

## **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: Legends Centre – Warman: 701 Centennial Blvd, Warman, SK S0K 0A1**

### **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:	701 Centennial Blvd, Warman, SK S0K 0A1
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 <sup>st</sup> option):	Jason Coutu
Charge person (2 <sup>nd</sup> option)	Darcie Gravel
Call person (1 <sup>st</sup> option):	Jason Coutu
Call person (2 <sup>nd</sup> 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:	701 Centennial Blvd, Warman, SK S0K 0A1
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 <sup>st</sup> option):	Kim Janzen
Charge person (2 <sup>nd</sup> option)	Jim Hrycuik
Call person (1 <sup>st</sup> option):	Kim Janzen
Call person (2 <sup>nd</sup> option)	Jim Hrycuik

### **Group 3**

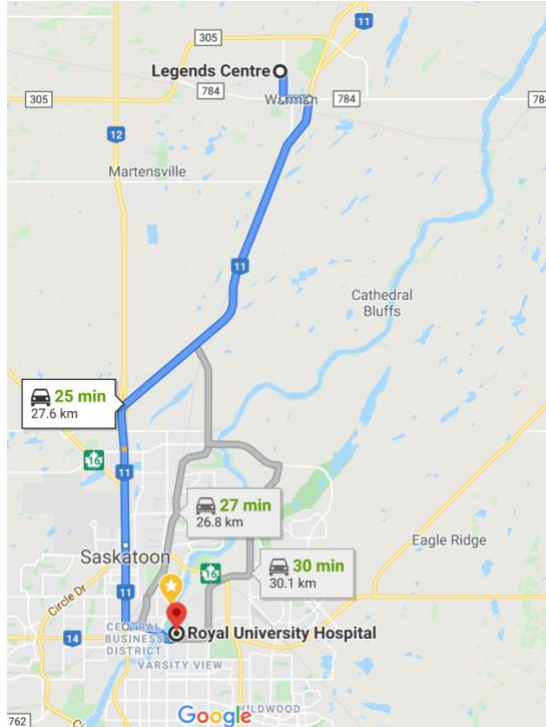
Emergency phone numbers:	911
Cell phone number of coach	306-230-1656 (Dave Stevenson)
Cell phone number of assistant coach:	306-361-4122 (Jordan Stevenson)
Address of home facility:	701 Centennial Blvd, Warman, SK S0K 0A1
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8

Charge person (1 <sup>st</sup> option):	Dave Stevenson
Charge person (2 <sup>nd</sup> option)	Jordan Stevenson
Call person (1 <sup>st</sup> option):	Dave Stevenson
Call person (2 <sup>nd</sup> 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:	701 Centennial Blvd, Warman, SK S0K 0A1
Address of nearest hospital:	103 Hospital Dr, Saskatoon, SK S7N 0W8
Charge person (1 <sup>st</sup> option):	Tim Comfort
Charge person (2 <sup>nd</sup> option)	Chris Veeman
Call person (1 <sup>st</sup> option):	Tim Comfort
Call person (2 <sup>nd</sup> 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
  - 1<sup>st</sup> aid person assesses
  - If 1<sup>st</sup> aid not sure of severity or no 1<sup>st</sup> 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](mailto:coaching@slspeedskating.com)**