

EAP: Know the Emergency Action Plan

Emergency Action Plan (EAP): Know Your Role

The Emergency Action Plan (EAP) is a crucial document outlining steps to be taken in the event of a serious injury occurring on the ice or turf. As a **contract holder**, it's essential to understand your responsibilities and be prepared to act promptly and effectively in emergencies. Here's how you can fulfill your role:

Preparation:

1. Maintain Accurate Medical Information:

- Keep comprehensive medical files for all players and ensure they are readily accessible during team activities.

2. Player Injury Log:

- Maintain a detailed injury log to track player injuries, including the nature of the injury and any medical treatment provided.

3. First Aid Kit:

- Maintain a fully stocked first aid kit and bring it to all team activities to ensure immediate access to medical supplies.

4. Implement and Practice EAP:

- Develop an effective Emergency Action Plan (EAP) in collaboration with your team and practice it regularly to ensure everyone understands their roles and can act promptly during emergencies.

5. Recognize and Manage Injuries:

- Be able to recognize life-threatening and significant injuries, as well as minor injuries, and manage them according to established injury-management principles.

6. Communication:

- Facilitate clear communication with players, coaches, parents, medical professionals, and other stakeholders regarding safety, injury prevention, and player health status.

In Case of Emergency:

1. Assessment:

- Upon encountering an injured player, take control of the situation and assess the severity of the injury.

2. Player Instruction:

- Instruct the injured player to remain still and avoid moving.

3. Crowd Control:

- Instruct bystanders to give the injured player space and refrain from interfering.

4. Notification:

- Send a bystander to inform a designated Canlan Sports employee of the serious injury.

5. Stabilization:

- Refrain from moving the player and leave all equipment in place while evaluating the injury and situation.

6. Seeking Assistance:

- If immediate medical attention is necessary, seek assistance from individuals with the highest level of first aid/medical expertise.

7. Ambulance Notification:

- If an ambulance is required, notify the designated call person using a pre-determined signal and provide a brief explanation of the injury.

8. Observation and Reassurance:

- Remain with the injured player, observe their condition, and provide reassurance until medical professionals arrive.

9. Maintain Calm and Documentation:

- Stay calm, maintain an even tone of voice, and make a note of the time of the injury and relevant details for documentation purposes.

By adhering to these guidelines and being prepared to act decisively in emergencies, you can ensure the safety and well-being of all individuals involved in ice and turf activities.