

UNC Taekwondo Club Safety Measures and EAP



All information sourced from UNC Sports Clubs, UNC Campus Recreation, UNC Campus Safety, and American Red Cross



Carolina
Taekwondo

Requirements, Responsibilities, and Good Things to Know



Important Information

- **Stallings-Evans:** (919) 962-2067
 - Call in the event of an in-practice injury
- **Clinic Desk:** (919) 966-6548
 - Call to receive injury evaluation and make a treatment appointment
- **Campus Security:** (919) 962-8100
 - Call if someone is giving the club trouble (physical violence, refusing to leave, etc.)
- **Sports Clubs' Head Athletic Trainer:** Tyra Drouillard
 - Email tyrad@unc.edu or message her on Teams if you have any Risk Management questions
- Ice, Band-Aids, gauze, and wipes can be requested at the Woollen Front Desk on Floor B1.



Risk Management Officer Requirements

- The club **must** have at least 2 active members designated as Risk Management Officers (RMOs).
- There **must** be at least 1 RMO present at each practice.
- RMOs **must** be currently or scheduled to be certified in First Aid/CPR/AED.
 - Sports Clubs offers opportunities to be trained and reimburses for two of them (if in-house).
 - Connect with sportprograms@unc.edu for details.
- RMOs **must** upload their certification to DSE Rec to be officially considered in the position.



Risk Management Officer Responsibilities

- Provide first response to risk management situations before, during, and after club events.
- Responsible for transportation to urgent care or hospital facilities in the event of an emergency.
- Responsible for follow-up with Sports Medicine/Athletic Training if an emergency situation arises.
- Emergency situations include, but are not limited to:
 - Providing CPR/AED/First Aid to club members during club practices and events.
 - Understand how to communicate and use Sport Medicine services properly.
 - Know the procedures to take in case of an emergency or campus emergency (i.e. EAP)
- Fill out the [UNC Taekwondo Incident Report](#) form upon injuries/incidents.
 - **Incident:** An unexpected event.



Head Risk Management Officer Responsibilities

- All those of the standard position.
- Manage other RMOs, including (but not limited to):
 - Making sure there is always 1 at a practice.
 - Making sure they are approved on DSE Rec.
 - Making sure they know the EAP.
 - Making sure Incident Reports are being filled out.
- Update and manage the UNC Taekwondo Incident Report form and the UNC Taekwondo EAP & Safety Officer Info sheet as necessary.



Tournament Information (Home)

- UNC Athletic Trainers (ATs) will be present on the sidelines of home competition events when possible based on risk assessment levels of each sport.
- Taekwondo is currently listed under **Moderate Risk Level**.
- **Know the address of the location**
 - **Woollen Gymnasium:** 300 South Road, Chapel Hill, NC 27599
 - **Fetzer Hall:** 210 South Road, Chapel Hill, NC 27599
 - **Rams Head Recreation Center:** 340 Ridge Road, Chapel Hill, NC 27599
- **Know the emergency access point of the location** (for ambulances)
 - **Woollen Gymnasium:** 310 South Road, Chapel Hill, NC 27514
 - **Woollen Gymnasium Combat Room:** 203 South Rd, Chapel Hill, NC 27514 (park between Hooker/Woollen)
 - **Fetzer Hall:** 310 South Road, Chapel Hill, NC 27514
 - **Rams Head Recreation Center:** 91 Stadium Drive, Chapel Hill, NC, 27514



Tournament Information (Away)

- **Know the address of your location.**
- Ask the hosting team where the AED is located and who to contact in an emergency.
- There are First-Aid Kits available for check-out for away competitions from the Sports Programs Office.
- If there is a serious injury, fill out the Campus Recreation [Injury/Accident Report Form](#).



Concussions

A concussion is a brain injury that:

- Is caused by a blow to the head or body, or by jostling of the head and neck
- Can change the way your brain normally works
- Presents itself differently in each athlete
- Can happen even if you do not lose consciousness

Symptoms include:

- Amnesia, confusion, headache, nausea, double or fuzzy vision, sensitivity to light or noise, balance problems, dizziness, feeling sluggish, fatigued, or groggy, changes in mood, difficulty concentrating or remembering, slowed reaction time
- Some symptoms develop within 20 minutes-24 hours post-injury

When in doubt, get checked out!

- If you think you or a teammate may have sustained a concussion, report it!

Where can baseline testing be done?

- At Stallings-Evans
- At Campus Health
- By the AT at a tournament.



Return-to-Play Policy (Sports Clubs)

In the incident of injury resulting in leave from practice:

- All decisions about activity restrictions and return-to-play will be determined by Sport Clubs AT staff, in collaboration with team physicians.
 - Failure to comply will result in disciplinary actions.
- Sports Clubs AT staff are happy to communicate with coaches or club presidents about injuries and activity modifications.



Emergency Action Plan Information



Club Specific Procedures

In case of blood:

- Clear the scene and clean the blood.
- If there is one, take care of bleeding person(s).

In the case of injury:

- If possible, bring injured person into the hallway and treat them.
- Call an AT or other Stallings-Evans employee if necessary.

In the case of an incident:

- If necessary, report to Campus Security.
- If necessary, report to PRO Staff member (Jeremy 'Jay' McKendall or Justin Ford).

In case of incidents not listed:

- Refer to [UNC's EAP](#).



In the instance of an emergency:

- **CALL 911 IMMEDIATELY!!**
- Do what you were trained to do (initial assessment, primary care, etc.).
- Relinquish control over the situation to a more qualified person when they arrive, including (but not limited to):
 - ATs
 - EMS
 - Another more qualified RMO
- Fill out the proper Incident Report ([Taekwondo](#)/[Campus Rec](#) or both).



AED Locations

- **Woollen Gymnasium:** By the equipment room
 - Practice and home tournament location
- **Fetzer Hall:** Between Gyms A & B
 - Potential spot for tournaments or scrimmages
- **Rams Head Recreation Center:** Behind the front desk
 - Potential spot for scrimmages
- **Student Recreation Center (SRC):** On the wall next to the stairs/turnstiles
 - Occasional spot for Demo Team practice



Woollen Gymnasium EAP

- Call 911 and ask for **ORANGE COUNTY EMS**
 - Determine prior to event who will call in the event of an emergency
 - AT staff is best utilized providing care during an emergency situation
- State your name and that you have an emergency situation at Woollen Gymnasium
 - **310 South Road, Chapel Hill, NC 27514**
- State the situation and nature of emergency, state patient's condition/current state and care being provided, and give any other relevant information.
- Leave your phone number in case the call is disconnected.
- Give directions to facility over the phone if necessary:
 - **From Highway 54 to campus:** 54 will turn into South Rd as you approach campus. Pass Hooker Fields on the left, and Woollen is just past Carmichael Arena.
 - **If accessing lower level,** turn onto access road between Carmichael and Hooker fields. "Whoop" siren will lift the access road boom gate in front. Follow road around to parking area. Enter through back door. Someone will meet you there.
 - **If accessing main level,** may pass Carmichael Arena and enter through front doors on South Road.
- Send someone out to meet with ambulance at emergency access point.
- **DO NOT HANG UP UNTIL YOU ARE TOLD TO DO SO.**



911 Script

1. Dial 911
2. Say the following:

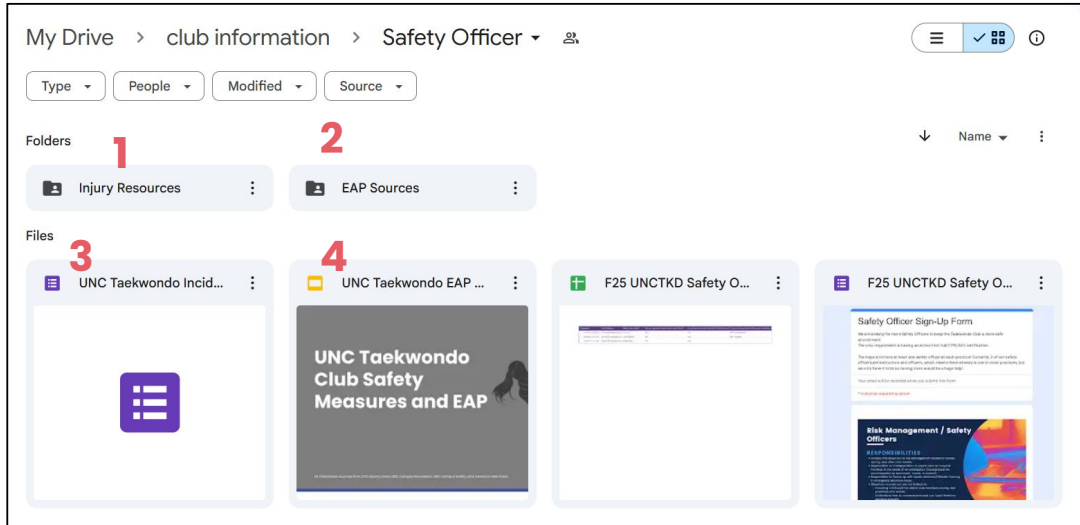
My name is _____, I am a Risk Management Officer for the UNC Taekwondo Club and we have an emergency situation at Woollen Gymnasium. We have a person who is a victim of _____ (1. Head injury, 2. Serious Injury to the _____, 3. Chest Pain, 4. Respiratory Difficulty, 5. Act of Violence, 6. Allergic Reaction, 7. Stroke/Heart Attack, etc.). This phone number is _____, and our address is **310 South Road, Chapel Hill, NC 27514**. Please send an ambulance/police officer to the access road between Hooker Fields and Woollen Gymnasium. Use the access road boom gate in front and follow around to the parking area. A club member will meet you to assist.



Additional Resources

[ACCESS HERE!](#)

Please refer to this Google Drive folder.



- 1 Files to send to injured persons detailing how to take care of various injuries (ankle, concussion, acute, etc.)
- 2 Sources used to build the EAP Includes SportsMed EAP, UNC Campus EAP, and more
- 3 Incident report submission form
- 4 Taekwondo EAP (this document)



Created by *Colin Franco, Vice President* on 9/16/2025



Carolina
Taekwondo