Visiting Team,

Welcome to Clemson University! I hope your time here is enjoyable and injury free! However, if any medical needs arise while you’re here, we’re prepared to handle them. Our Athletic Training staff is available for all high risk/contact sports, and if necessary, there are various medical facilities close by for more. There will be a certified Athletic Trainer at all high risk/contact sport matches who can provide the following treatments:

- Pre-event taping
- Emergency injury management:
  - Injury assessment
  - Splinting
  - Wound care
  - AED
  - EMS activation
  - Icing

Local Medical Facilities:

Clemson Health Center: Urgent Care & Front Desk - (864) 654-6800
885 Tiger Blvd. Clemson, SC 29631 (Five minutes away)

Urgent Care hours:
- Monday-Friday: 8:00am-8:00pm
- Saturday: 10:00am-6:00pm
- Sunday: 1:00pm-6:00pm

Oconee Medical Center - Emergency Room - 864-482-3100
298 Memorial Drive, Seneca, SC 29672 (10 minutes away)

- Open 24 hours.

If you have any further questions, please contact Emily Theys, Assistant Director of Club Sports via email at ethneys@clemson.edu or call 864-656-2350.

Thank you, and enjoy your visit.

Emily Theys, Assistant Director, Club Sports
From Atlanta, GA: Take I-85 North to Exit 14 in South Carolina. Take a left and cross bridge over interstate onto SC Highway 187 until the road runs into U.S. Highway 76 and 28. Make a left at this traffic light. Follow this road past Tri-County Technical College towards Clemson. Take a left onto Perimeter Road.

From Greenville, SC: Take I-85 South to Exit 40. Make a right onto SC Highway 153. Follow this road until it runs into SC 123. Take 123 South. Take a left onto College Avenue to downtown Clemson. College Avenue ends at Hwy. 93. Make a sharp right turn onto Old Greenville Hwy. (Hwy. 93). Subway Sandwich Shop will be on your right. The soccer field and the tennis center will be on your left after you turn. For other facilities, take a left at the second light.

From Columbia, SC: Take I-26 West and exit onto Interstate 385 West. From 385, take I-85 South and exit at exit 40. Make a right on SC Highway 153. Follow this road until it runs into SC Highway 123. Take 123 South. Take a left onto College Avenue to downtown Clemson. College Avenue ends at Hwy. 93. Make a sharp right turn onto Old Greenville Hwy. (Hwy. 93). Subway Sandwich Shop will be on your right. The soccer field and the tennis center will be on your left after you turn. For other facilities, take a left at the second light.

From Asheville, NC: Take I-26 South to exit 23 (25 South). Follow 25 South into South Carolina and follow the signs to Atlanta. Take 25 into Berea. (Do not follow Business Rt. 25 into Greenville.) Turn right on SC Highway 253. Stay on for about one mile. Turn right on SC Highway 124. Stay on 124 until it merges onto US 123. Take a left onto College Avenue to downtown Clemson. College Avenue ends at Hwy. 93. Make a sharp right turn onto Old Greenville Hwy. (Hwy. 93). Subway Sandwich Shop will be on your right. The soccer field and the tennis center will be on your left after you turn. For other facilities, take a left at the second light.

Hotels

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Address</th>
<th>City</th>
<th>Zip</th>
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<tbody>
<tr>
<td>The Abernathy</td>
<td>157 Old Greenville Hwy</td>
<td>Clemson</td>
<td>29631</td>
</tr>
<tr>
<td>Comfort Inn of Clemson</td>
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<td>29631</td>
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<td>Days Inn</td>
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<td>29631</td>
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<td>Sleep Inn</td>
<td>1303 Tiger Blvd.</td>
<td>Clemson</td>
<td>29631</td>
</tr>
<tr>
<td>James F. Martin Inn</td>
<td>240 Madren Center Drive</td>
<td>Clemson</td>
<td>29634</td>
</tr>
</tbody>
</table>
### In Clemson:

- **Columbos' Pizza**  
  203-1 Pendleton Road  
  Clemson, SC 29631

- **Esso Club (meat and three)**  
  129 Old Greenville Hwy.  
  Clemson, SC 29631

- **Mellow Mushroom (pizza)**  
  189 Old Greenville Hwy.  
  Clemson, SC 29631

- **Todaro’s Pizza**  
  105 Sloan Street  
  Clemson, SC 29631

- **Osaka Express (Japanese)**  
  518 College Avenue  
  Clemson, SC 29631

- **BGR - The Burger Joint**  
  378 College Avenue  
  Clemson, SC 29631

### Near Clemson:

- **Fuddruckers**  
  100 Destination Drive  
  Anderson, SC 29621

- **Outback Steakhouse**  
  110 Hwy. 76  
  Anderson, SC 29621

- **Just More BBQ**  
  1410 Cherry Road Extension  
  Pendleton, SC 29670

- **Cracker Barrel**  
  126 Interstate Blvd.  
  Anderson, SC 29621

- **Central Station Cafe**  
  234 West Main Street  
  Central, SC 29630

- **Copper River Grill**  
  514 by Pass 123  
  Seneca, SC 29672

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**Contact Information**

For any related manuals and packets, please visit the Club Sports website: [clemson.edu/campusrec/clubsports](clemson.edu/campusrec/clubsports)

For more information about Campus Recreation, please refer to [clemson.edu/campusrec](clemson.edu/campusrec)