

## Sports Medicine and Athletic Training Services

Player safety is a top priority for the tournament organizing committee. Premier Health will be providing all medical services at the 2022 WFDF World Ultimate Club Championships at Lebanon Sports Complex and Mason High School.

Premier Health's staff of certified athletic trainers, paramedics, and physicians will be conveniently located in the medical tent to treat athletes and referees. The medical tent will open two hours prior to the first game each day and will remain open until the last game finishes. Athletes in need of pre-game assistance should report to the medical tent at least 30 minutes prior to their warm-up time.

### Services provided at medical tents will include:

- Emergency first aid and injury evaluation; playing recommendations
- Concussion evaluation
- Pre-game taping/padding
- Initial management of acute injuries
- Physician referral if necessary
- Call-ahead services to the emergency department, as needed
- Maps/directions to nearby Premier Health facilities (including Premier Health Urgent Care) will be available from the athletic trainers

If an injured athlete requires immediate care, contact tournament personnel. The Premier Health sports medicine team will work closely with EMS to treat the injury and assess the need for possible transport to a local hospital.

If an athlete is diagnosed with a concussion by the medical staff, tournament personnel will be notified and the athlete will be disqualified for the remainder of the tournament.

## Get Ready for Ohio!

The following recommendations will help you prepare for the World Ultimate Club Championships in Ohio.

The weather is typically hot and humid during the summer months. Temperatures can be in the mid 80's to low 90's during June and July. Plan on pre-hydrating, hydrating during the games, and re-hydrating after the games. Drink more water than your thirst indicates! It's very hard to catch up once you're dehydrated.

Bring ice and wet towels to the field with you. Put a cold towel around your neck when you come off the field and at half time.

During half time, drink water or a sports beverage, such as Gatorade.

Keep out of the sun when you're not playing. Find shade. Be careful about how long you are in the sun watching games.

Ice water and shade will be provided at each field.

Although there will be ice and water available for teams on site, you should bring your own water bottle which you can fill from the water coolers at the fields. Ice and water will be replenished throughout the day as needed. Athletes who suffer from allergies or asthma can have an increase in symptoms during the time frame of the Ultimate Championships due to pollen, ragweed, and mold counts. You may call the pollen and mold hotline at (513) 946-7753 to hear a recording that will provide a total count or value for the most prevalent allergens for the previous 24-hours. If you have a need for over-the-counter allergy medications, a map of local pharmacies will be available from tournament personnel. Please ensure that any prescription medications for allergies and/or asthma are brought with you, including inhalers and epi-pens.

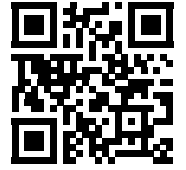


# Our Care Lives in Safe and Easy Access



## Emergency Care

When health emergencies can't wait, a Premier Health emergency center is ready for you. From the fastest helicopters to the highest level of trauma care, our services are designed to meet your needs when serious illness or injuries arise. **Check out our wait times at PremierHealth.com/ER.**

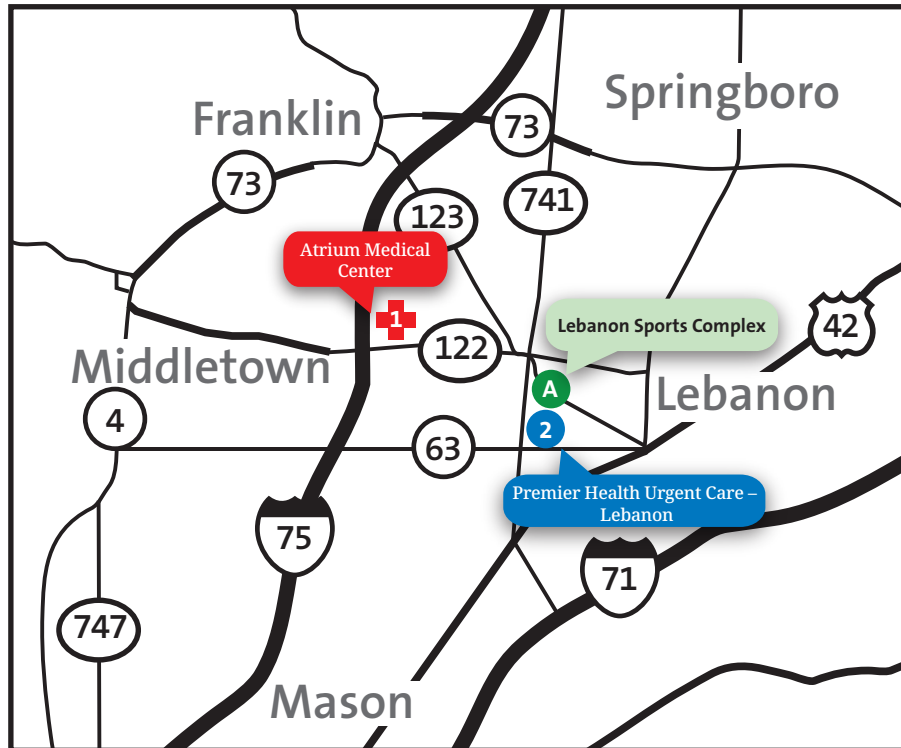


## Urgent Care Centers

Because illness or injury never comes at a convenient time, Premier Health Urgent Care locations are open daily 9 a.m. to 9 p.m. We welcome your visit where you will receive skilled treatment for those minor health problems that can't wait until your primary care doctor can see you.



## Nearby Premier Health Locations



### 1. Emergency and Level III Trauma Center

**Atrium Medical Center**  
One Medical Center Drive  
Middletown, OH 45005

### 2. Premier Health Urgent Care – Lebanon

580 N. St. Route 741  
Lebanon, OH 45036  
(513) 974-8320

### A. Lebanon Sports Complex

900 McClure Road  
Lebanon, OH 45036

*In the event of an emergency, please dial 911.*