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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) |  | |
| **Coach readiness**  (what a coach should always have) | * Full first aid kit * Charged phone |  | |
| **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:** | |