EMERGENCY PROCEDURES

Personal Injury
The club member(s) certified in CPR/AED and first aid shall respond. Determine the seriousness of the injury. If life threatening, call 911 or send someone for help. Assign other club members or bystanders (when available) to specific tasks (i.e. calling campus police, etc.). Administer first aid to the level of your training. The University Health Center is open from 8:00am-7:00pm Monday-Friday (limited services after 5:00pm), from 11:00am-3:00pm on Saturdays, and CLOSED on Sundays. The University Health Center phone number is (301) 314-8180.

All serious injuries that require transportation (to The University Health Center, doctor's office, hospital, etc.) should include a 911 call for ambulance assistance. Have someone meet the emergency vehicle. At any CRS facility (on campus), if an accident occurs that requires a participant to be transported to a hospital either by ambulance or in a personal vehicle, the club MUST call the Manager on Duty (MOD) at 301-226-4500 immediately. This applies to visiting team member injuries as well as University of Maryland sport club members and spectators.

During an off-campus practice or event where UMD is the ‘home club’, if an accident occurs that requires a participant to be transported to a hospital either by ambulance or in a personal vehicle, the club MUST call the Manager on Duty (MOD) at 301-226-4500 immediately. This applies to visiting teams as well as University of Maryland sport club members.

While traveling, if an accident occurs requiring a University of Maryland sport club participant to be transported to the hospital either by ambulance or in a personal vehicle, the club MUST call the Assistant Director-Sport Clubs, Coordinator-Sport Clubs, Associate Director-Risk Management & Assessment, or the MOD as soon as possible. The home or cell phone numbers will be provided for these situations. CRS personnel will either call the member’s emergency contact or instruct the trip leader to make contact with the member’s emergency contact.

When in doubt, always believe the injury is more serious than originally thought. Call for help and do not move the injured participant, even if it means delaying an activity in progress. Remain with the injured participant until help arrives.

An Accident Report Form must be completed whenever CPR/AED or first aid is administered or after an injury, which may warrant medical advice or observation. This report MUST be completed in full and submitted to the Assistant Director-Sport Clubs, within 24 hours of the injury. If the club is traveling, the Accident Report Form should be turned in as soon as the club returns from their game/tournament/event.

Fire
- Whenever you hear a fire alarm in a facility, stop all activities in progress and evacuate the building.
- When evacuating the building, make sure all sport club members and spectators vacate the area and move outside. Do not allow club members to enter another part of the building to retrieve personal belongings.
- Close all doors leading into the building.
- You may not re-enter the building until the alarm is turned off and/or a uniformed officer gives you permission to enter the building.
• If you discover the fire, activate the closest alarm and then call the emergency number (911) to confirm the report. After evacuating the building, a facility supervisor will direct the firefighters to the correct location.
• Do not attempt to extinguish a fire.

NOTE: In CRS facilities, club members MUST follow the facility supervisor’s instructions.

Bomb Threat
• If you receive a bomb threat, try to learn its specific location. The same person should then immediately report the threat to the campus police and CRS staff on duty.
• Follow directions given by police (might include evacuation of the building).
• Do not open/pick up any suspicious parcels.

Power Failure
• Suspend all activity in progress. If all areas are dark and it’s too difficult to move activities to a lighted area, ask all club members to sit down and be patient. Make a general announcement informing the participants/spectators that there is no need to evacuate. Remain calm.
• Report the power failure to the CRS Facility Supervisor on duty. The power failure might only be at the facility where you are.
• Encourage participants/spectators to stay out of dark areas (i.e. locker rooms, bathrooms, etc.).

Thunder and Lightning (see position statement below)
• If thunder and/or lightning can be heard and/or seen, stop the game and seek protective shelter immediately.
• In situations where thunder and/or lightning may or may not be present yet you feel your hair stand on end and skin tingle, immediately assume the following crouched position: drop to your knees, place your hands/arms on your legs, and lower your head. Do not lie flat.
• In the event that either situation should occur, allow thirty minutes to pass after the last sound/sight of thunder and/or lightning strike prior to resuming play.

Tornado (on UMD campus)
• The University of Maryland Early Warning System will sound for at least 3 minutes when a tornado has been sighted or is indicated on radar. It can be heard through the University community. Take the following steps once the siren has sounded:
  • Take shelter in the lowest level of a brick building; stay away from windows, do not use elevators
  • If a tornado is approaching and you cannot seek shelter, lie in ditch or low-lying area.

Unsafe Facilities
Once a facility has been deemed unsafe and closed, it may not be reopened without approval from an appropriate CRS professional staff member and/or campus police.

Other
The individuals having the power to shut down or curtail operations are the designated CRS professional staff or the campus police. Anyone else directing you to shut down operations should be confirmed with the appropriate CRS professional staff member. If a club is using an ICA facility, then ICA personnel have authority to stop any club activity.

If you are ordered to shut down operations by the police, CRS staff or ICA personnel, you must do so. Contact the Assistant Director-Sport Clubs, at home if necessary, to report the incident.
Campus Closure
Sport club activities will not be held whenever the campus is closed. Call the campus information line (301) 405-1000 for current campus closure information. It is also posted online at www.umd.edu. If the campus should close while a sport club activity is in progress, try to complete all games/matches in progress (both teams must agree to continue playing or the game should be suspended) and then send everyone home. If the weather is making travel more difficult by the minute, suspend play and take note of game status (time remaining, score, etc.).

Try to reschedule the event and contact the Assistant Director-Sport Clubs, regarding the cancellation.

POSITION STATEMENT ON THUNDER AND LIGHTNING
The following position statement has been adopted by the District of Columbia Public Schools, Athletic Health Care Services Staff, and numerous officiating associations in the greater Washington D.C. area and is the guideline utilized by CRS staff and programs.

Research indicates that lightning is the number two cause of death by weather phenomena, accounting for 110 deaths per year.

The National Weather Service has stated that lightning can strike up to a distance of ten miles with storms traveling at a speed exceeding 50 miles per hour. However, thunder can only be heard within a distance of eight miles. Therefore, if you hear thunder and/or see lightning you are in immediate danger and should seek protective shelter in an indoor facility at once! An indoor facility is recommended as the safest protective shelter. However, if an indoor facility is not available, an automobile is a relatively safe alternative. If neither of these are available the following guidelines are recommended. Avoid standing under large trees and telephone poles. If the only alternative is a tree, choose a small tree in a wooded area that is not on a hill. As a last alternative, find a ravine or valley. In all instances outdoors, assume the aforementioned crouched position. Avoid standing water and metal objects at all times (i.e. steering wheel, metal bleachers, metal cleats, umbrellas, etc.).

The most dangerous storms give little or no warning, thunder and lightning are not heard or seen. Up to 40% of all lightning is not accompanied by thunder and 20-40% of thunder cannot be heard due to atmospheric disturbances, thus the term “silent killer”. At times the only natural forewarning that may precede a strike is feeling your hair stand on end and skin tingle. At this point, you are in imminent danger of being struck by lightning and should drop to the ground and assume the aforementioned crouched position immediately. Do not lie flat. Should a ground strike occur near you, lying flat increases the body's surface area that is exposed to the current traveling through the ground. The National Weather Service recommended that thirty minutes should pass after the last sound/sight of thunder is heard and/or lightning is seen prior to resuming play. This is sufficient time to allow the storm to pass and move out of lightning strike range.

A perilous misconception that it is possible to see lightning coming and have time to act before it strikes could prove to be fatal. In reality, the lightning that we see flashing is actually the return stroke flashing upward from the ground to the cloud, not downward. When you see the lightning strike, it has already hit. It is a fact that you will never see the bolt that hits you. If utilized immediately, the information provided can be used to minimize the risk of injury or death due to lightning.