

SAN DIEGO STATE ATHLETICS

Fowler Athletics Center | 5302 55th St. | San Diego, CA 92182



Dear Visiting Athletic Trainer:

On behalf of San Diego State University and the Aztec Swim & Dive team, I would like to welcome you to San Diego for your upcoming competition. We look forward to assisting you with your medical needs during your visit.

Our main athletic training room is located in Fowler Athletic Center, and a satellite location in the Tennis Court Lounge.

The following items will be available for practice and competition:

Practice	Competition	Athletic Training Room
Water Cups Ice Chest (Ice, Bags, and Flexi-wrap)	Water Gatorade Cups Ice Chest (Ice, Bags, Flexi-wrap) Emergency Equipment (Splints, Crutches, etc.) Biohazard Red Bags	Biohazard Materials Cryotherapy Thermotherapy Ultrasound Electrical Stimulation Rehabilitation Area

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. There will be emergency equipment available at the Aztec Aquaplex or Tennis Center Lounge, including vacuum splints and crutches. AED's are available as part of the emergency action plan. The emergency action plan, specific for the Aztec Aquaplex, is posted in the lobby entrance to the right, above the fire alarm. A physician will be on-call at all times during the competition.

If you should have any questions, please do not hesitate to contact me at the number listed below. Again, welcome to San Diego. Good luck, and we hope you have a great time!

Sincerely,

Gabriella Rubio MSAT, ATC
Assistant Athletic Trainer
530.588.3132
grubio@sdsu.edu

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Emergency Phone Numbers:

Emergency Medical Services (EMS): 911

San Diego State Campus Police: 619-594-1991

Athletic Training Room: (619)-594-7650



Nearest hospital:

UCSD Health East Campus
6655 Alvarado Rd
San Diego, CA 92120-5208
Phone: (619) 287- 3270

Kaiser Hospital:

Kaiser Permanente
4647 Zion Avenue
San Diego, CA 92120
Central Operator: (619) 528-5000
ER Phone: (619) 528-5118

Urgent Care:

Sharp Reese-Steely- Urgent Care
8701 Cuyamaca Street
Santee, CA 92071
Phone: (619) 568- 8025

Pharmacy:

CVS (24 Hr)
3151 University Ave
San Diego, CA 92104-2039
Phone: (619) 283-7366

Non 24-HR Pharmacy:

CVS Pharmacy (non 24-hr)
6265 El Cajon Blvd
San Diego, CA 92115-3917
Phone: (619) 287-6848

Pharmacy Hours: (closes for lunch everyday 1:30 PM-2 PM)

Mo-Fr: 09:00 AM - 9:00 PM

Sat: 09:00 AM - 06:00 PM

Sun: 10:00 AM - 06:00 PM