SACRAMENTO STATE™
SPORT CLUBS

Emergency Action Plan

The Emergency Action Plan for Sacramento State Sport Clubs was created for the purpose of prevention and awareness of possible hazards and risks during participation in sporting activities and club travel. The safety of our students requires the cooperation of all entities, at all levels of the Sport Club program. This document will clearly define responsibilities of all parties in the event of an emergency, as well as appropriate actions to take on and off campus.

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Reporting Emergencies

1. Call 911 immediately. The dispatcher will contact the appropriate agency for assistance: Paramedics, Fire Department, Police or other.
    a. If you contact EMS through your cell phone you will be put through to California Highway Patrol (in California) who will then need to reach your local Emergency Medical Services (EMS). Be sure to IMMEDIATELY tell them your location. Often, cell phones do not transmit GPS location to EMS. Inform EMS of all injured parties and CPR or First Aid being administered. Do not hang up the phone until instructed to do so and remain calm. In an emergency, clear concise information is crucial.
2. Stay calm and give your name, location and nature of the emergency. DO NOT HANG UP UNTIL YOU ARE TOLD TO.
3. In the event of injuries or illness, render first aid ONLY IF QUALIFIED.
    a. Do not move the person unless it is absolutely necessary
    b. Make the person as comfortable as possible. It is important to keep the person warm and comfortable to minimize shock
    c. Restore breathing by clearing air passages or administering CPR, if certified. (See Section on CAB's of CPR)
4. In the event of a major campus wide emergency, the President will activate the Emergency Operations Center. Information for faculty, staff and students will be available and posted at the Theatre or Stadium, depending on damage and the nature of the emergency.
5. Contact the appropriate personnel as shown on the Emergency Phone Tree. (Emergency Phone Tree)
6. The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons. If the emergency occurs during club travel, the Trip Leader and Safety Officer are responsible.

Emergency Phone Tree

**Emergency Medical Services (911) should be contacted in the event of an emergency off-campus.*

**Campus Police should be contacted in the event of an emergency on-campus.*

- Campus Police: (916) 278-6000 (Emergency or Non-Emergency) from a cell-phone
- Campus Police: 911 (Emergency or Non-Emergency) from a campus phone

In the event of an incident on campus, the club's Safety Officer is responsible for activation of the EAP (Emergency Action Plan) and contacting the proper personnel from the following Phone Tree to report the incident.

Name	Position	Contact Number
Josh Mandel-Sonner	Sport Clubs Staff	(707) 337-3258
Jackie Crouch	Sport Clubs Staff	(951) 490-6333
Andrew Frank	Student Assistant	(916) 747-1982
Anju Osa	Student Assistant	(916) 622-0003
Caeley Kelly	Student Assistant	(916) 709-1765
Victor Villarreal	Student Assistant	(951) 214-9370
Cody York	Student Assistant	(916) 581-3422
Bobby Johnson	Student Assistant	(916) 410-3242
Bailey Espiritu	Athletic Trainer	Cell: (530) 545-3936 | Office: (916) 278-2049
Nurse Advice Hotline	SHCS	(916) 278-6461
SO&L	Front Desk	(916) 278-6595
Risk Management Services	Risk Management	(916) 278-6119

In the event of an incident or accident off-campus, the club's Trip Leader is responsible for contacting EMS (911), activating the EAP (Emergency Action Plan), and then contacting the proper personnel from the following Phone Tree to report the incident or accident.

EMS: 911 Contact EMS preferably from a land line. If you contact EMS through your cell phone you will be put through to California Highway Patrol (in California) who will then need to reach your local EMS. Be sure to IMMEDIATELY tell them your location. Often, cell phones do not transmit GPS location to EMS. Inform EMS of all injured parties and CPR or First Aid being administered. Do not hang up the phone until instructed to do so and remain calm. In an emergency, clear and concise information is crucial.

Name	Position	Contact Number
Josh Mandel-Sonner | Jackie Crouch	Sport Clubs Staff	(707) 337-3258 | (951) 490-6333
Bailey Espiritu	Athletic Trainer	Cell: (530) 545-3936 | Office: (916) 278-2049
Nurse Advice Hotline	SHCS	(916) 278-6461
SO&L	Front Desk	(916) 278-6595
Risk Management Services	Risk Management	(916) 278-6119

Reporting a Car Accident

In case of an accident:

1. First priority is always life and injuries of all parties. Call 911 for police and emergency medical services (EMS) as appropriate. Render first aid to the level of your training as appropriate. Secure the scene, see that others are not put at risk from oncoming traffic, and remove vehicles from the roadway as quickly as possible considering the circumstances. If the accident happens on campus, campus police (916-278-6000) will act as the lead law enforcement agency.
2. Take photos, record other driver's information (names, D/L number, date and time of the accident, witnesses, conditions and weather, damage to both vehicles, etc.)
3. Any accident that results in any of the following outcomes to a University employee or volunteer must be reported to the risk manager, a member of the Environmental Health and Safety staff (916-278-5477/5174) or Human Resources (916-278-3522) within eight (8) hours:
    a. death
    b. disfiguring injury
    c. dismembering injury (loss of any body part)
    d. hospitalization for 24 hours or more for other than observation
4. Call University Police (916-278-6000) to report the accident, even if their assistance is not needed, so the accident report is recorded in their logs.
5. If the accident results in severe injuries, report it to the University Risk Manager (916)278-7233. Leave a complete message including your name, phone number, brief description of the accident, your location, etc. The information can be emailed to susan.colley-monk@csus.edu.
6. If you are driving a University/state owned vehicle, procedures to follow can be found on our State Driver Reporting Procedures document. Complete the Accident Identification Form (STD 269) before leaving the scene of the accident.
7. All drivers must complete a Vehicle Accident Report (STD 270) within 24 hours and send it to the risk manager.
8. The supervisor of the driver will take the following actions: Investigate each accident promptly and thoroughly. The immediate supervisor who authorized the employee to drive on University business will ensure that the employee completes the STD 270 or will do it for them if the employee is unable to do so. Inform the risk manager when an employee is unable to complete forms. Initiate appropriate corrective actions and record them in departmental personnel records. Complete State Driver Accident Review – Supervisor's Review form STD 274 and send it to the risk manager within five (5) days.
9. Make arrangements to take care of your damaged vehicle, depending on circumstances. If the vehicle cannot be driven, make arrangements to have it towed to a holding yard or other place. Your insurer may have useful information and provisions for this contingency.

All forms referenced above are available at the following web address:
https://www.csus.edu/compliance/risk-management/driving-university-business.html

The CAB's of CPR

The CAB's of CPR are given as a reminder to those who have already passed the CPR certification. Under no circumstances should an individual preform CPR beyond their experience and training.

CPR is administered when someone's breathing or pulse (or both) stops. It is a procedure that is as simple as CAB: Compression, Airway, and Breathing.

Assessment and Activation

1. If you find an adult who has collapsed, check responsiveness by gently shaking a shoulder and shouting, "Are you all right?"

2. If the person doesn't respond, shout for help.

3. If a helper is available, have that person to call 911 and ask them to return after they have made the call. If no help is available, make the call yourself.

Begin by checking if the victim is breathing or has a pulse.

Check breathing: by moving head in close to the patient's mouth (listening and hearing for air), while simultaneously looking for the chest to rise and fall.

Check pulse: Locate the carotid artery pulse: To find the carotid artery pulse, take your hand that's lifting the chin and find the person's Adam's apple (voice box), move your index and middle finger to the side of the Adams apple, apply medium pressure and check for a pulse (no more than 10 seconds)

1. If there is a pulse but no breathing, you will have to conduct rescue breathing. Refer to "Breathing".

2. If no pulse or breathing is present, begin CPR. Always start with 30 chest compression, if you have a CPR mask available then give 2 breaths (each lasting only a second- watch for the chest to rise and fall)

If the chest does not rise and fall on the first breath, reposition head and try again. In the case that the second breath does not go in, DO NOT attempt to reposition and try an additional breath just continue on with 30 more compressions and try breaths after that session of compressions.

Compressions

External chest compressions provide artificial circulation. When you apply rhythmic pressure on the lower half of the victim's breastbone, you force the heart to pump blood.

1. To do external chest compression properly, kneel beside the victim's chest. With the middle and index fingers, find the notch where the bottom rims of the two halves of the rib cages meet in the middle of the chest. Now put the heel of one hand on the sternum (breastbone) next to the fingers that found the notch. Put your other hand on top of the hand that's in position. Be sure to keep your fingers up off the chest wall. It may be easier to do this if you interlock your fingers of the top hand and extend the fingers of the bottom hand.

2. Bring your shoulders directly over the victim's sternum and press down, keeping your arms straight. If the victim is an adult, depress the sternum to 2 inches and allow the chest to recoil. Don't remove your hands from the victim's sternum, but do let the chest rise to its normal

position between compressions. Relaxation and compression should take equal amounts of time. Complete 30 compressions, at a rate of 100 compressions/minute.

Airway

1. To open the airway, gently lift the chin with one hand while pushing down on the forehead with your other hand.

2. You want to tilt the head back.

Breathing

1. It is advised to always use a rescue breathing mask, if available, to avoid possible transmission of disease. Follow the steps below:

    a. Place mask on face according to directions on individual mask. Most masks will have small peak (goes over nose), and broader base (goes around mouth).
    b. With the hand that is closest to the victim's forehead grasp the mask with a c-clasp (making a "c" with thumb and index finger on either side of the mask over the nose) and place the outside of the palm on the victim's forehead (this will help assist in head tilt).
    c. With the opposite hand use the thumb at the front of the victim's chin – holding the bottom of the mask to the chin, and the index finger just under the chin bone (this position will assist with chin lift, if needed)
    d. Maintain an even, downward pressure on the mask to seal it to the victim's face. Make sure to not apply excessive pressure, as this may force the victims chin back and cut off the airway.
    e. With mask and pressure applied, tilt victims head back and breathe. If air does not go in, reposition and repeat.
    f. When repositioning, try to tilt the head more or less (sometimes too much can cause airway block and same as not enough head tilt)- you can also try the chin lift method, to gain access to airway, as needed.

2. Using the thumb and forefinger of your hand that's on the victim's forehead, pinch the person's nose shut. Be sure to keep the heel of your hand in place so the person's head remains tilted.

3. Keep your other hand under the person's chin, lifting up.

4. As you keep an airtight seal with your mouth on the victim's mouth, immediately give one breath enough to see the stomach rise, and repeat.

Campus Evacuation Policy

Evacuation of a Building

1. Only the Department of Public Safety or an officer of the University (Vice Presidents, Deans, and Building Coordinators) can order the evacuation of a campus building.

2. When evacuation is determined necessary, occupants shall leave the building immediately and quietly by the nearest designated exit, or as advised. Public Safety will direct the occupants to a safe area – either a grassy area or another building, depending on the nature of the emergency.

3. DO NOT use elevators in the case of fires or earthquakes.

4. When evacuating, building occupants should walk, remain calm, and grasp hand rails.

5. DO NOT RE-ENTER building until instructed to do so by the appropriate authorities.

Evacuation of the University

1. Only the University President or the President's designee can order an evacuation or closure of the University.

Evacuation of Persons with Disabilities

2. Evacuation of persons with disabilities will be given the highest priority in all emergencies.

3. Students with disabilities should prepare for an emergency ahead of time by instructing a classmate or co-worker on how to assist him/her in the event of an emergency.

4. If assistance is not immediately available, disabled persons should remain near the stairwell landing or in the elevator lobby; rescue personnel will first check all exit corridors and exit stairwells for trapped persons. She or he should continue to call for help until rescued.

5. Persons with visual impairments should learn the locations of exits and fire alarms in advance if possible, and seek assistance of others as required. Know designated meeting places and locations specifically for persons with special needs.

Crime in Progress/Civil Disturbance

1. Do not attempt to apprehend or interfere with the criminal except in case of self-protection.

2. If safe to do so, stop and take time to get a good description of the criminal. Note height, weight, gender, color, approximate age, clothing, method and direction of travel, and a name, if known. This takes only a few seconds, and is of the utmost help to the investigating officers. If the criminal is entering a vehicle, note the license plate number, make and model, color and outstanding characteristics.

3. Call 911. Give your name, location, and department. Advise the 911 operator of the situation, and remain where you are until contacted by an officer.

4. In the event of civil disturbance, continue as possible with your normal routine. If the disturbance is outside, stay away from doors and windows.

5. Do not interfere with those persons creating the disturbance, or with law enforcement authorities on the scene.

Reporting Violent or Criminal Behavior

If you are the victim of a violation of the law such as assault, robbery, theft, overt sexual behavior, etc., DO NOT TAKE UNNECESSARY CHANCES!

NOTIFY the University Police Department by calling 911 as soon as possible. Supply the dispatcher with the following information:

- Nature of incident
- Location of incident
- Description of person(s) involved
- Description of property involved

If you witness a criminal act or notice a person or persons acting suspiciously on campus, immediately call 911 and be prepared to provide the dispatcher with the above information.

Do everything possible to avoid getting into a vehicle under threat or by force. By stepping into the vehicle, your odds of survival diminish substantially.

Conduct if you are held hostage

1. Attempt to stay calm and be alert to situations that you can exploit to your advantage
2. Do not discuss what action may be taken by your family, friends, or employer
3. Make a mental note of all movements including times in transit, direction, distances, speeds, landmarks along the way, special odors and sounds like transportation, bells, construction, etc.
4. Whenever possible, take note of the characteristics of your abductors, their habits, surroundings, speech mannerisms, and what contacts they make.
5. Avoid making provocative remarks to your adductors. They may be unstable individuals who react explosively and become violent and abusive.
6. Do not make concessions that you are not able to complete (i.e., open safe)

Location Specific Emergency Action Plans

Sac State Intramural Fields/Tennis Courts

Emergency Personnel:

1. Athletic Trainer (if present)
2. Club Safety Officer
3. Club Coach
4. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.

Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
2. A club officer should call campus police at their emergency line (916) 278-6000
    a. Inform EMS of the number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: The open field or tennis courts are the safest place to be in case of an earthquake; here you will be free from falling debris and glass windows. Move away from the tree line on the side of the field and safely drop to the ground before the Earthquake puts you there. Wait for the shaking to stop and safely assess any possible injuries. If there are serious injuries proceed with the above set of instructions.

Lightning: In case of lightning being seen, everyone must be moved indoors and away from an open field or trees. The rule of thumb for assessing when it is safe to participate again will be thirty minutes after the last time lightning was seen. The Athletic Trainer or Club Safety Officer/President must constantly assess the surrounding sky and contact the Sport Clubs Advisor to cancel or postpone the day's events as referenced in the Lightning Policy on page 23.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Yosemite Hall / Solano Hall

Emergency Personnel:

5. Athletic Trainer (if present)
6. Club Safety Officer
7. Club Coach
8. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.

Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

3. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
4. A club officer should call campus police at their emergency line (916) 278-6000
    a. Inform EMS of the number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: Move quickly to the ground and away from any windows. The safest place to be would be near an inside wall of the building and safe from potential falling debris.

Lightning: In case of lightning being seen everyone outside of Yosemite/Solano Halls must be moved indoors and everyone inside must remain indoors until the conclusion of the scheduled event.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Sac State Pool

Emergency Personnel:

1. Lifeguard
2. Athletic Trainer (if present)
3. Club Safety Officer
4. Club Coach
5. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.

Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Rescue: Attempt rescue of injured or drowning victim in accordance to American Red Cross Lifeguard Training
2. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
3. A club officer should call campus police at their emergency line (916) 278-6000
    a. Inform EMS of number of injured participants and types of injuries, as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: Move out of the Pool and stay on the ground. Move away from windows or falling debris

Lightning: In case of lightning being seen, everyone must be moved indoors. The rule of thumb for assessing when it is safe to participate again will be thirty minutes after the last time lightning was seen. The Lifeguard, Athletic Trainer, or Club Safety Officer/President must constantly assess the surrounding sky and contact the Sport Clubs Advisor to cancel or postpone the day's events. A second option as shelter from lightning can be a motor vehicle with closed doors and windows, as outlined in the Lightning Policy on page 23.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

The WELL and University Union

In the event of an emergency at both of these venues the following should be followed:

1. Contact WELL staff or Union staff
    a. In both buildings there are appropriate staff trained to handle emergency situations
2. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
3. A club officer or member should call campus police at their emergency line (916) 278-6000
    a. Inform EMS of the number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: Move quickly to the ground and away from any windows. The safest place to be would be near an inside wall of the building and safe from potential falling debris.

Lightning: In case of lightning being seen, everyone outside of the WELL must be moved indoors and everyone inside must remain indoors until the conclusion of the scheduled event.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Sac State Aquatic Center

Emergency Personnel:

1. Lifeguard (if present)
2. Athletic Trainer (if present)
3. Aquatic Center Staff | Monday - Friday (916) 278-2842, Weekends (916) 278-1110
4. Club Safety Officer
5. Club Coach
6. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.
Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Rescue: Attempt rescue of injured or drowning victim in accordance to American Red Cross Lifeguard Training
2. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
3. A club officer should dial 911 (EMS) or local Coast Guard
    a. Inform EMS of number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: If you are on the lake, try to move quickly to the nearest shore and into an open space (such as the parking lot) where you may be safer from falling debris. Stay low and stay away from windows.

Lightning: In case of lightning being seen, everyone must be moved indoors. The rule of thumb for assessing when it is safe to participate again will be thirty minutes after the last time Lightning was seen. The Athletic Trainer or Club Safety Officer/President must constantly assess the surrounding sky and contact the Sport Clubs Advisor to cancel or postpone the day's events. A second option as shelter from lightning can be a motor vehicle with closed doors and windows, as outlined in the Lightning Policy on page 23.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Lake

Emergency Personnel:

1. Lifeguard (if present)
2. Athletic Trainer (if present)
3. Club Safety Officer
4. Club Coach
5. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.
Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Rescue: Attempt rescue of injured or drowning victim in accordance to American Red Cross Lifeguard Training
2. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
3. A club officer should dial 911 (EMS) or local Coast Guard
    c. Inform EMS of number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    d. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Earthquake: If you are on the lake, try to move quickly to the nearest shore and into an open space (such as the parking lot) where you may be safer from falling debris. Stay low and stay away from windows.

Lightning: In case of lightning being seen, everyone must be moved indoors. The rule of thumb for assessing when it is safe to participate again will be thirty minutes after the last time Lightning was seen. The Athletic Trainer or Club Safety Officer/President must constantly assess the surrounding sky and contact the Sport Clubs Advisor to cancel or postpone the day's events. A second option as shelter from lightning can be a motor vehicle with closed doors and windows, as outlined in the Lightning Policy on page 23.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Open Water/Ocean

Emergency Personnel:

1. Coast Guard/Lifeguard (if present)
2. Athletic Trainer (if present)
3. Club Safety Officer
4. Club Coach
5. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.
Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Rescue: Attempt rescue of injured or drowning victim in accordance to American Red Cross Lifeguard Training
2. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
3. A club officer should dial 911 (EMS) or local Coast Guard
    e. Inform EMS of number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    f. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them

In Case of Natural Disaster:

Severe Weather/Lightning: Return all boats/personnel to shore and secure all loose equipment if available. Activity should not resume until weather clears for at least thirty minutes and/or the Coast Guard or lifeguard on duty clears the water for use. Lightning Policy on page 23.

Fire: Dial EMS (911) and evacuate the area as quickly as possible. Account for all club members and notify EMS if any members are missing.

Earthquake: Return to shore immediately and evacuate the area by moving inland. Be aware of possible tsunami warnings.

The Safety Officer is responsible for accounting for all club members and informing EMS of any missing persons.

Mountain

Emergency Personnel:

1. Athletic Trainer (if present)
2. Medical Personnel (if present)
3. Club Safety Officer
4. Club Coach
5. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.
Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
2. Inform EMS at the lodge/resort/competition venue of the number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
3. Scene Control: limit scene to first aid providers and move bystanders away from area. Move injured person and have two or three people help control traffic coming down the mountain.

In Case of Natural Disaster:

Earthquake/Avalanche: In the event that you are caught in an avalanche according to Karl Birkeland, Perry Bartelt, and Theo Meiners as published in The Avalanche Review February 2008.

If the avalanche starts right under your feet, try running uphill or to the side to get off the fracturing slab of snow. If you're on skis or a snowboard, head downhill first to gather some speed, and then veer to the side and off the slab. If you're on a snowmobile, continue in the direction you were going and throttle it off the sliding snow. If you're not going to make it out, drop your ski poles, pack, and equipment, and abandon your snowmobile—you want to be as light and buoyant as possible in order to minimize how much you sink into the snow.

IF YOU'RE CAUGHT, "SWIM" TO SAFETY. Assume the whitewater position: feet downhill and in a sitting position to absorb shocks of obstacles. Ditch poles, ice axes, or skis, and use your hands and arms in a swimming motion to move toward the surface and stay there. **Roll to your back with your feet pointed downhill. Do the backstroke and try to head uphill.** Do whatever you can to avoid head of slide as it is subducting and will pull you down and under the slide. Absolutely do not swim forward of head if you can help it.

Once the avalanche stops moving, it will begin to set around you like concrete.

PREP AN AIR POCKET. When the avalanche slows down, get your palms up by your forehead, elbows out, and start creating a cocoon around your face. Take a deep breath and hold it—the more your lungs can expand, the better. When the avalanche stops, you'll have more space to breathe in the pocket you created. Space is time, and time increases the odds of rescuers finding you before it's too late. **If you can grab onto a tree, do it.**

For more information visit: https://www.ready.gov/avalanche

Lightning: In case of lightning being seen everyone must be moved indoors. Activity should not be resumed until there has been no lightning seen from a time period of 30 minutes following the flash bang method in the Lightning Policy towards the end of this packet. Lightning Policy on page 23.
Fire: Evacuate the immediate area as quickly as possible and move all participants to a safe meeting point, usually a close parking lot.

The Trip Leader and Safety Officer are responsible for accounting for all club members and informing EMS of any missing persons

Off-Campus Open Field

Emergency Personnel:

1. Athletic Trainer (if present)
2. Club Safety Officer
3. Club Coach
4. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.

Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Athletic Trainer, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
2. A club officer should dial 911.
    a. Inform EMS of number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: limit scene to first aid providers and move bystanders away from area, clear debris or obstructions surrounding the injured parties or pathway to them.

In Case of Natural Disaster:

Earthquake: The open field is the safest place to be in case of an earthquake; here you will be free from falling debris and glass windows. Move away from the tree line on the side of the field and safely drop to the ground before the Earthquake puts you there. Wait for the shaking to stop and safely assess any possible injuries. If there are serious injuries proceed with the above set of instructions

Lightning: In case of lightning being seen everyone must be moved indoors. The rule of thumb for assessing when it is safe to participate again will be thirty minutes after the last time lightning was seen. The Athletic Trainer or Club Safety Officer/President must constantly assess the surrounding sky and contact the Sport Clubs Advisor to cancel or postpone the day's events as referenced in the Lightning Policy on page 23.

Fire: Dial 911 and move everyone on the scene to a safe location (parking lot)

The Trip Leader and Safety Officer are responsible for accounting for all club members and informing EMS of any missing persons

Off-Campus Gym

Emergency Personnel:

1. Athletic Trainer (if present)
2. Off-Campus Gym Staff
3. Club Safety Officer
4. Club Coach
5. Club President

Club officers, coaches, and members may assist in case of an emergency by contacting EMS 911, activating help, clearing the area, and giving CPR and First Aid if trained to do so.

Individuals not trained in CPR and First Aid should not give CPR or provide First Aid.

In Case of Emergency:

1. Athletic Trainer, gym staff, qualified Safety Officer, or any other certified person should begin CPR or First Aid if necessary and not exceed training they have been given.
2. A club officer should call 911 (EMS)
    a. Inform EMS of number of injured participants and types of injuries as well as any CPR or First Aid that has been administered.
    b. Direction of EMS to scene
        i. Open appropriate gates
        ii. Designate 2 individuals to "flag down" EMS and direct to scene
        iii. Scene control: Follow guidelines for evacuation and crowd control as instructed by the place of business.

In Case of Natural Disaster:

Fire: Evacuate the premises in accordance to the business's emergency action plan and contact EMS personnel. Account for all club members and inform EMS if any members are missing. Moving to an open space such as a parking lot away from the fire is your safest option.

Earthquake: Move quickly to the floor to avoid being knocked over. Move away from windows of possible falling debris and take shelter under a table if possible.

Lightning: Remain indoors

The Trip Leader and Safety Officer are responsible for accounting for all club members and informing EMS of any missing persons

Lightning Policy

To minimize the potential for lightning related injuries in student-athletes, coaches, and staff, Sport Clubs has adopted the guidelines published in the 2013 NATA position statement on Lightning Safety for Athletics and Recreation. The following guidelines will be utilized to determine the risk associated with participation in such conditions. Practice and/or competition modifications will be implemented based on the recommendations below.

Chain of Command.

The ATC on site serves as the designated weather watcher responsible for identifying signs of threatening weather and initiates the lightning safety plan. If no ATC is on site, the Game officials, University Staff or their representatives, or Club Safety Officer for Sport Clubs will be identifying signs of threatening weather and initiating the lightning safety plan.

Lightning Safety Plan.

Monitor weather

1. Methods to monitor weather and lightning.
    a. National Weather Service Advisories (https://www.weather.gov/sto/)
    b. Local weather forecasts and reports
    c. Internet weather website (https://www.accuweather.com/ , https://weather.com/, etc.)
    d. WeatherBug app-Spark Lightning.
    e. Flash to bang method.
        i. Once lightning is seen, begin counting seconds until thunder is heard. Divide the seconds counted by 5. This number is an estimate of the distance (in miles) of the lightning from the location.
        ii. Lightening detected within 15 miles= monitor closely.
        iii. Lightening detected within 10 miles= activities will be suspended, and clearance of the fields initiated.
        iv. Lightening detected within 6 miles= activities must be suspended; fields must be clear, and all personnel should be in a safe location near each venue.
    f. These safe locations include, but are not limited to:
        i. Intramural Field(s) 2-4: Yosemite Hall or Solano Hall
        ii. Lake Natoma: Office/Classroom/Boathouse.
        iii. Field 1 and Tennis Courts: Solano Hall

iv. In the absence of a sturdy building, any vehicle with a hard metal roof with the windows shut shall be utilized.

g. Once activities have been suspended, weather will continue to be monitored by the weather watcher or designee. Activities may resume 30 minutes from the last audible thunder and visual lightning detected. Electronic means of monitoring lightning should also be utilized, and weather conditions will continue to be monitored for the remainder of the activity.

ALL INDIVIDUALS HAVE THE RIGHT TO LEAVE AN ATHLETIC SITE IN ORDER TO SEEK A SAFE STRUCTURE IF THE PERSON FEELS IN DANGER OF IMPENDING LIGHTENING ACTIVITY, WITHOUT FEAR OF REPERCUSSIONS OR PENALTY FROM ANYONE.

The following first aid procedures will be observed for lightning strike victims:

1. Survey the scene for safety.
2. Contact EMS (911) or campus police (916-278-6000)
3. Have AED ready
4. Lightning victims do not 'carry a charge' and are safe to touch. If necessary, move the victim with care to a safer location.
5. Evaluate airway, breathing, and circulation, and begin CPR if necessary.
6. Evaluate and treat for hypothermia, shock, fractures and/or burns.
7. Continue to monitor. Transport via ambulance to nearest hospital

Reference: https://www.nata.org/sites/default/files/2013_lightning-position-statement.pdf

Environmental Conditions Guidelines

Risk Factors and Types of Heat Illness

Potential Risk Factors	Information
Intensity of Activity	This is the leading factor that can increase the core body temperature higher and faster than any other
Environmental Conditions	Heat and humidity combine for a high wet-bulb globe temperature that can quickly raise the heat stress of the body
Duration and frequency of activity	Minimize multiple activity sessions during the same day and allow at least three hours of recovery between sessions
Dehydration	Fluids should be readily available and so used to aid the body's ability to regulate itself and reduce the impact of heat stress
Nutritional supplements	Nutritional supplements may contain stimulants and/or can cause a negative

Potential Risk Factors	Information
	impact on hydration levels and/or increase metabolism and heat production.
Medication/drugs	Certain medications and drugs have similar effects as some nutritional supplements.
Medical conditions	Examples include illness with fever, gastrointestinal illness, previous heat illness.
Acclimatization/ fitness level	Lack of acclimation to the heat or poor conditioning
Clothing	Dark clothing absorbs heat. Moisture wicking-type material helps dissipate heat
Protective Equipment	Heavy and bulky protective equipment may interfere with sweat evaporation and increase heat retention
Limited knowledge of heat illness	Signs and symptoms can include elevated core temperature, pale or flushed skin, profound weakness, muscle cramping, rapid weak pulse, nausea, dizziness, exercise fatigue, fainting, confusion verbal disturbances and others

Heat and Hydration

Definition: Heat illness is inherent to physical activity and its incidence increases with rising ambient temperature and relative humidity. Students who begin training in the late summer, experience exertional heat-related illnesses more often than students who begin training during the winter and spring. Traditional classification of heat illness defines three categories: heat cramps, heat exhaustion, and heat stroke. Heat illness is more likely in hot, humid weather, but can occur in the absence of hot humid conditions.

Heat Rash

Heat rash occurs when sweat ducts become clogged and the sweat cannot get to the surface of the skin. Instead, it becomes trapped beneath the skin's surface causing a mild inflammation or rash.

Signs and Symptoms:

- Looks like a red cluster of pimples or small blisters
- Most likely to occur on the neck and upper chest, in the groin, under the breasts, and elbow creases.

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps can also be a symptom of heat exhaustion.

Signs and Symptoms:

- Painful spasms usually in the muscles of legs and abdomen, usually accompanied by heavy sweating.

First aid: Firm pressure on cramping muscles or gentle massage to relieve spasms. Give sips of water. If nausea occurs, discontinue water.

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Individuals most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment. Symptoms range in severity from mild heat cramps to heat exhaustion to potentially life-threatening heatstroke. Heat exhaustion can begin suddenly, usually after working or playing in the heat, perspiring heavily or being dehydrated.

Signs and Symptoms:

- Muscle cramps
- Nausea/vomiting
- Headache
- Dizziness
- Fatigue
- Blurred vision
- Heavy sweating usually with cool and clammy skin

First aid: Untreated heat exhaustion can lead to heat stroke which is a life-threatening condition. If you suspect heat exhaustion, take these steps immediately.

- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip cool water or other nonalcoholic beverage without caffeine if they are not vomiting and they are fully conscious
- Cool the person by spraying or sponging with cool water and fanning.
- Monitor the person carefully.
- Call 911 if the person's condition deteriorates, especially if he or she experiences: fainting, confusion, seizures, uncontrolled vomiting or a fever of 104° F (40° C) or greater

Heat Stroke

Heat Stroke is the most serious form of heat illness and is considered a medical emergency. The body becomes unable to control its temperature. Heat stroke may occur, but not always, as a progression from milder heat –related illnesses such as heat cramps, heat syncope, and heat exhaustion. Heat stroke can kill or cause damage to the brain or other internal organs.

Signs and Symptoms:

- High body temperature: A body temperature of 104° F (40° C) or higher
- Altered mental state or behavior: Confusion, agitation, slurred speech, irritability, or delirium,
- May lose consciousness
- Alteration in sweating: skin will feel hot and dry to the touch.
- Nausea and vomiting
- Hot Red Skin
- Rapid heart rate
- Headache

First Aid: CALL 911 IMMEDIATELY

- Move the person out of the heat and into a shady or air-conditioned place.

- Lay the person down and elevate the legs and feet slightly.
- Remove tight or heavy clothing.
- Try to rapidly cool the person (put in a cool tub of water or a cool shower, spray with a garden hose, sponge with cool water, fan while misting with cool water or place ice packs or cold, wet towels on the person's head, neck, armpits and groin)
- Do not give fluids

Prevention of Heat Illness

Staying Cool on Warmer Days

- Warm up in the shade
- Increase the rest times between exercises
- Schedule water and cool down breaks in the shade if possible
    - Drinks (Water and sport drinks)
    - Wet towels kept in iced water
    - Ice bath after practice
    - Fans
- Wear light colored, moisture wicking, loose fitted clothing
    - The less the gear the better
- Avoid workouts during the hottest times of the day
- Progress exercise time and intensity slowly throughout a warmer week. Get the body slowly used to the heat
    - Example: Start with an easy 30-minute workout and each day slowly increase the length of the workout and intensity
- Wear sunscreen
- Avoid hot and heavy meals before working out, they add heat to your body

Hydration

Drinking enough fluids is one of the most important things you can do to prevent heat illness

- Drink 20 oz of water 2-3 hours before you workout
- Drink 8 oz of water for every 15 minutes of exercise
- Drink sport drinks when possible
- Have adequate nutrition
    - Eating a balanced diet to fuel the body that contains proportions of carbohydrates, fats, and proteins
- Monitor weight loss
- Stay away from sugary and alcoholic drinks
    - These can cause you to become dehydrated more quickly
- Monitor the color of your pee (see chart below)

Provision of Water

When environmental risk factors for heat illness are present, students should have access to potable water provided in sufficient quantity at the beginning of the activity to provide one quart per student per hour for drinking for the entire activity. Students may begin the activity with smaller quantities of water if effective procedures for replenishment of water during the activity have been implemented. The water shall be located as close as practical to the area where the students are engaged. Water should be sufficiently cool, pure, fresh, and free of charge. The nearest access to potable water should be as close as practicable. Usually this should mean that water should be reachable within a 2 1/2 minute walk, but in no case more than 1/4-mile or a five-minute walk away, whichever is shorter.

Coaches/instructors/presidents/safety officers should never limit the amount of fluid consumed by students and should encourage athletes to drink frequently. Students should inform their coach/instructor/president/safety officer if water is inadequate. Students should be made to understand that thirst is not an effective indicator of a person's need for water.

Access to Shade

Coaches/instructors/presidents/safety officers are responsible to ensure that students have access to a shaded area. Shaded areas should be large enough to accommodate the students engaged in the activity and allow students to sit in the shade without touching each other.

The nearest shaded area should be as close as practicable. Usually this should mean that shade should be reachable within a 2 1/2 minute walk, but in no case more than 1/4-mile or a five-minute walk away, whichever is shorter.

Canopies, umbrellas or other temporary structures may be used to provide shade, provided they block direct sunlight. Trees and dense vines can provide shade if the canopy of the trees is sufficiently dense to provide substantially complete blockage of direct sunlight. Areas shaded by artificial or mechanical means, such as by a pop-up canopy as opposed to a tree, should provide means for students to avoid contact with bare soil.

The interior of a vehicle may be used to provide shade if the vehicle is air-conditioned and the air conditioner is operating.

If the National Weather Service, as of 5 p.m. the previous day, forecasts the temperature to be over 80 degrees Fahrenheit, shade structures should be available at the beginning of the activity and present throughout the day. Regardless of predicted temperatures, coaches/instructors/presidents/safety officers should always have the capability to provide shade promptly if a student requests it. If the temperature exceeds 80^0F, shade should actually be present regardless of the previous day's predicted temperature high.

Students should inform their coach/instructor/president/safety officer if shade is inadequate.

Acclimatization

Students may become acclimatized to higher temperatures. Heat acclimatization requires a gradual increase of daily heat exposure for seven to fourteen days. Gradually increase the length of exposure each day until an appropriate schedule adapted to the required activity level for the environment is achieved. This will allow the athlete to acclimate to conditions of heat while reducing the risk of heat illness.

It should be noted that students new to the activity are among those most at risk of suffering the consequences of inadequate acclimatization. Coaches/instructors/presidents/safety officers with new students should be extra-vigilant in monitoring those individuals during the 14-day acclimatization period, and respond immediately to signs and symptoms of possible heat illness.

Preventative Cool-down Rest Periods

The purpose of the recovery period is prevention of heat illness. The coach/instructor/president/safety officer is required to provide access to shade for students who believe they need a preventive recovery period from the effects of heat and for any who exhibit indications of heat illness.

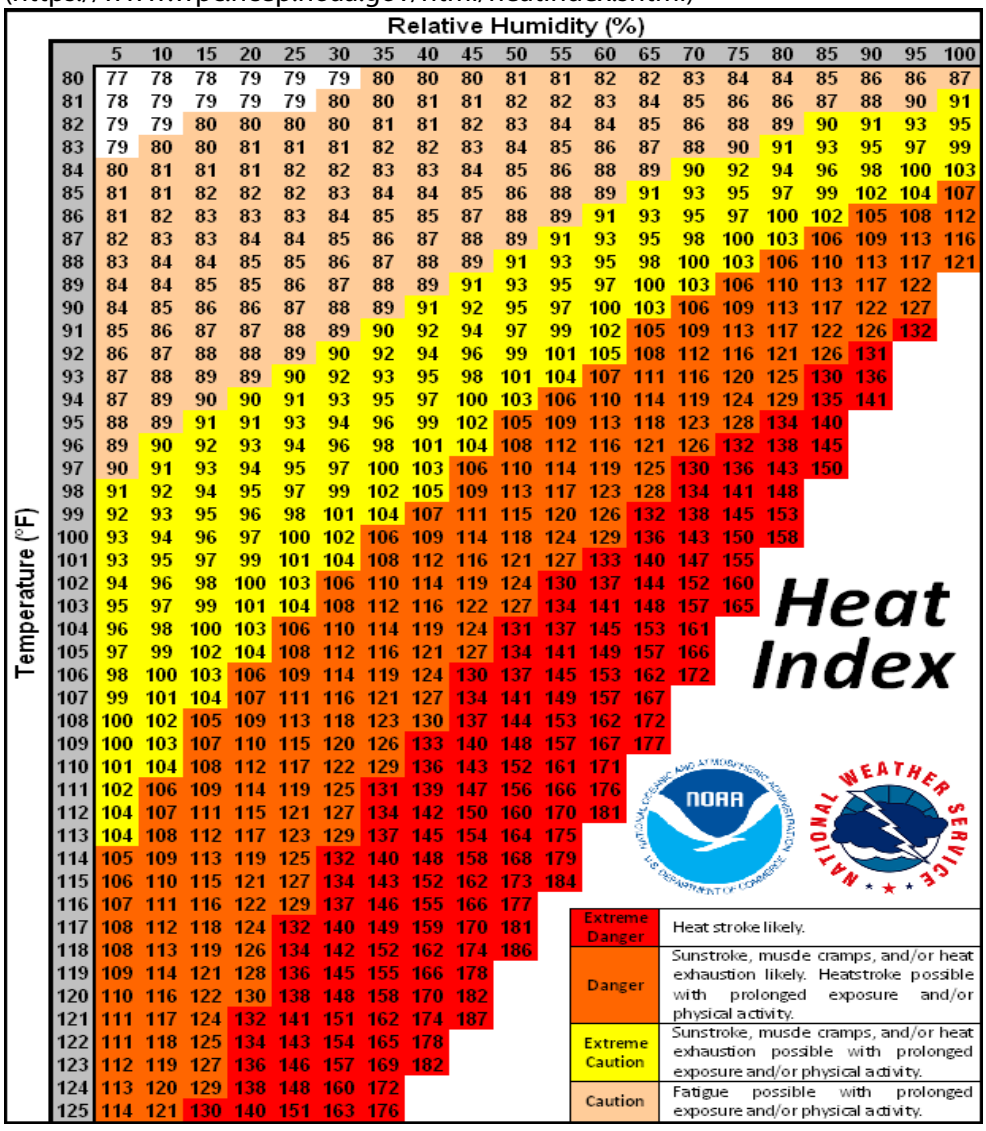
Access to shade should be allowed at all times, and students should be allowed and encouraged cool-down rest in the shade when they feel they need to protect themselves from overheating. Students who need a recovery period shall be monitored for symptoms and allowed to recover for no less than 5 minutes before being instructed to return to the activity.

The preventive recovery period is not a substitute for medical treatment. If a student exhibits signs or reports, symptoms of heat illness while taking a preventative cool-down rest or during a preventative

cool-down rest period, the coach/instructor/president/safety officer shall provide appropriate first aid or emergency response.

Monitoring Current Weather Conditions - Heat Index

- The heat index is a measure of how hot it really feels when relative humidity is factored in with the actual air temperature
- Coaches and instructors are expected to check current weather conditions as well as forecasted conditions for the current day regarding temperatures and relative humidity.
    - If a club does not have a coach or instructor, the club's safety officers and president are responsible for this.
- If the heat index (shown below) is in the yellow, practice should not exceed 2 hours and there should be mandatory water breaks every 20 minutes
- If the heat index (shown below) is in the orange or red students shall not participate in outdoor activities.
- In order to utilize the heat index utilize www.weather.gov/ or download the weather app
    - **Link to HEAT INDEX CALCULATOR** (https://www.wpc.ncep.noaa.gov/html/heatindex.shtml)



Temperature (°F)	Relative Humidity (%)																			
	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
80	77	78	78	79	79	79	80	80	80	81	81	82	82	83	84	84	85	86	86	87
81	78	79	79	79	79	80	80	81	81	82	82	83	84	85	86	86	87	88	90	91
82	79	79	80	80	80	80	81	81	82	83	84	84	85	86	88	89	90	91	93	95
83	79	80	80	81	81	81	82	82	83	84	85	86	87	88	90	91	93	95	97	99
84	80	81	81	81	82	82	83	83	84	85	86	88	89	90	92	94	96	98	100	103
85	81	81	82	82	82	83	84	84	85	86	88	89	91	93	95	97	99	102	104	107
86	81	82	83	83	83	84	85	85	87	88	89	91	93	95	97	100	102	105	108	112
87	82	83	83	84	84	85	86	87	88	89	91	93	95	98	100	103	106	109	113	116
88	83	84	84	85	85	86	87	88	89	91	93	95	98	100	103	106	110	113	117	121
89	84	84	85	85	86	87	88	89	91	93	95	97	100	103	106	110	113	117	122	
90	84	85	86	86	87	88	89	91	92	95	97	100	103	106	109	113	117	122	127	
91	85	86	87	87	88	89	90	92	94	97	99	102	105	109	113	117	122	126	132	
92	86	87	88	88	89	90	92	94	96	99	101	105	108	112	116	121	126	131		
93	87	88	89	89	90	92	93	95	98	101	104	107	111	116	120	125	130	136		
94	87	89	90	90	91	93	95	97	100	103	106	110	114	119	124	129	135	141		
95	88	89	91	91	93	94	96	99	102	105	109	113	118	123	128	134	140			
96	89	90	92	93	94	96	98	101	104	108	112	116	121	126	132	138	145			
97	90	91	93	94	95	97	100	103	106	110	114	119	125	130	136	143	150			
98	91	92	94	95	97	99	102	105	109	113	117	123	128	134	141	148				
99	92	93	95	96	98	101	104	107	111	115	120	126	132	138	145	153				
100	93	94	96	97	100	102	106	109	114	118	124	129	136	143	150	158				
101	93	95	97	99	101	104	108	112	116	121	127	133	140	147	155					
102	94	96	98	100	103	106	110	114	119	124	130	137	144	152	160					
103	95	97	99	101	104	108	112	116	122	127	134	141	148	157	165					
104	96	98	100	103	106	110	114	119	124	131	137	145	153	161						
105	97	99	102	104	108	112	116	121	127	134	141	149	157	166						
106	98	100	103	106	109	114	119	124	130	137	145	153	162	172						
107	99	101	104	107	111	116	121	127	134	141	149	157	167							
108	100	102	105	109	113	118	123	130	137	144	153	162	172							
109	100	103	107	110	115	120	126	133	140	148	157	167	177							
110	101	104	108	112	117	122	129	136	143	152	161	171								
111	102	106	109	114	119	125	131	139	147	156	166	176								
112	104	107	111	115	121	127	134	142	150	160	170	181								
113	104	108	112	117	123	129	137	145	154	164	175									
114	105	109	113	119	125	132	140	148	158	168	179									
115	106	110	115	121	127	134	143	152	162	173	184									
116	107	111	116	122	129	137	146	155	166	177										
117	108	112	118	124	132	140	149	159	170	181										
118	108	113	119	126	134	142	152	162	174	186										
119	109	114	121	128	136	145	155	166	178											
120	110	116	122	130	138	148	158	170	182											
121	111	117	124	132	141	151	162	174	187											
122	111	118	125	134	143	154	165	178												
123	112	119	127	136	146	157	169	182												
124	113	120	129	138	148	160	172													
125	114	121	130	140	151	163	176													

Extreme Danger	Heat stroke likely.
Danger	Sunstroke, musde cramps, and/or heat exhaustion likely. Heatstroke possible with prolonged exposure and/or physical activity.
Extreme Caution	Sunstroke, musde cramps, and/or heat exhaustion possible with prolonged exposure and/or physical activity.
Caution	Fatigue possible with prolonged exposure and/or physical activity.

Emergency Procedures

If a student has any symptoms of heat illness, first-aid procedures such as applying cooling measures, creating shade, calling 911 etc. should be initiated without delay. Common early signs and symptoms of heat illness include headache, muscle cramps, and unusual fatigue. However, progression to more serious illness can be rapid, and can include loss of consciousness, seizures, mental confusion, unusual behavior, nausea or vomiting, hot dry skin, or unusually profuse sweating.

Any student exhibiting any of the above-mentioned symptoms requires immediate attention. Students exhibiting symptoms of severe heat illness should be attended to by emergency services by calling 911 or (916) 278-6000 if on campus. No student with symptoms of possible serious heat illness should be left unattended or sent home without medical assessment and authorization. Additionally, students should report signs and symptoms of heat illness in themselves or other students by notifying Bailey Espiritu at 530-545-3936.

Coaches/instructors/presidents/safety officers should be able to provide clear and precise directions to the activity site and should carry cell phones or other means of communication to ensure that emergency services can be called.

Air Quality

Definition: The Air Quality Index (AQI) is an index for reporting daily air quality. The AQI focuses on potential health effects experienced from exposure to breathing polluted air. AQI accounts for five major air pollutants: ground-level ozone, particle pollution (also known as particulate matter, including PM2.5 and PM10), carbon monoxide, sulfur dioxide, and nitrogen dioxide. The AQI air pollution ranges from 0 to 500. The higher the AQI value, the greater the level of air pollution, and the greater the health concern. For example, an AQI value of 50 represents good air quality with little potential to affect public health, while an AQI value over 200 represents very unhealthy air quality.

Air Quality Monitoring

All students are responsible for monitoring air quality/projected air quality and proceeding according to the information outlined below.

- Monitor using these links
    - www.purpleair.com (we have purple air sensors on campus)
    - www.spareheair.com
    - www.airnow.gov
    - www.noaa.gov
    - www.weather.com
- The following table will be used to determine activity restrictions
    - level of 151 (or higher), all outdoor activities must be moved indoors, postponed or cancelled
    - Please ensure you are routinely checking the AQI before outdoor participation so that way you can be proactive and proceed accordingly

Air Quality Index (AQI)	Color	Description	Practice/Competition Restrictions
0-50	Green	Good	Air quality is satisfactory and air pollution poses little or no risk.

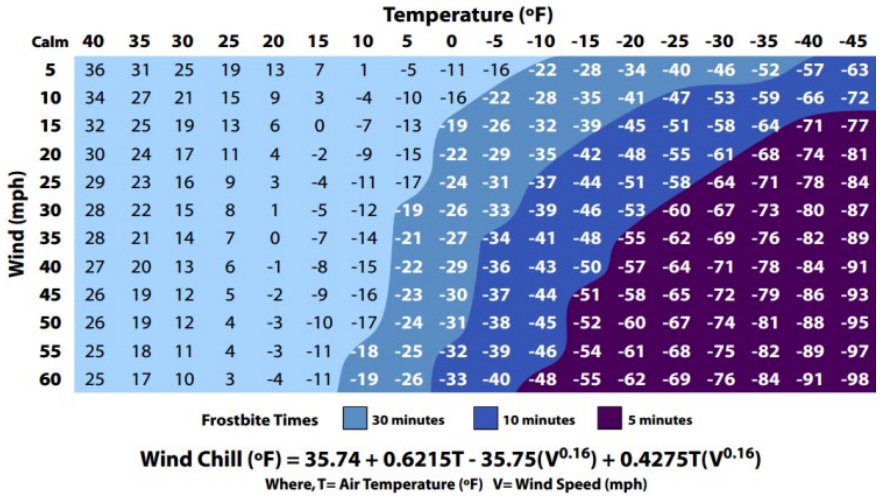
Air Quality Index (AQI)	Color	Description	Practice/Competition Restrictions
51-100	Yellow	Moderate	Student-athletes with unusual severe respiratory illnesses shall not participate in outside activity.
101-150	Orange	Unhealthy for sensitive groups	Those student-athletes with respiratory illnesses shall reduce prolonged or heavy outdoor exertion. All other student-athletes shall monitor themselves closely for distress.
150-200	Red	Unhealthy	ALL student-athletes shall not participate in outside activities
201-300	Purple	Very Unhealthy	ALL student-athletes shall not participate in outside activities
>300	Maroon	Hazardous	ALL student-athletes shall not participate in outside activities

Cold

Definition: The Windchill Temperature Index is a "measure of the combined cooling effect of wind and temperature." When the wind picks up speed, it draws more heat away, so if your skin is exposed to the wind, your body will cool more quickly than it would have on a still day. If you combine freezing temperatures with a frigid wind, the danger of frostbite and hypothermia increases.

Wind Chill Temperature Chart

- The Windchill Temperature index gives the perceived temperature equivalent for the combination of cold air and wind. It shows air temperature in degrees Fahrenheit and wind speed in miles per hour.
- The chart also includes a frostbite indicator, showing the points where temperature, wind speed and exposure time will produce frostbite on humans. Each of the three shaded area shows how long a person can be exposed before frostbite develops.
- If frostbite times get to 30 minutes or less outdoor activity must be cancelled or moved indoors



Dangers of Windchill

- Frosbite
    - Frostbite is body tissue that has frozen and usually starts with the fingers, toes, tips of the nose, and ear lobes. You may lose feeling in these area or they are turning pale or white
        - Get inside
        - Warm gradually with body heat, do not rub
        - Immerse affected area in warm water
        - Apply sterile dressing to blisters
        - Do not thaw if risk of re-freezing
        - Get medical attention
- Hypothermia
    - When your body's temperature drops too low, hypothermia sets in. Uncontrollable shivering, disorientation, and incoherence are signs of this issue.
        - Move into warm shelter if possible
        - Remove wet clothing and wrap into warm clothing
        - Apply dirrect body heat
        - Re warm neck,chest,abdomen,and groin
        - Give warm sweet drinks if conscious
        - Monitor breathing
        - Get Medical Attention

Prevention

- Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
    - Clothing should allow for sweat evaporation, insulation, and wind and water resistance
        - Cover exposed flesh (especially face and hands)
        - Mittens are more useful than gloves
        - Wear a hat
    - Have alternate plans in place for deteriorating conditions and activities that must be adjusted or cancelled.
    - Consider modifying activity to limit exposure or to allow more frequent chances to rewarm.

Environmental Conditions Resources

https://www.nata.org/practice-patient-care/health-issues/heat-illness
https://www.nata.org/sites/default/files/EnvironmentalColdInjuries.pdf
Sacramento State Athletics- Environmental Conditions Policy. (2020)
CSU Student Activities Heat Illness Prevention Reference Guide

Resource Guide for Students

Concussion:

http://www.nata.org/sites/default/files/concussion-infographic-handout.pdf
http://natajournals.org/doi/pdf/10.4085/1062-6050-49.1.07?code=nata-site

Heat Illness:

http://www.nata.org/sites/default/files/hydration_heat_illness_handout.pdf
http://natajournals.org/doi/pdf/10.4085/1062-6050-50.9.07

Sudden Cardiac Arrest:

http://www.nata.org/sites/default/files/sudden-cardiac_arrest-handout.pdf
http://natajournals.org/doi/pdf/10.4085/1062-6050-48.4.12

Lightning:

http://www.nata.org/sites/default/files/lightning_safety_handout.pdf
http://www.nata.org/sites/default/files/2013_lightning-position-statement.pdf

Asthma:

http://www.nata.org/sites/default/files/asthma-vcd-eilo-handout.pdf
http://www.nata.org/sites/default/files/mgmtofasthmainathletes.pdf

How to be Prepared in the Event of Natural Disasters:

https://www.ready.gov/prepare-for-emergencies

Snake Bike Treatment:

http://www.webmd.com/first-aid/snakebite-treatment

Resource for Surviving an Avalanche:

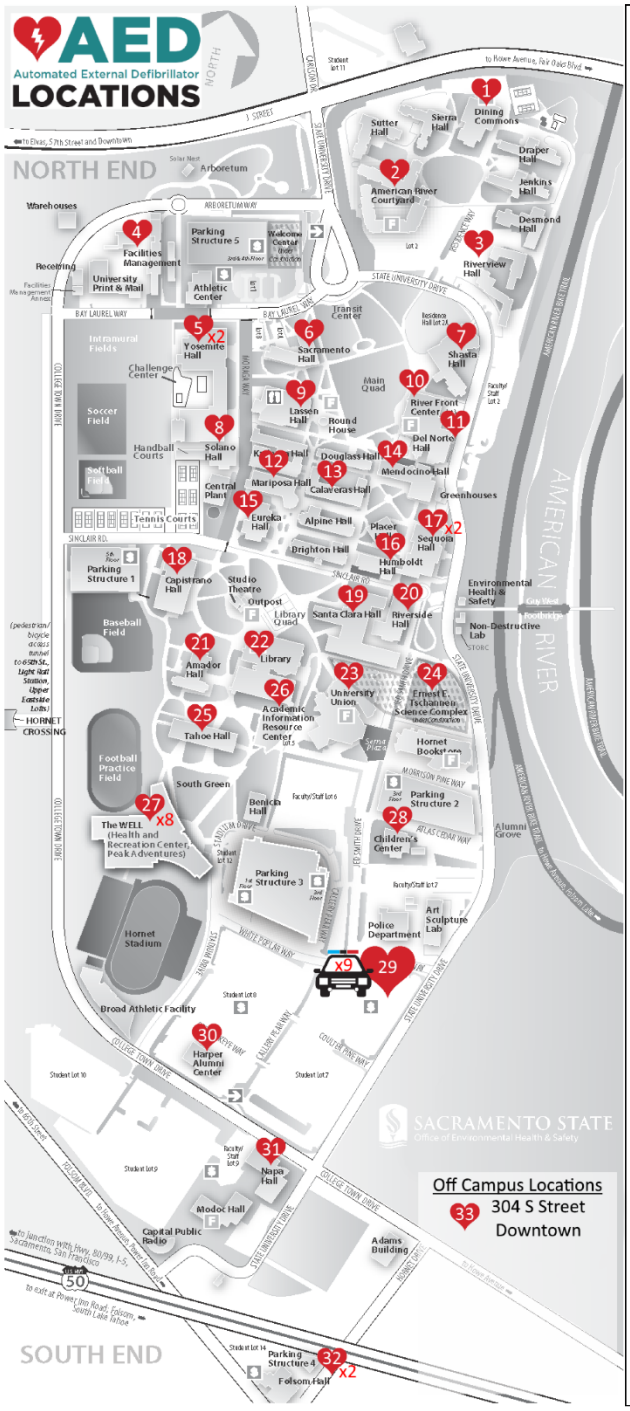
https://www.ready.gov/avalanche

China Peak's Position of Ski and Snowboard Safety:

http://www.skichinapeak.com/safety

AED Locations on Campus

For an interactive map of AED Locations visit: https://www.csus.edu/compliance/risk-management/campus-safety-map.html



Publically Accessible AED Locations

1. **Dining Commons**
2. **American River Courtyard** – Main Desk
3. **Riverview** – 1st floor, Main Desk
4. **Facilities** – Outside back door to office
5. **Yosemite** – by North Gym & Hornet's Nest (South Gym)
6. **Sacramento** – 1st floor, CSS desk
7. **Shasta** – by restrooms near University Theater
8. **Solano** – 3rd floor elevator lobby
9. **Lassen** – 2nd floor, elevator lobby
10. **River Front Center** – inside doorway to the back by food locations mural
11. **Del Norte** – 2nd floor, by women's restroom outside elevator lobby
12. **Mariposa** – 3rd floor, main stairwell landing towards patio door
13. **Calaveras** – West entrance by room 123
14. **Mendocino** – 2nd floor, elevator lobby
15. **Eureka** – 2nd floor, elevator lobby
16. **Humboldt** – 2nd floor, west stairwell by room 202
17. **Sequoia** – 1st & 4th floor elevator lobby
18. **Capistrano** – 1st floor, South wing by room 141
19. **Santa Clara** – Middle wing, by restrooms
20. **Riverside** – adjacent room 3018
21. **Amador** – 2nd floor, by restrooms
22. **Library** – 2nd floor, elevator lobby
23. **University Union** – Every floor!
24. **Tschannen** – 1st floor by room 1003
25. **Tahoe** – 2nd floor, North corridor entrance from East elevator lobby
26. **AIRC** – 2nd floor, stairwell 3 landing (North East corner)
27. **The Well** – 4 on the Well side, 4 on the Student Health Center side
28. **Children's Center** – Main office
29. **Police Department** – 1st floor, also in all 9 police cruisers
30. **Harper Alumni Center** – Main desk
31. **Napa** – By main stairwell
32. **Folsom** – Main entrance behind CSS desk and Physical Therapy room 1059
33. **Downtown** – 1st floor by CSS desk

Emergency?
Call the campus Police Department!
(916) 278-6000
911 from any land line
Red button on Blue light poles

Revised September 2019