

Sports Medicine Welcome

On behalf of Duquesne University Athletics, our sports medicine team would like to extend to you a warm welcome upon your upcoming arrival at Duquesne University. The following information will assist you in preparation for your visit. Visiting teams who require any assistance or wish to access the athletic training room please contact Jessica Johns, Associate Athletic Director of Sports Medicine at 412-726-1223 or your sport athletic trainer listed in the contacts below.

Jessica Johns, MEd, LAT, ATC
Associate Athletic Director of Sports Medicine
Volleyball, Cheer

Cell Phone (412) 726-1223
Email: johns416@duq.edu

Travis Moyer, MS, LAT, ATC
Associate Head Athletic Trainer
Women's Basketball, Bowling
Cell Phone (607) 429-8965
Email: moyert1@duq.edu

Dan Polaikis, MS, LAT, ATC
Football
Cell Phone (585) 317-3775
Email: polaikisd@duq.edu

Maddison Miller, MS, LAT, ATC
Football
Cell Phone (717) 487-6262
Email: millerm76@duq.edu

Ashley Interrante, MS, LAT, ATC
Men's Soccer, Swimming & Diving
Cell Phone (610) 850-4866
Email: interrantea@duq.edu

Hannah Hilgeman, MA, LAT, ATC
Triathlon, Women's Lacrosse
Cell Phone (614) 439-0352
Email: hilgemanh@duq.edu

Kayle Bittle, MAT, LAT, ATC
Acro & Tumble, Men's & Women's Tennis
Cell Phone (360) 739-5676
Email: bittlek@duq.edu

Christain Rodriguez, MS, LAT, ATC
Men's & Women's Track & Field/XC
Cell Phone (717) 490-3248
Email: rodriguezc6@duq.edu

Austin Pascarella, MS, LAT, ATC
Men's Basketball, Women's Golf
Cell Phone (724) 433-3115
Email: pascarellaa@duq.edu

Spencer Daddario, MAT, LAT, ATC
Women's Soccer, Rowing
Cell Phone: (330) 858-7473
Email: daddarios@duq.edu

Game Day Services

An athletic trainer will be present for all NCAA sponsored home events. A team physician will be present for all high risk and moderate risk (AMCIA) home events in Men's Basketball, Women's Basketball, Football, Men's Soccer, Women's Soccer, Lacrosse, Acrobatics & Tumbling and Volleyball. A physician will be on call for all low risk (AMCIA) including Bowling, Rowing, Swimming and Diving, Triathlon, Golf, Men's and Women's Track and Field/ Cross Country, and Men's and Women's Tennis. Should you need any special physician or other medical services prior to the event, please coordinate with your sport athletic trainer in advance. EMS will be on site or on call as per A10 and NCAA rules for all home sponsored games.

Important Phone Numbers

Emergency

Campus Police	(412) 396-6002
Emergency EMS	911

Mental Health Emergency

ReSolve Crisis Network

Allegheny County 1-888-796-8226

ReSolve will send a counseling response team to the individual at any time.

Walk-In treatment available at 333 North Braddock Avenue, Pittsburgh Pa, 15208) and overnight/ crisis residential support (up to 72 hours).

National Crisis Hotline (in case of travel) 1 (800) 273-8255

Local Pharmacy

CVS Pharmacy

242 Fifth Ave
Pittsburgh, PA 15222
(412) 566-2619

Covid-19 Testing Resources

Quest Diagnostics Southside; 2310 Jane St, Pittsburgh; PA 15203
(412) 459-8708

Duquesne Athletics Covid-19 Testing

Please call an athletic trainer in advance to arrange for services.

Offer rapid point of care antigen testing with a physicians' prescription for symptomatic individuals.

Facilities

UPMC Cooper Fieldhouse

Water, ice, and disposable cups will be provided in the bench area and locker rooms. Hand sanitizer and biohazard waste bags will be provided on the carts.

Arthur J. Rooney Field & Towers Pool

The Athletic Training Room is located in the Arthur J. Rooney, Sr. Fieldhouse which is adjacent to the Arthur J. Rooney Athletic Field. All Football, Men's and Women's Soccer, Lacrosse, and Swimming contests are held here. Ice, hydrocollators, ultrasound, and electrical stimulation are available for your use. Water, ice, and disposable cups will be provided in the bench area and locker rooms.

Oxford Athletic Club (Tennis)

100 Village Club Drive

Wexford, PA 15090

Water, cups, ice and hydrocollators are available. Athletic training services are available 1.5 hours prior to the matches.

Boat House

300 Waterfront Drive, Pittsburgh, PA 15222

Head coach will travel with AED and medical kit. Athletic training and physician services on call.

Pines Plaza Lanes

1130 Perry Highway, Pittsburgh, PA 15237

Head coach will travel with AED and medical kit. Athletic training and physician services on call.

Sewickley Heights Golf Club

126 Backbone Road, Sewickley, PA 15143

Head coach will travel with medical kit. Athletic training and physician services on call.

Emergency Action Plan: Arthur J. Rooney Field and Keller Field House

Address: 1123 Bluff Street, Pittsburgh, PA 15282

GPS Coordinates: 40.43817, -79.992422

Lightning/Severe weather safety location: Mellon Hall, Towers Hall, College Hall



- **Lightning/Severe weather safety location**

- **EMS Arrival**

Receiving Facility:

UPMC Mercy
1400 Locust St
Pittsburgh, PA 15219
412-232-7893 (ER)

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel. Call Duquesne Police: **412-396-COPS (2677)**
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

Arthur J. Rooney Athletic Field and Keller Fieldhouse are located on Bluff Street. Upon entering campus on Bluff Street, the Rooney athletic field and fieldhouse will be on the right hand side. EMS access is at **EMS Arrival location** on the map.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

Certified Athletic Trainers Carry Cell phone

Jessica Johns	(412) 726-1223	Maddison Miller	(717) 487-6262
Ashley Interrante	(610) 850-4866	Austin Pasarella	(724) 433-3115
Christain Rodriguez	(717) 490-3248	Kayla Bittle	(360) 739-5676
Spencer Daddario	(330) 858-7473	Hannah Hilgeman	(614) 439-0352
Travis Moyer	(607) 429-8965	Dan Polaikis	(585) 317-3775

Emergency Equipment

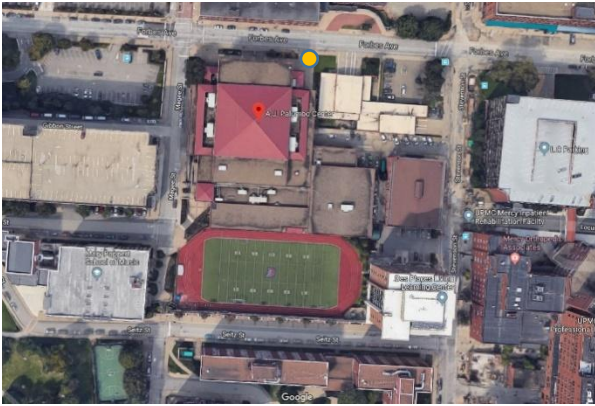
Most emergency equipment will be stored in the athletic training room in Keller Fieldhouse on the east end of the field. This will also include First Aid/wound care supplies and splinting materials.

- AED is located on the right wall in the Atrium of Keller Fieldhouse at the east end of the field
- Additional AEDs located in Towers (Floor 1, Lobby), Mellon Hall (Floor 1, Elevator), and College Hall (Floor 2, Entrance)
- AED accessories (pocket mask, nitrile gloves, scissors, razor, sterile gauze & alcohol wipes)
- Spine board is located on the Towers Pool deck, also on the east end of the field
- Epi-pens and athletes' personal inhalers are located in each Athletic Trainer's medical bags
- A "stat bag" containing emergency equipment (AED, O2, Inhalers, Epi pens, advanced airway management) is also onsite

Emergency Action Plan: UPMC Cooper Field House, Main Court

Address: 1304 Forbes Avenue, Pittsburgh, PA 15282

GPS Coordinates: 40.438169599999995, -79.99078399999999



- **EMS Arrival Location**

Receiving Facility:

UPMC Mercy
1400 Locust St
Pittsburgh, PA 15219
412-232-7893 (ER)

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel. **Call Duquesne Police: 412-396-COPS (2677)**
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

The UPMC Cooper Fieldhouse is located on Forbes Avenue between Magee Street and Stevenson Street. EMS can access the main arena at the **EMS Arrival Location**. Someone will meet the EMS at the **EMS Arrival Location** and direct them to the main arena.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

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Emergency Equipment

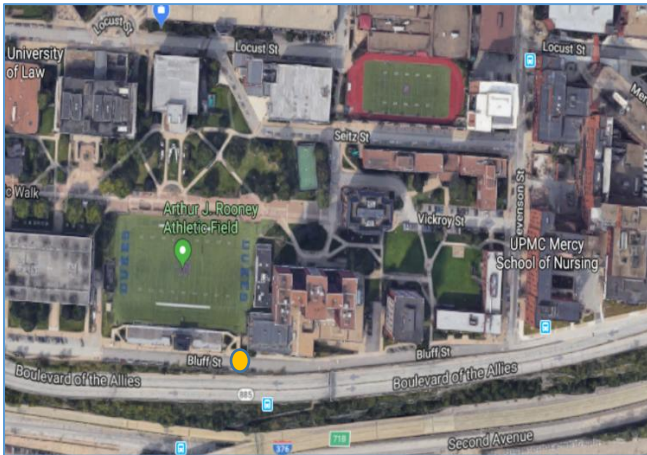
Stat bag containing emergency supplies, first aid supplies, splints, and crutches are on site for all practices and competitions.

Additional equipment can be accessed from the UPMC Cooper Fieldhouse athletic training room located on the 2nd level. Additional AEDs are located in hallway on 2nd floor outside of the Gilliland Academic Center.

Emergency Action Plan: Duquesne University Towers Pool

Address: 1123 Bluff Street, Pittsburgh, PA 15282

GPS Coordinates: 40.43527253846008, -79.98921141028404



- **EMS Arrival**

Receiving Facility:

UPMC Mercy
1400 Locust St
Pittsburgh, PA 15219
412-232-7893 (ER)

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel. Call Duquesne Police: **412-396-COPS (2677)**
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

Arthur J. Rooney Athletic Field and Keller Fieldhouse are located on Bluff Street. Upon entering campus on Bluff Street, Towers Pool will be on the right hand side. EMS access is at **the EMS Arrival location** on the map.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

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Travis Moyer	(607) 429-8965	Dan Polaikis	(585) 317-3775

Emergency Equipment

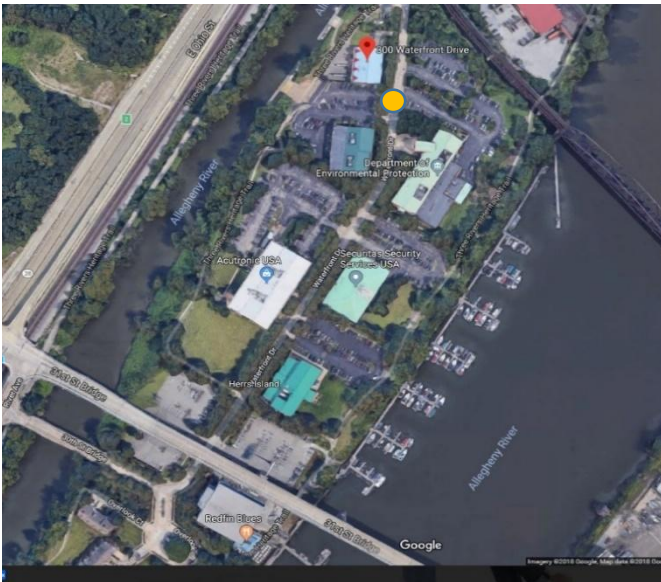
Most emergency equipment will be stored in the athletic training room in Keller Fieldhouse on the east end of the field. This will also include First Aid/wound care supplies and splinting materials.

- AED is located on the right wall in the Atrium of Keller Fieldhouse at the east end of the field
- Additional AEDs located in Towers (Floor 1, Lobby), Mellon Hall (Floor 1, Elevator), and College Hall (Floor 2, Entrance)
- AED accessories (pocket mask, nitrile gloves, scissors, razor, sterile gauze & alcohol wipes)
- Spine board is located on the Towers Pool deck, also on the east end of the field

Epi-pens and athletes' personal inhalers are located in each Athletic Trainer's medical bag

Emergency Action Plan: Boat House

Address: 300 Waterfront Drive, Pittsburgh, PA 15222
GPS Coordinates: 40.466868, -79.97626409999998



- **EMS Arrival Location**

Receiving Facility:

UPMC Mercy
1400 Locust St
Pittsburgh, PA 15219
412-232-7893 (ER)

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel (9-1-1)
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

The Duquesne University Boathouse is located on Waterfront Drive on the left hand side. From PA 28 North, take exit 2 to the 31st Street Bridge. Make a right on to the 31st Street Bridge, take a right on to River Avenue and a Left on the 30th Street Bridge. Make a left on to Waterfront Drive and the Boathouse will be on the left. An individual will be located on Waterfront Drive at the **EMS Arrival location**. From 28 south, take exit 2 to the 31st Street Bridge. Make a left on the 31st Street Bridge followed by a right on to River Avenue. Make a left on the 30th Street Bridge and a left on Waterfront Drive. The Boathouse will be on the left. An individual will be located on Waterfront Drive at the **EMS Arrival location**.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

Certified Athletic Trainers Carry Cell phone

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Spencer Daddario	(330) 858-7473	Hannah Hilgeman	(614) 439-0352
Travis Moyer	(607) 429-8965	Dan Polaikis	(585) 317-3775

Emergency Equipment

An AED is located in the Boathouse & with coach on water in protected bag. It is upstairs in the Erg area on the main wall on the right. First aid supplies are kept with the team.

Emergency Action Plan: Oxford Athletic Club

Address: 100 Village Club Drive, Wexford, PA 15090
GPS Coordinates: 40.6341° N, 80.0505° W



- **EMS Arrival Location**
Receiving Facility:
Preferred is non-emergent
UPMC Passavant
9104 Babcock Blvd
Pittsburgh, PA 15237

If emergent
AHN Wexford Hospital
12351 Perry Hwy
Wexford, PA 15090

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel (9-1-1)
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

The Oxford Athletic Club is located on Village Club Drive. From I-579 North, take exit 73 to PA-910 E/Wexford Bayne Road. Continue on PA-910 E to Village Club Drive. Turn left onto Village Club Drive and then turn right into parking lot and an individual will meet the EMS at the **EMS Arrival Location**.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

Certified Athletic Trainers Carry Cell phone

Jessica Johns	(412) 726-1223	Maddison Miller	(717) 487-6262
Ashley Interrante	(610) 850-4866	Austin Pascarella	(724) 433-3115
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Spencer Daddario	(330) 858-7473	Hannah Hilgeman	(614) 439-0352
Travis Moyer	(607) 429-8965	Dan Polaikis	(585) 317-3775

Emergency Equipment

An AED is located at the front desk, before the indoor tennis courts (left side of corridor facing the courts), and in the recreation center

Emergency Action Plan: Pines Plaza Lanes

Address: 1130 Perry Highway, Pittsburgh, PA 15237

GPS Coordinates: 40.5401° N 80.0243° W



- **EMS Arrival Location**
UPMC Passavant-McCandless

9100 Babcock Blvd

Pittsburgh, PA 15237

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel (9-1-1)
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

Pines Plaza Lanes is located at 1130 Perry Highway, Pittsburgh, PA 15237. Get on I-579 from Washington Place. Take I-279 and US-19 Truck N/McNight Rd to Babcock Blvd in Ross Township. Take the exit toward West View from US-19 Truck N/McNight Rd. Continue on Babcock Blvd to US-19 N. Turn right onto US-19 N. Turn right into parking lot (directly after Lillian Road), make left around the backside of the building. An individual will meet EMS at the **EMS Arrival Location**.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

Certified Athletic Trainers Carry Cell phone

Jessica Johns	(412) 726-1223	Maddison Miller	(717) 487-6262
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Emergency Equipment

Bowling AED will travel to the practice facility with the Head Bowling Coach for each session.

Emergency Action Plan: Off-Sight Cross Country, Track, & Triathlon Training

Below are all off-sight venues and arrow indicating the closest Emergency Room

1. Schenley Park Oval: 1 Overlook Dr, Pittsburgh, PA 15217
 - UPMC Presbyterian, 200 Lothrop St, Pittsburgh, PA 15213
2. Pan Handle Trail: Walkers Mill, Collier Township, PA 15142
 - St Clair Hospital, 1000 Bower Hill Rd, Pittsburgh, PA 15243
3. Bud Harris Cycling Park: 1401 Washington Blvd, Pittsburgh, PA 15206
 - UPMC Shadyside, 5230 Centre Ave, Pittsburgh, PA 15232
4. Moraine State Park: 225 Pleasant Valley Rd, Portersville, PA 16051
 - Clarion Hospital, 1 Hospital Way, Butler, PA 16001
5. North Park: 303 Pearce Mill Rd, Allison Park, PA 15101
 - UPMC Passavant-McCandles, 9100 Babcock Blvd, Pittsburgh, PA 15237
6. Brady's Run Park: 121 Brady's Run Rd, Beaver Falls, PA 15010
 - Heritage Valley Beaver, 1000 Dutch Ridge Rd, Beaver, PA 15009
7. Cool Springs Sports Complex: 3001 Cool Springs Dr, Pittsburgh, PA 15234
 - St Clair Hospital, 1000 Bower Hill Rd, Pittsburgh, PA 15243
8. Riverview Park: Riverview Ave, Pittsburgh, PA 15214
 - Allegheny General Hospital, 320 E. North Avenue, Pittsburgh, PA 15212
9. Hazelwood Green Riverfront Trail: 4501 Lytle Street, Pittsburgh Pennsylvania 15207
 - UPMC Montefiore, 200 Lorthrop Street, Pittsburgh, PA 15213
10. Vault Athletics: 14700 US 30, Irwin, PA 15642
 - UPMC McKeesport, 1500 5th Ave, McKeesport, PA 15132
11. Zelienople Community Park: 402 East Beaver St., Zelienople, PA 16063
 - UPMC Passavant – Cranberry, 1 St Francis Way, Cranberry Twp, PA 16066
12. Brush Creek Park: PA-588, Beaver Falls, PA 15010
 - UPMC Passavant – Cranberry, 1 St Francis Way, Cranberry Twp, PA 16066

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP including exact location information (9-1-1)
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation.

Emergency Communication

Certified Athletic Trainers Carry Cell phone

Jessica Johns	(412) 726-1223	Maddison Miller	(717) 487-6262
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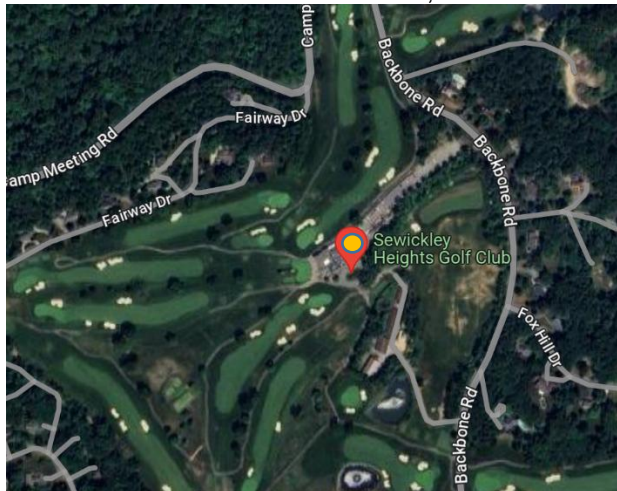
Emergency Equipment

AEDs in a waterproof case and first-aid supplies will be kept with the coaching staff.

Emergency Action Plan: Sewickley Heights Golf Club

Address: 126 Backbone Road, Sewickley, PA 15143

GPS Coordinates: 40.58253837018657, -80.1698097093545



- **EMS Arrival Location**
Heritage Valley Sewickley
701 Broad Street
Sewickley, PA 15143

Roles of Emergency Personnel

1. First Responder provides immediate care of the injured athlete
 - a. Evaluate level of consciousness
 - b. Evaluate Cardiorespiratory status via checking CAB's
 - c. Maintain C-Spine neutral alignment if a head/neck injury is suspected
 - d. Control any excessive bleeding by direct pressure
 - e. Determine what emergency equipment is required for situation
2. Activation of EAP and additional medical personnel (9-1-1)
3. Emergency equipment retrieval
4. Direct an individual to meet, or "flag down" arriving EMS at **EMS Arrival location**

Venue Directions

Sewickley Heights Golf Club is located at 126 Backbone Road, Sewickley, PA 15143. Get on I-579 N from Washington PI 3 min (0.8 mi). Take I-279 to PA-910 W/Wexford Bayne Rd in Wexford. Take exit 73 from I-79 N 14 min (14.3 mi). Turn right onto Wexford Bayne Rd toward Franklin Park (2.3 miles), Turn left onto Camp Meeting Rd (1.7 miles), Turn right onto Camp Meeting Rd (1.1 miles), Turn left onto Camp Meeting Rd (0.5 miles), Turn left onto Backbone Rd (0.3) miles, Turn right 70 feet. Continue up the driveway to the main entrance of the clubhouse. An individual will meet EMS at the **EMS Arrival Location**.

Emergency Personnel

In the event of a medical emergency, first responders (FR) may include physicians, athletic trainers, athletic training students, coaches, athletic department staff, campus police, and/or EMS depending on the situation. The FR should be the most medically trained person and the individual directing care during the emergency situation. In most cases, the FR will be the athletic trainer.

Emergency Communication

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Travis Moyer	(607) 429-8965	Dan Polaikis	(585) 317-3775

Emergency Equipment

AEDs are located in the clubhouse kitchen and in the grounds crew area.