

## Sport Club Travel Safety Protocol

Princeton Sport Club teams travel to many events each year, from single games to large tournaments. Please use this Safety Protocol to understand how to effectively handle any issues that may arise while traveling.

### Before Traveling:

1. Identify a point person for the competition to communicate questions/issues
2. Ensure all traveling team members have their medical insurance information with them
3. Ensure your team has at least 2 CPR/AED/First Aid certified members.
  - One certified member should be present at every practice and competition
  - CPR Training is provided free to club members at the beginning of each school year.
4. Have a fully stocked First Aid Kit, available from the Sport Club office
5. Ensure you have enough [Vehicle Certified Drivers](#) to travel to the competition, if applicable
6. If possible, obtain an Emergency Action Plan for the facility you are using
7. Know the location of the facility you are using, and have addresses and directions
8. Know the closest hospital and urgent care facility and have directions to them
9. Teams traveling to compete off campus should assume there will not be any on-site support for an injury
  - Even if you are told medical coverage is provided, be prepared in case it is not available
  - Communicate to students traveling what coverage will be available for the team on site: Ambulance/University Staff/CPR certified team members/No coverage
10. Determine if the event will have additional resources or support such as
  - Water for participants
  - Ice for injuries
  - Restrooms, shade, and vehicle access to facility

### While traveling to/from competition:

1. Know the weather forecast for your destination, as well as the route you will be taking to your destination
2. Avoid driving after 11pm and before 6am
3. Ensure you have a cell phone available to make a call if necessary
4. All passengers must wear seatbelts at all times
5. Drivers can not text or make phone calls while driving
- 6. For an emergency, dial 911**
- 7. Report all accidents to local police, Public Safety, and the Sport Club office**

### When you arrive at a facility for a competition:

1. Inspect the playing surface and surrounding area for any hazards
  - If any issues are found, report them immediately to the host team or point person for the event
2. Identify where any medical coverage is located

During a competition:

1. Follow the Emergency Action Plan for the venue you are using.
2. If no medical coverage or event staff are present
  - For an emergency, or medical issue that requires immediate attention dial 911
3. Advise any injured club member to visit the Sport Medicine Physicians at UHS when they return to campus
4. If there is an event staff member, an Ambulance/EMT's, or point of contact for the competition, alert them immediately of an issue. Follow their instructions

If an injury or medical issue happens while off campus:

1. Follow the Emergency Action Plan for the venue you are using, if applicable
2. If there is an event staff member, an Ambulance/EMT's, or point of contact for the competition, alert them immediately of an issue. Follow their instructions
3. **For an emergency, or medical issue that requires immediate attention dial 911**
4. Advise any injured club member to visit the Sport Medicine Physicians at UHS when they return to campus
5. Communicate the injury or issue to the Sport Club office immediately, and complete and turn in a [Injury Report Form](#)
6. Complete the [Travel Competition Results Report](#) once you have returned from a travel competition. It should be completed within 48 hours of returning to campus

If a severe storm approaches your competition, follow these guidelines:

1. Watch/Listen for lightning
2. Check [www.weather.com](http://www.weather.com) or [www.wunderground.com](http://www.wunderground.com) for weather updates and to track any approaching storms
3. Consult the [Emergency Action Plan](#) for the facility you are using for the nearest Lightning Shelter
4. If you see lightning, count the seconds, and if you hear thunder before your count reaches 30 seconds, stop play and **SEEK SHELTER IMMEDIATELY**
5. If playing conditions are now unsafe due to the weather, cancel or postpone the practice/competition