

TO: Participating schools
FROM: South Plains College Athletic Medicine Staff
DATE:
RE: Athletic Training Services for the NJCAA Outdoor Track & Field Meet

Terry Lehmann, certified athletic trainer, will be at the meet to assist with your athlete's healthcare needs. We will have a make-shift athletic training room set up with some equipment (see below).

We please ask that your athletes do not loiter in the athletic training room. Due to limited space please be patient and courteous when using this facility. We suggest you travel with an athletic trainer, preferably a certified one. If you are not traveling with an athletic trainer and you have an athlete needing a modality, other than ice, you will need to bring a signed note from an ATC or other medical professional (Dr., PT, etc...) outlining the treatment parameters for that athlete's injury. No treatment will be given without the note.

If you have any taping needs, please bring your own taping supplies. No exceptions can be made. Due to a shortage in our staff and the time constraints of this event we will not be performing therapeutic massage for the participants.

Equipment:

- treatment tables
- moist heat packs
- 1 EMS/US unit
- injury ice
- first aid supplies
- emergency equipment: spine board, splints, c-collars

Phone numbers:

- | | |
|---------------------------------------|-----------------------|
| ▪ Medical Emergency: Land-Line | 911 |
| ▪ Covenant Medical Center (Lubbock) | 806-725-1011 |
| ○ CMC Emergency Room | 806-725-4288 |
| ▪ Covenant Hospital (Levelland) | 806-894-4963 |
| ▪ Terry Lehmann, Athletic Trainer | 806-894-9611 ext.2230 |