

# **FRONT COUNTRY EMERGENCY ACTION PLAN (EAP) - CANMORE NORDIC SKI CLUB**

## **ALWAYS CARRY WITH YOU:**

- Cell phone (charged)
  - Bear spray
  - Emergency contact list which includes medical condition of athlete/coach, and contact phone numbers
  - Headlamp with charged batteries if training in the evening
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**FOR ALL EMERGENCIES: CALL 9-1-1** Ask for Kananaskis Dispatch when at Canmore Nordic Centre

**AUTOMATED EXTERNAL DEFIBRILLATOR (AED):** Inside CNC day lodge and Bill Warren Training Centre

**CNSC FIRST AID KIT:** CNSC team room (#2 biathlon), at the side of TV cabinet

**CANMORE NORDIC CENTRE,** 1988 Olympic Way, Canmore, Alberta, 403-678-2400

**CALL THIS NUMBER AFTER ACTIVATING THE EAP IF YOU ARE AT THE CANMORE NORDIC CENTRE. STAFF WILL HELP WITH THE INITIAL RESPONSE AND HAVE ACCESS TO THE TRAILS WITH TOBOGANS AND/OR VEHICLES**

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## **CONTACT INFORMATION FOR PROGRAM LEADERS (all are mobile phone numbers):**

Alain Parent, Program Director & LC2 Lead Coach, 403-678-0266	Jeff Lodge, Biathlon Lead Coach, 403-679-8788
Matt DeCarufel, LC1 Cross Country Lead Coach, 403-688-2314	Geret Coyne, Biathlon Coach, 403-609-8509
Allison McArdle, Train to Train Lead Coach, 403-707-6902	Jim Hendry, CNSC President, 403-688-6803
Rhonda DeLong, Track Attack Lead Coach, 403-609-0760	

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## **ACTIVATING THE EAP:**

### **ESTABLISH A CHARGE PERSON:**

- Most qualified person available with training in first aid and emergency response
- Clear the risk of further harm to the injured person by securing the area and sheltering the injured person
- Protect yourself (wear gloves if in contact with body fluids)
- Assess ABCs (check that Airway is clear, Breathing, and Circulation - no major bleeding)
- Ask them what hurts -> DO NOT MOVE THEM IF YOU SUSPECT A HEAD, NECK OR BACK INJURY
- Wait by the injured person until EMS arrives and the injured person is transported

### **ESTABLISH A CALL PERSON:**

- Call **9-1-1** for emergency help. Provide all necessary information to dispatch (e.g. facility location, nature of injury, if any first aid has been done)
- Call Canmore Nordic Centre at **403-678-2400** (if training there)
- Clear any traffic from the entrance/access road before ambulance arrives
- Wait by the entrance to the facility to direct the ambulance when it arrives
- Call the emergency contact person listed on the injured person's medical profile

## Steps to Follow when an Injury Occurs

### Step 1: Control the environment so that no further harm occurs

- Stop all participants
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured participant from the elements and from any traffic

### Step 2: Do a first assessment of the situation

If the participant:

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb
- Cannot move his/her arms or legs or has lost feeling in them

If the participant does not show the signs above, proceed to Step 3

**Activate  
EAP!**

### Step 3: Do a second assessment of the situation

- Gather the facts by asking the injured participant as well as anyone who witnessed the incident
- Stay with the injured participant and try to calm him/her; your tone of voice and body language are critical
- If possible, have the participant move himself/herself off the playing surface. Do not attempt to move an injured participant.

### Step 4: Assess the injury

Have someone with first aid training complete an assessment of the injury and decide how to proceed.

If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate EAP. If the assessor is sure the injury is minor, proceed to step 5.

**Activate  
EAP?**

### Step 5: Control the return to activity

Allow a participant to return to activity after a minor injury only if there is no:

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

### Step 6: Record the injury on an accident report form and inform the parents