

Emergency Action Plan (EAP)

- An Emergency Action Plan (EAP) is a plan coaches design to help them respond to emergency situations.

Emergency Action Plan for: ACT Arena: 107 105 Street East, Saskatoon, SK S7N 1Z2

Group 1 or Short Learn To Skate

Emergency phone numbers:	911
Cell phone number of coach	306-220-5482 (Jason Coutu)
Cell phone number of assistant coach:	306-514-7785 (Darcie Gravel)
Address of home facility:	107 105 Street East, Saskatoon, SK S7N 1Z2
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 st option):	Jason Coutu
Charge person (2 nd option)	Darcie Gravel
Call person (1 st option):	Jason Coutu
Call person (2 nd option)	Darcie Gravel

Group 2

Emergency phone numbers:	911
Cell phone number of coach	306-260-3028 (Kim Janzen)
Cell phone number of assistant coach:	306-227-1094 (Jim Hrycuik)
Address of home facility:	107 105 Street East, Saskatoon, SK S7N 1Z2
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 st option):	Kim Janzen
Charge person (2 nd option)	Jim Hrycuik
Call person (1 st option):	Kim Janzen
Call person (2 nd option)	Jim Hrycuik

Group 3

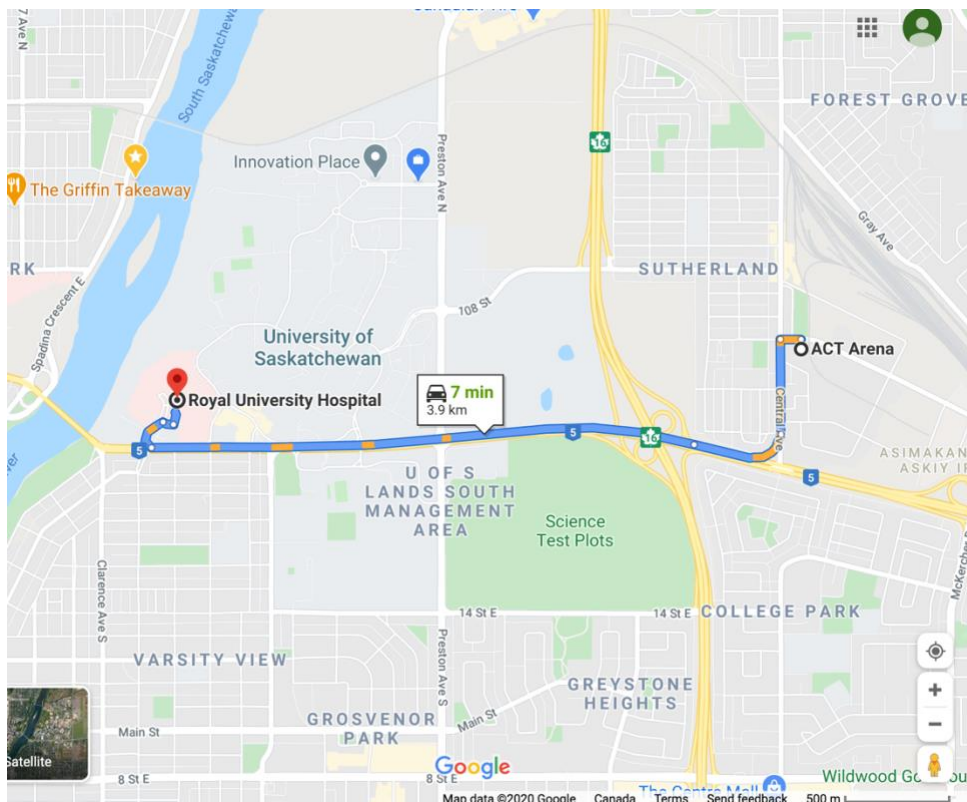
Emergency phone numbers:	911
Cell phone number of coach	306-230-1656 (Dave Stevenson)
Cell phone number of assistant coach:	306-361-4122 (Jordan Stevenson)
Address of home facility:	107 105 Street East, Saskatoon, SK S7N 1Z2
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8

Charge person (1 st option):	Dave Stevenson
Charge person (2 nd option)	Jordan Stevenson
Call person (1 st option):	Dave Stevenson
Call person (2 nd option)	Jordan Stevenson

Group 4

Emergency phone numbers:	911
Cell phone number of coach	306-221-2971 (Tim Comfort)
Cell phone number of assistant coach:	306-230-8472 (Chris Veeman)
Address of home facility:	107 105 Street East, Saskatoon, SK S7N 1Z2
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 st option):	Tim Comfort
Charge person (2 nd option)	Chris Veeman
Call person (1 st option):	Tim Comfort
Call person (2 nd option)	Chris Veeman

Map to the hospital



Roles and Responsibilities

- ensure you are wearing a mask and clean gloves (supplies are in the puck bag)
- designate a person to call a parent/caregiver of the skater information can be found on TeamSnap (they may not be present)
- secure area and shelter injured person from the environment
- designate who is in charge of the other athletes
- wear gloves if in contact with body fluids
- assess ABC (airway, breathing, circulation and no major bleeding)
- wait by the injured person until EMS arrives
- fill in an accident report

Steps to Follow When an Injury Occurs

- call for emergency help
- provide all information to dispatch (location, nature of injury, description of first aid done, allergies and other medical issues)
- clear any traffic from the access area
- wait by the access area to meet ambulance
- call the emergency contact person listed on the injured person's profile

Steps

1. control the environment
 - stop all athletes
 - protect yourself
 - shelter the athlete
2. initial assessment
 - breathing, pulse, bleeding
 - consciousness
 - back, neck or head injury
 - visible major trauma to a limb
 - cannot move arms/legs
3. second assessment
 - gather facts by talking to athlete
 - stay and talk calmly
 - have the athlete move themselves to safety if possible, do not move athlete yourself
4. assess the injury
 - 1st aid person assesses
 - If 1st aid not sure of severity or no 1st aid person, activate EAP
 - Minor injury, go to step 5
5. Control the return to activity if no:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion
- Pain when using the injured part

Record the injury on an accident report form and send to the Director of Coaching @ coaching@slspeedskating.com