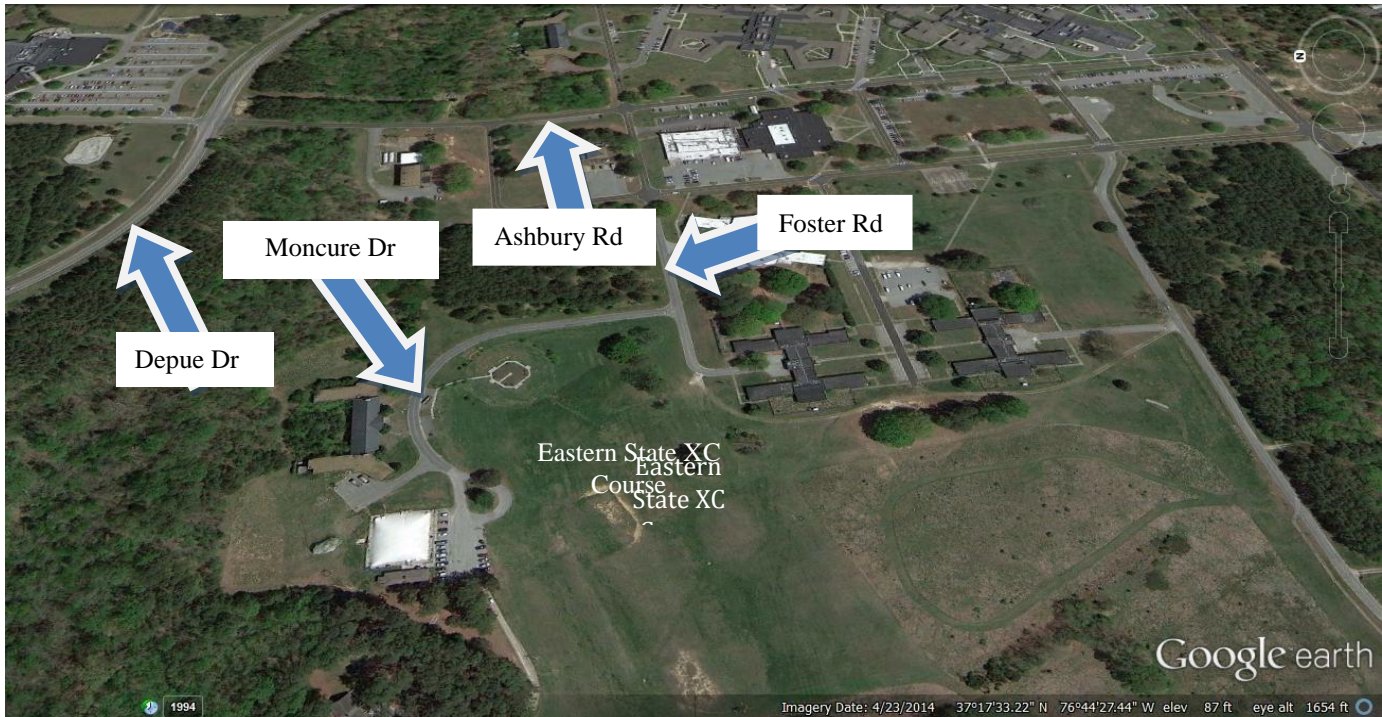


Emergency Action Plan
Eastern State Cross Country Course
Moncure Dr, Williamsburg, VA 23188



Call EMS in any life-threatening situation:

- Unconsciousness
- Uncontrolled bleeding
- Difficulty breathing
- Any situation that you are unsure of or uncomfortable with

Role of First Responder:

- Immediate care of injured/ill student-athlete
- Activation of emergency medical system (EMS)
- Retrieval of medical equipment
- Direct EMS to the scene

Emergency Personnel

Teams and individuals utilizing the Eastern State Cross Country Course during intercollegiate events will be covered by the athletic training staff of the College of William and Mary subject to their availability and arrangements made prior to the event. The athletic training coverage of this venue will be in contact with the athletic training facility in Kaplan Arena via radio in case of emergency situations.

There will be a staff person with a radio at the start/finish line during the event. For events when weather and field conditions dictate, a chase vehicle will follow the last runner. This vehicle will have a radio for contact with on-site athletic training staff.

If a Member of the Athletic Training staff is not there:

- At least one coach on each William and Mary athletic team staff is first aid, CPR & AED certified
- Contact the Athletic Training Facility at Kaplan Arena via phone or 2-way radio
- Contact EMS via a cell phone dialing 9-1-1

Nearest Hospital:

- Sentara Williamsburg Regional Medical Center
Emergency Room
- 100 Sentara Circle, Williamsburg, VA 23188

Directions to Hospital:

- Proceed on Moncure Dr to Foster Rd
- Take left on Foster and proceed to Ashbury Rd
- Take left onto Ashbury Rd and proceed to Depue Dr.
- Take left onto Depue Dr and proceed to Rt 199 West
- Turn left on Rt 199 West ramp; proceed on 199 West to right exit at Rochembeau/Mooretown Rd
- Follow Mooretown Rd to 2nd stop light
- Right onto Sentara Circle; follow circle and signs to ER.

Important Phone Numbers:

- Kaplan Arena Athletic Training Facility: 757-221-3407
- Emergency Medical Services: 9-1-1
- Sentara Williamsburg Regional Medical Center
Emergency Room: 757-984-7111

Medical Equipment Available:

- The following emergency equipment is located in the athletic training room in Kaplan Arena: Athletic training kit, splinting kit, spine board, and additional emergency equipment
- No AED is located on site; a portable AED is available to be brought on site.