

# STATE LEADERSHIP CONFERENCE



CEDAR RAPIDS | MARCH 24-26, 2024

## Health and Safety

While participating in State Leadership Conference functions, attendees understand the risk of exposure to communicable diseases. Attendees are always encouraged to practice health and safety measures, including monitoring themselves for symptoms, practicing good hygiene, and limiting person-to-person contact. By registering, all attendees agree to acknowledge that Iowa FBLA cannot guarantee that its attendees and other participants will not be exposed to communicable diseases.

In an emergency, medical services are within minutes of the conference venue.

### Hospital

UnityPoint Health: St. Luke's Hospital: Cedar Rapids  
1026 A Ave NE, Cedar Rapids, IA 52402  
Phone: 319-369-7211  
Hours: 24/7  
0.6 miles from venue

### Urgent Care

UI Health Care - Urgent Care  
411 10th St SE #2300, Cedar Rapids, IA 52403  
Phone: 319-731-1430  
Hours: Sun: 7 AM - 7 PM & Mon/Tues: 7 AM - 8 PM  
0.8 miles from venue

### Your Phone is Your Lifeline

- Have emergency contacts in your phone.
- Keep your phone on and charged at all times.
- Bring a portable charger with you during the day.
- Set up group texting for your school group.
- Set up your phone for local weather alerts.

### At Your Hotel and the Conference Hotel

- Have a buddy system and use it.
- Keep your belongings secure at all times.
- Ensure hotel rooms are locked and closed.

### Safety, First Aid, and Emergency

- If trained, perform CPR/first aid until help arrives.

### Intruders at the Hotel

- Report any suspicious individuals or activity to hotel staff.
- In the event of an incident, get down, hide, be quiet, and silence phones.
- Wait for an all-clear from officials before leaving.
- Avoid using elevators in an emergency.
- If a situation occurs inside the hotel and you can safely leave, get to safety.

### Weather Emergencies

- During extreme weather, do not go outside.
- Watch for major alerts via text from Iowa FBLA.
- Watch local weather and plan travel accordingly.

