

Danbury Men's and Women's Rugby Club Emergency Action Plan

Doctor of Chiropractic

Diplomat American Chiropractic Board of Sports Physicians®

Name: Matthew Hartsburg

Contact Information: 203-792-4476

Company: Hartsburg Chiropractic Health Center, LLC

Nearest Hospital in Case of an Emergency

Facility Name: Danbury Hospital

Address: 24 Hospital Ave, Danbury, CT 06810

Phone: 911

Nearest Physician

Name: Danbury Urgent Care

Company: Danbury Urgent Care

Phone: (203) 826-2600

Location: 100 Mill Plain Road Danbury CT 06811

Driving Directions:

1. Depart High Ridge Rd toward Mill Ridge Rd
2. Turn left onto Mill Ridge Rd
3. Turn right onto US-6 / US-202 / Lake Ave Ext (McDonald's on the corner) drive 2.1 miles
4. Arrive at US-6 / US-202 (The last intersection is Aunt Hack Rd)

If you reach Old Mill Plain Rd, you've gone too far

MEDICAL PLAN

On days that Danbury hosts a home match the clubs certified Chiropractic Sports Physician, will be at the field an hour prior to the start of the match to serve as the team's sports physician and trainer. He will provide services that include but not limited to, to tape and prepare the players for the first game. Dr. Matthew Hartsburg will be at the field for the duration of the match to provide any medical attention as necessary throughout the duration of the game. Copies of this emergency plan will be kept with the team medical kit and shared with the visiting team prior to the start of each match.

In case of an injury the procedure will be:

If injury occurs during warm ups or during the game, the athlete should seek medical attention from the onsite sports physician for medical assistance and/or evaluation. In event of serious or life threatening injury, the onsite sports physician will call 911 immediately. If a non-life threatening injury occurs, the injured player will be assessed and evaluated by the onsite sports physician to determine the severity of the injury to determine if further and immediate medical assistance is needed. Based on the evaluation by the sports physician, he or she will determine if an ambulance needs to be called or if it's recommended to go to Danbury Urgent Care. If further



medical follow-up is recommended by the sports physician, injured players are strongly urged and encouraged take those recommendations seriously and either go to the local ER or Danbury Urgent Care upon conclusion of the match for further and more intensive evaluation.

