Training staff.
- 2: In the event that a serious injury occurs during a workout, and a member of the athletic training staff is not readily accessible, we will call 911. Once we get to this level of our plan, it automatically triggers the institutional and community emergency services plan. At this point institutional protocols take precedence.

If there is any question regarding a particular situation we will err on the side of caution and proceed to move up a level of care. This emergency plan is disseminated to all coaches and student athletes prior to the start of any workouts in the fall of the year. Also, this emergency plan is evaluated annually by the Director of Strength and Conditioning, Director of Sports Medicine, and the Senior Associate Athletic Director/SWA.