



## EMERGENCY ACTION PLAN

### IN THE EVENT OF AN INJURY OR ACCIDENT:

- a) Ensure approaching skiers are aware of the incident (for example by crossing skis) and take any other steps necessary to protect the injured athlete from any approaching skiers.
- b) If the injury occurs in a course, stop training immediately and task a coach to manage the other athletes.
- c) Use radio with discretion. Limit public discussion of the incident.
- d) Make a quick initial assessment of the seriousness of the injury by following the **ABCDEs**:
  - i) **Assessment:** Visual examination of the injured athlete for any obvious injury.
  - ii) **Breathing:** Listen to determine respiratory function.
  - iii) **Consciousness:** Is the injured athlete awake and alert?
  - iv) **Disability:** Does the injured athlete complain of pain or is unable to feel or move any part of their body? If yes... **DO NOT MOVE THEM!**
  - v) **Environment:** Keep the injured athlete safe, warm, and as comfortable as possible. Use your own and others' parkas to cover the injured athlete.
- e) If you determine the need for medical assistance, contact ski patrol by (in order of preference):
  - i) club radio (Ch 9 Whistler/Ch 10 Blackcomb) or direct by cell phone, **OR**
  - ii) radio another coach, **OR**
  - iii) send the nearest adult to the nearest lift or ski patrol location, **OR**
  - iv) send two of your most responsible athletes to the bottom of the lift to report the injury and get help.
- f) Be prepared to let the dispatcher know
  - i) specific location of accident;
  - ii) age and gender of the athlete; and
  - iii) nature of the injury.
- g) Stay with the athlete until Ski Patrol arrives.
- h) Notify the athlete's parents and the Executive Director as soon as possible.
- i) Where circumstances dictate and If possible, hand off your group to another coach and accompany athlete to ski patrol. Stay with the athlete until the parent(s) arrive.
- j) Always makes notes as soon as possible and complete the CSA Incident Report Form within 24 hours of the incident, even for a minor injury.
- k) Under no circumstances should any coach comment on an accident to anyone (including members of the press), without prior authorization from the Executive Director.

**SUSPECTED CONCUSSIONS:** Follow the Alpine Canada Concussion Protocol – perform a Sideline Medical Assessment using Concussion Recognition Tool 5.

**IF AN ATHLETE SHOWS SIGNS OF FROSTBITE:** Cover the affected area with a gloved hand and go immediately inside. Gently re-warm the affected area. **DO NOT RUB!** Rubbing can permanently damage the frostbitten area.

**IF AN ATHLETE BECOMES LOST:** Look for the athlete at the bottom of the last lift you rode and notify other coaches and athletes in the area. As circumstances warrant consider notifying Ski Patrol.

**FOLLOW-UP PROTOCOL:** Coaches should check-in with injured athletes the day following an incident, and on a suitable interval thereafter until the athlete returns to sport. **Coaches and Athletes must also follow the Club's Return to Snow Protocol.**