

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 Aztec Men's & Women's Basketball, we would like to welcome you to San Diego and to Viejas Arena for your upcoming competition. We look forward to assisting you with your medical needs during your visit.

The following items will be available for practice and competition:

Practice	Competition	Athletic Training Room
Water Cups Ice Chest (Ice, Bags, and Flexi-wrap) Towels	Water Gatorade Cups Ice Chest (Ice, Bags, Flexi-wrap) Emergency Equipment (Splints, Crutches, etc.) Towels Red Biohazard 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 from an ATC or MD. There will be emergency equipment available at the home bench including vacuum splints and crutches. An AED is located at the north-west corner of the arena. The emergency action plan, specific for Viejas Arena, will be included on the sideline cart. A physician will be present at all times during the competition.

If you 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,

Sergio Ibarra MS, ATC
Assistant Director of Athletic Medicine
Men's Basketball
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Assistant Director of Athletic Medicine
Women's Basketball
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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 (Fowler Athletic Center)

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 Rees-Stealy 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