

HEALTH SERVICES

Odyssey of the Mind

Attached is the required medical release form. Every participant must have a form completed and signed by his or her parent/guardian. Forms will be kept in possession of the team's coach and must accompany the participant to any medical intervention. Please bring your team's completed forms with you to registration. Forms are required and participants will not be allowed to register without the completed form.

The University Physicians Office

The University Physicians Office is located on the third floor of the Olin Memorial Health Center, East Circle Drive. The Health Center is located on the north edge of Michigan State University campus.

Hours: Monday through Friday, 8:00 am-5:00 pm

Phone: (517) 884-6546

E. W. Sparrow Hospital

Medical care is also available through the emergency department of Sparrow Hospital, located at 1215 East Michigan Ave., Lansing, MI.

Phone Number: (517) 364-1000

Sparrow Urgent Care Center

Okemos Center

2248 Mt. Hope (at Okemos Rd.) Suite 106

Phone: (517) 381-4001

Hours: Everyday, 10:00 am-10:00 pm

Weather in East Lansing

The weather in May in Lansing, Michigan can be quite variable. The average high is 69° F and the average low is 45° F. Daytime temperatures may range from 40° F to 80° F. Generally during May the skies are overcast, but may be sunny. A light jacket and rain protection would be advisable. Check the weather forecast for Lansing, MI prior to arrival at <http://www.weather.gov>. Pollen counts tend to be higher in the spring as well, so those with seasonal allergies may wish to come prepared.

Campus Security

The MSU Police would like you to have a safe time during your stay at MSU. Our department is fully operational 24 hours a day. To reach us, call 911 for emergencies, or dial 355-2221 for non-emergencies. Although the MSU campus is a very safe place, common sense precautions such as those listed below should be used at all times.

- Do not prop open locked residence hall doors.
- Lock your door when sleeping and when leaving a roommate asleep inside.
- Do not take in overnight guests.
- Use peepholes to identify visitors at your door.
- Do not allow door-to-door salespeople to enter your room and alert staff that they are in the hall.
- Require identification and authorization from maintenance staff requesting access to your room for any reason.
- Never loan your room key or ID to anyone.
- Report all doors, locks, and windows in need of repair to residence hall staff.
- Be aware of people loitering or checking doors in your hall. Note their description and call the MSU police.
- Do not leave valuables in your room or other buildings on campus unattended.

While walking on campus, do the following:

- Walk confidently and assertively. Walk with others when possible.
- Walk in well-lit areas if possible.
- Carry your backpack or other belongings close to your body and secured over one shoulder or under one arm.
- Be aware of your surroundings and others who might be there. If you think you are being followed, turn around confidently and check.
- Wear flat, comfortable shoes that you can run in if necessary.
- Learn to use keys, pens, pencils, and umbrellas to defend yourself if you are attacked. Backpacks, purses, and coats can be used to protect your body from an attacker.
- Consider carrying a whistle, shriek alarm, and/or cellular phone.
- There are many “green light” emergency phones on campus. The emergency button connects you to the MSU police and pinpoints your location.
- All walkers should be aware of open buildings and businesses along their routes.
- Realize that listening to headphones while walking decreases your awareness of your surroundings.

If you choose to drive while you are on campus, please note the following:

- Lock your doors while driving and when you park your vehicle.
- When parking at night, try to select a well-lit area.
- Be alert in parking areas as you walk to and from your vehicle. Consider carrying a cellular phone or know the locations of emergency phones near the lot.
- Have your keys in hand before reaching your vehicle.
- If you suspect you are being followed, drive to a police station, fire station, or any other safe public building.
- Lock valuables in the trunk of your vehicle.