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| --- | --- |
| **Emergency Numbers** | 9-1-1 |
| **Coach information**  | **Coach 1:** **Cell:**  | **Coach 2:** **Cell:**  |
| **Travel location** (Things the lead coach should know before the practice or race)  | * Location of the main intersections / accurate directions to reach location
* Name of nearest hospital
* List of emergency numbers for parents
* Any necessary medical profile forms (only for out of province trips)
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| **Coach readiness**(what a coach should always have)  | * Full first aid kit
* Charged phone
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| **On-site charge person**(The person who will take the lead of the situation if someone is injured)  | * Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements.
* Designate who is in charge of the other participants – Can use an older athlete
* Protect yourself (wear gloves if they are in contact with body fluids)
* Assess ABCs (airway clear, breathing is present, pulse is present, no major bleeding)
* Wait by the injured person until EMS arrives and the injured person is transported.
* Fill out and accident report form
 | **Option 1:****Option 2:****Option 3:** |
| **On-site call person**(The person who will contact the EMS and wait for them)  | * Call for emergency help
* Provide all necessary information to dispatch (facility location, nature of injury, what first aid has been done)
* Clear any traffic from the entrance/access road before ambulance arrives
* Wait by the driveway entrance to the facility to direct the ambulance when it arrives
* Call the emergency contact person listed on the injured person’s medical profile.
 | **Option 1:** **Option 2:** **Option 3:**  |