

AWAYS 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

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

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

Alain Parent, Program Director & LC2 Lead Coach, 403-678-0266 Matt DeCarufel, Cross Country Lead Coach, 403-688-2314 Rachel Koroscil, Biathlon Lead Coach, 201-868-5626 Liz Baker, CNSC President, 403-678-5994	
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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