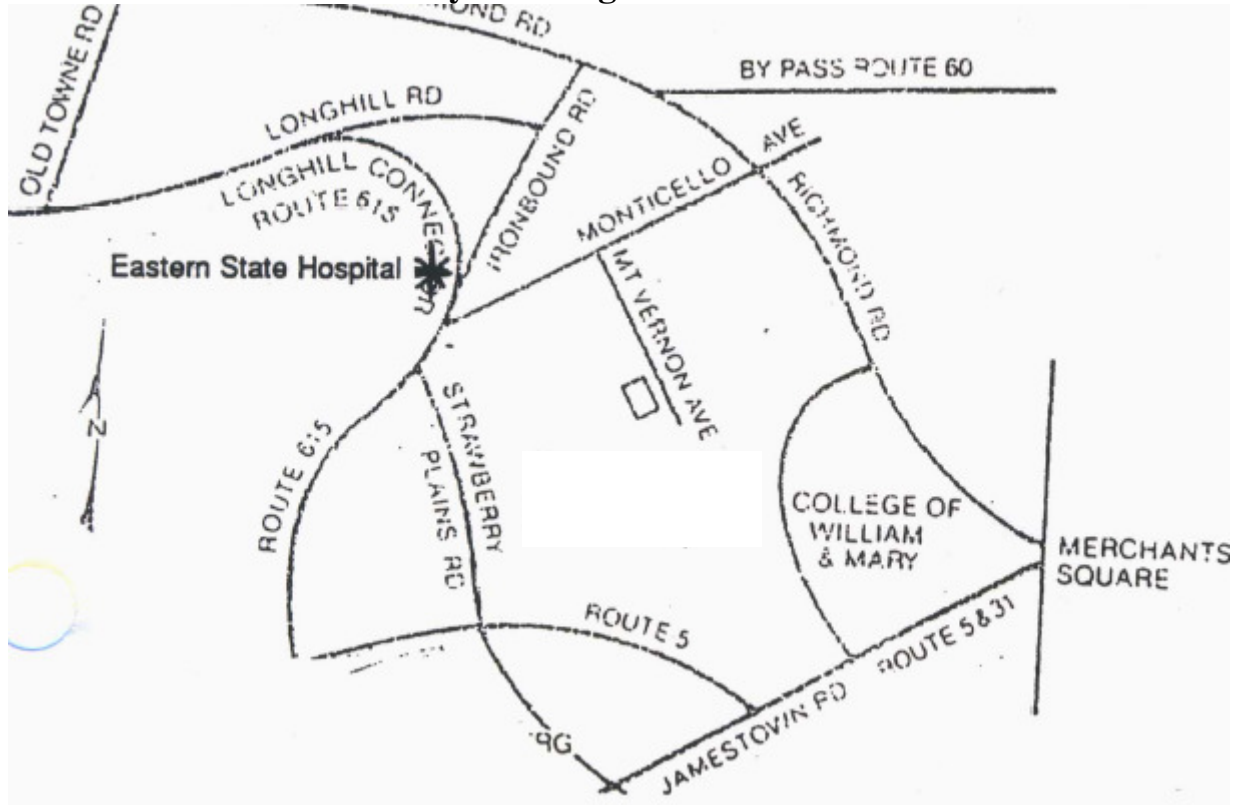


## Emergency Plan Eastern State Cross Country Running Course



Teams and individuals utilizing the **Eastern State Cross Country Running Course** during intercollegiate events will be covered by the Sports Medicine Staff of the College of William and Mary subject to their availability and arrangements made prior to the event. The Sports Medicine coverage of this venue will be in contact with the Sports Medicine facility at William and Mary Hall via radio in case of an emergency situation. The Sports Medicine staff will also have a cellular phone as back-up communication in event of radio transmission failure. There are no available telephones in this remote location and most nearby buildings are locked.

There will be a staff person with a radio at approximately the 1.5 mile mark during the event. For events when weather and field conditions dictate, a chase vehicle will follow the last runner. This vehicle will have a radio for contact with on-site Sports Medicine staff.

If there is no on-site Sports Medicine staff, there are no emergency poles or telephones in this remote location and most nearby buildings are locked. When practicing, please be prepared for an emergency with a cellular phone if possible. Services may be sought at the Sports Medicine facility (757-221-3407) located across from the Millie West Tennis Facility, on the lower level of William and Mary Hall. From the tennis courts, proceed across Brooks Street down the loading ramp to the outside door of the Sports Medicine facility. Dial **911** in the event of an emergency.

Directions to Williamsburg Regional Medical Center Emergency Room (757-984-9647).

When you pull out of Eastern State Hospital, turn left on to Longhill Road. Follow Longhill for 1 mile and merge onto 199 West. You will follow 199 for approximately 3 miles to Rochambeau/Mooretown Road. Follow Mooretown Road to the 2<sup>nd</sup> light. Turn right onto Sentara Circle and follow the circle and signs to the Emergency Room.

GPS Address: Moncure Dr., Williamsburg, Va, 23188

GPS Address Hospital: 100 Sentara Circle, Williamsburg, Va 23188