

CONSIDERATIONS FOR AN EMERGENCY ACTION PLAN (in the Wellness Recreation Center)

Prior to collecting data:

1. Telephone: Designate a telephone for emergency calls. If the phone is a land-line phone, ensure that the location is accessible (unlocked) during each testing session and all necessary dialing sequences (9) are clearly posted. If a mobile phone will be used, the PI must ensure that the phone has adequate service/connection at the testing site.
2. Identify/confirm available resources: Identify the day(s) and time(s) of testing and any support personnel that are usually available at that location. Confirm this prior to each session. (*see check/call # 2 below*)
3. General Safety: Instruct and monitor equipment use (climbing onto equipment, picking up weights, getting off equipment, etc.) and ensure that the area is clear of obvious hazards.
4. Communication. Review non-verbal forms of communication, such as hand signals, during testing where verbal communication may be challenging (e.g., when subject wears a mask covering the mouth during VO₂ testing, or while underwater during underwater weighing).
5. Ability to Self-Monitor. Participants must have the cognitive ability to accurately determine if any unusual physiological responses to exercise are occurring (self-monitor). Participants should be warned of the potential adverse responses and then supervised closely by the researcher.

Check/Call:

1. Check the participant and determine if life-threatening emergency. If so, the PI conducting the experiment will call 911 for an ambulance on a phone that has been tested for service in the lab.
2. If in the WRC and the PIs need additional assistance, they will contact the Student Faculty Manager and Welcome Desk Supervisor.
3. In the case of a cardiac emergency, the Automatic External Defibrillator (AED) is located in the main office of the WRC.
4. The PI will inform the Student Faculty Manager or the Welcome Desk Supervisor to bring the AED to the scene of the emergency.
5. If the ambulance is called, the PI or Student Faculty Manager will direct a patron or other WRC staff member to go to the appropriate door and wait for the ambulance.

Care:

1. A person who is CPR and First Aid certified must be on site and will assist with the injury until the point at which more qualified emergency care provider arrives to the scene.
2. Care should be given based on level of training or certification that a staff member has acquired.

Clean the Area:

1. If the event requires the cleaning of bodily fluids from the area, the Student Faculty Manager or Custodians will be asked to assist.
2. If the injury occurs at a swimming pool, lifeguards may be requested to complete the cleaning.

Injury Reporting:

1. The lab where the injury occurred will not be reopened until a WRS professional staff member arrives to debrief the incident and all blood borne pathogen cleanup has been completed.
2. The PI will write down the details of the incident until the WRS professional arrives to the scene. The incident report should include conditions that led to the incident and a step by step analysis of what occurred.
3. The researcher will notify the IRB Administrator by email, and if the injury was not anticipated as a possibility in the original IRB application, an Adverse Events/Problem Reporting form must be completed and emailed or mailed to the IRB administrator within 48 hours.
4. Research will not begin again until specific permission is granted by the UNI IRB Chair, Administrator, or other qualified IRB personnel.

NOTE: If the data are being collected at the WRC (including strength and conditioning), the PI will not seek the help of an athletic trainer until after the emergency action plan has been activated. There is no assurance that an athletic trainer will be available to assist if needed.