

MCAC Sports Medicine Handbook

Fond du Lac Tribal & Community College

| Staff | Email | Phone |
|-------------------|-----------------------|--------------------------------------|
| Athletic Trainer | | |
| Charlene Heule | heule@live.com | 218-879-0873 (o) 218-409-0784 (c) |
| Athletic Director | | |
| Laura Sylvester | lsylvester@fdltcc.edu | |

Medical Coverage

- The following personnel will be available at all home FDLTCC events, even if “home” site is off campus
 - 1 Certified Athletic Trainer
 - 1 Site Director (Athletic Director)
- EMS/Ambulance Coverage is available by calling 911. Anticipated response time of 5 – 15 minutes.
- AED
 - For outdoor sports the AED will be located with the Athletic Trainer on the home sideline or in a central area.
 - For events occurring in the Jack Brigs Cultural Center, the AED is located in the commons area just outside the gymnasium.

Medical Services

- There will be a Certified Athletic Trainer available during all games.
- The Athletic Training Room will be open for two (2) hours before the start of the event.
- The Athletic Training Room will be open for thirty (30) minutes after the event.
 - The Athletic Training Room is located in the lower lever of the Cultural Center, room CC007.
- The following modalities and services will be available in the Athletic Training Room and by contacting the Certified Athletic Trainer:
 - Heat
 - Ice
 - Taping / Wrapping
 - Ultrasound
- Visiting teams needing more than heat, ice, or taping prior to competition should have their ATC call ahead or send a note with the team.
- When taping is needed teams are asked to bring their own supplies.

Medical Supplies

- The following supplies / equipment will be available either in a central location or home sideline.
 - Medical Kit
 - Sams Splints
 - AED
 - Crutches
 - Slings
 - Ice
- Visiting teams will be provided with the following
 - Football
 - 3) 5 gallon water coolers
 - 1) Access to ice w/bags
 - Baseball, Basketball (M/W), Softball, Volleyball
 - 1) 5 gallon water cooler
 - 1) Sleeve of cups
 - 1) Access to ice w/bags
- Bench Towels will not be provided to visiting teams.

Emergency Facilities

- Community Memorial Hospital
512 Skyline Boulevard
Cloquet, MN 55720
218-879-4641
- Essentia Health – St. Mary’s Medical Center
407 East Third Street
Duluth, MN 55805
218-786-4000
- Essentia Health St. Mary’s – Superior Clinic
3500 Tower Ave
Superior, WI 54880
715-817-7000