



## OHIO STATE ATHLETIC TRAINING

535 Irving Schottenstein Dr. | Columbus, Ohio 43210

Dear Visiting Athletic Trainer,

Welcome to The Ohio State University for your upcoming game! I would like to take this opportunity to inform you of the athletic training and medical services available to you during your stay in Columbus. If we can assist you during your visit, please do not hesitate to contact me using any of the contact information below.

The Athletic Training Room is located at 615 Irving Schottenstein Drive in the Schumaker Complex. The regular operating hours for the Athletic Training Room are Monday through Friday from 8:00am until 5:00pm. On the day of the match, the Athletic Training Room will be available approximately 2 hours prior to the start of the game, or earlier upon request. Please note, there is no athletic training room at Buckeye Varsity Field.

Please feel free to use the Athletic Training Room as needed. If outside normal operating hours feel free to call or email with additional requests. The following items will be available for practice and competition:

PRACTICE	COMPETITION	ATHLETIC TRAINING ROOM
<ul style="list-style-type: none"> <li>• Ice water</li> <li>• Cups</li> <li>• Ice chest with ice, bags, and flexi-wrap</li> </ul>	<ul style="list-style-type: none"> <li>• Ice water</li> <li>• Towels</li> <li>• Cups</li> <li>• Ice chest with ice, bags, and flexi-wrap</li> <li>• Emergency Equipment (AED, Spine Board, Splints, Crutches, etc.)</li> <li>• Biohazard Materials</li> </ul>	<ul style="list-style-type: none"> <li>• Cryotherapy</li> <li>• Thermotherapy</li> <li>• Ultrasound</li> <li>• Hot/Cold Whirlpools</li> <li>• Electrical Stimulation</li> <li>• Hot Packs</li> </ul>

If your team is NOT traveling with a Certified Athletic Trainer, please arrange in advance to accommodate your teams' needs as treatments will only be performed upon request with a prescription or documentation.

The home bench will have emergency equipment (crutches, splints, oxygen, and AED). A certified athletic trainer and athletic training student will be present throughout the entirety of competitions. A team physician and Emergency Medical Services (EMS) will be on-site or on-call.

Again, if you have any questions or special requests, please do not hesitate to call. Good Luck in the upcoming competition and we hope you have a safe and enjoyable trip to Columbus!

### Helen Bulford, MS, AT

Intern Athletic Trainer  
Office: (614) 292-1165  
[Bulford.7@osu.edu](mailto:Bulford.7@osu.edu)

### Rae Everson, MS, AT

Assistant Athletic Trainer  
Office: (614) 292-1165  
[Everson.38@osu.edu](mailto:Everson.38@osu.edu)

### IMPORTANT MEDICAL SITES:

OSU After Hours Clinic at Martha Morehouse  
2050 Kenny Rd., 2nd Floor, Suite 2400  
Columbus, OH 43210  
Phone: 614-685-3357  
M-F 4:00 PM - 9:30 PM; Su-St 10:00 AM - 5:30 PM

University Hospitals- Main ER  
410 W. 10<sup>th</sup> Ave.  
Columbus, OH 43210  
Emergency Room: 614-293-8333

