

A.K. SOCCER ACADEMY EMERGENCY ACTION PLAN

Person in Charge: Technical Staff

The person in charge should be the one who is most qualified in first aid and emergency procedures. This individual will:

- Know what emergency equipment is available at your facility
 - Secure a controlled and calm environment
 - Assess – and tend to – the injured player
 - Direct others involved until medical personnel arrive

Call Person: Anisha Kinnarath - (204) 894-3968, Tony Kinnarath - (204) 293-3945

This individual will:

- Keep a record of emergency phone numbers and know the location of telephones in the facility
- Make the telephone call for assistance
- Guide the ambulance (if required) in and out of the facility

Emergency Action Plan (EAP) Checklist

Access to telephones

- Cell phone, battery well charged
- Training venues
- Home venues
- Away venues
- List of emergency phone numbers
- Change available for pay phones

Directions to access the site

- Accurate directions to the sites (practices, games, both home and away)

Participant information

- Personal profile forms
- Emergency contacts
- Medical profiles

Personnel information

- The person in charge is identified
- The call person is identified
- Assistants are identified
- *The medical profile of each participant should be up to date and located in the first aid kit.*

- *A first aid kit must be accessible at all times, and must be checked regularly. See the appendix for suggestions on contents for a first aid kit.*

Steps to Follow When an Injury Occurs

Note: *it is suggested that emergency situations be simulated during practice in order to familiarize coaches and athletes with the steps below*

<p>Step 1: Control the environment so that no further harm occurs</p> <ul style="list-style-type: none"> · Stop all participants · Protect yourself if you suspect bleeding (put on gloves) · If outdoors, shelter the injured participant from the elements and from any traffic 	
<p>Step 2: Do a first assessment of the situation</p> <p>If the participant:</p> <ul style="list-style-type: none"> · Is not breathing · Does not have a pulse <p>Is bleeding profusely</p> <ul style="list-style-type: none"> · Has impaired consciousness · Has injured the back, neck or head · Has a visible major trauma to a limb · Cannot move his/her arms or legs or has lost feeling in them <p>If the participant does not show the signs above, proceed to Step 3</p>	<p>Activate Emergency Action Plan?</p>
<p>Step 3: Do a second assessment of the situation</p> <ul style="list-style-type: none"> · Gather the facts by asking the injured participant as well as anyone who witnessed the incident. · Stay with the injured participant and try to calm him/her; your tone of voice and body language are critical. · If possible and if it does not cause a risk to the participant, have the participant move himself/herself off the playing surface. Do not attempt to move an injured participant. 	

<p>Step 4: Assess the injury</p> <p>Have someone with first aid training complete an assessment of the injury and decide how to proceed.</p> <p>If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate EAP. If the assessor is sure the injury is minor, proceed to Step 5.</p>	<p>Activate Emergency Action Plan?</p>
<p>Step 5: Control the return to activity</p> <p>Allow the participant to return to activity after a minor injury only if there is no:</p> <ul style="list-style-type: none"> · Swelling · Deformity · Continued bleeding · Reduced range of motion · Pain when using the injured part 	
<p>Step 6: Record the injury on an accident report form and inform the parents.</p>	

Emergency Action Plan

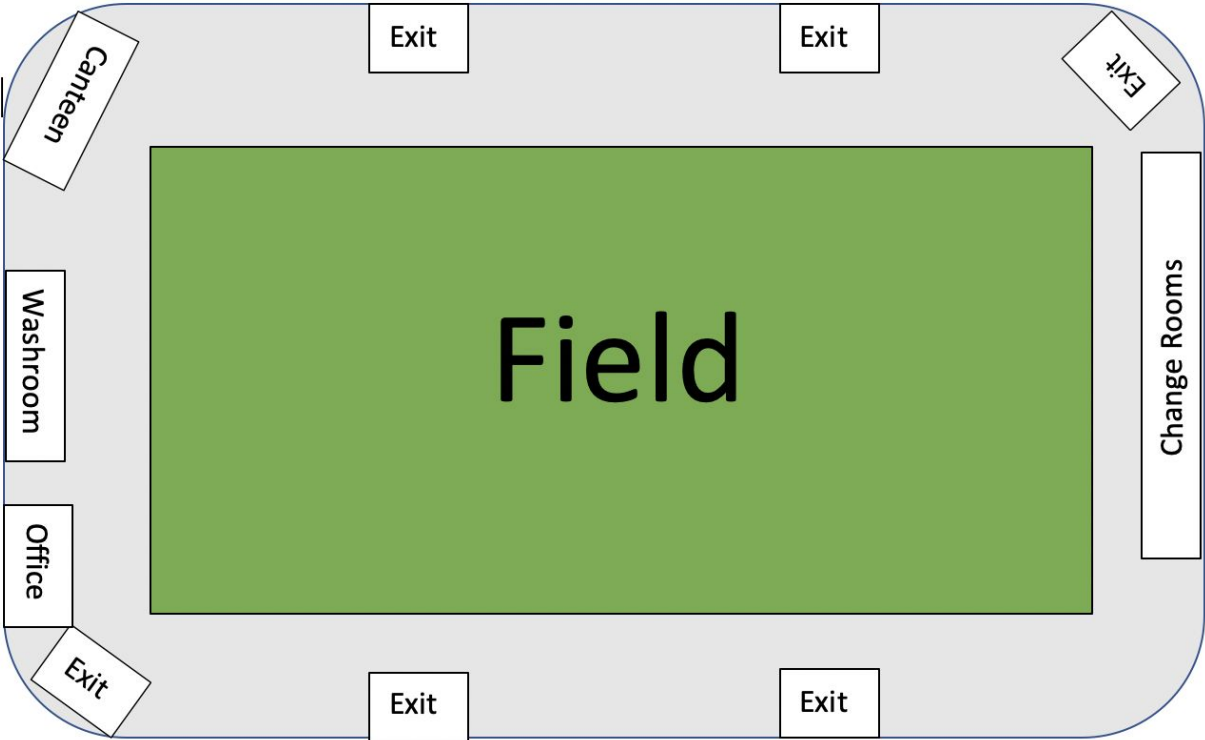
Telephone Numbers

Team/Event : A.K. Soccer Academy
 Site: Skylight Soccer Complex
 140 Haarsma, R2E 0M8, East St. Paul
 Person in Charge: Tony Kinnarath
 Call Person: Tony Kinnarath
 Emergency Meeting Location: Subway

Emergency: (204) 894-3968
 Ambulance: 911
 Police (204) 667-6519
 Fire Department: (204) 668-0064

Details of Location: 140 Haarsma Street. Soccer Complex, White large dome off of Raleigh St.
 Located by Birds Hill Physiotherapy Office and Subway.
 (to be read over the Telephone to Emergency dispatcher)

Diagram of Home Facility



Appendix:

First Aid Kit Checklist

- ___ Adhesive tape
- ___ Elastic wrap bandages
- ___ Bandage strips and "butterfly" bandages in assorted sizes
- ___ Non-stick sterile bandages and roller gauze in assorted sizes
- ___ Instant cold packs
- ___ Cotton balls and cotton-tipped swabs
- ___ Disposable non-latex examination gloves, several pairs
- ___ Plastic bags, assorted sizes
- ___ Safety pins in assorted sizes
- ___ Scissors and tweezers
- ___ Hand sanitizer
- ___ Antibiotic ointment
- ___ Antiseptic solution and towelettes
- ___ First-aid manual
- ___ Hydrogen peroxide to disinfect

Emergency Action Plan - East St. Paul Sports Complex

Person in Charge: Technical Staff

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Call Person: Anisha Kinnarath - (204) 894-3968, Tony Kinnarath - (204) 293-3945

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Participant information

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- _____ Emergency contacts
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Personnel information

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- *The medical profile of each participant should be up to date and located in the first aid kit.*
- *A first aid kit must be accessible at all times, and must be checked regularly. See the appendix for suggestions on contents for a first aid kit.*

Steps to Follow When an Injury Occurs

Note: it is suggested that emergency situations be simulated during practice in order to familiarize coaches and athletes with the steps below

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Emergency Action Plan

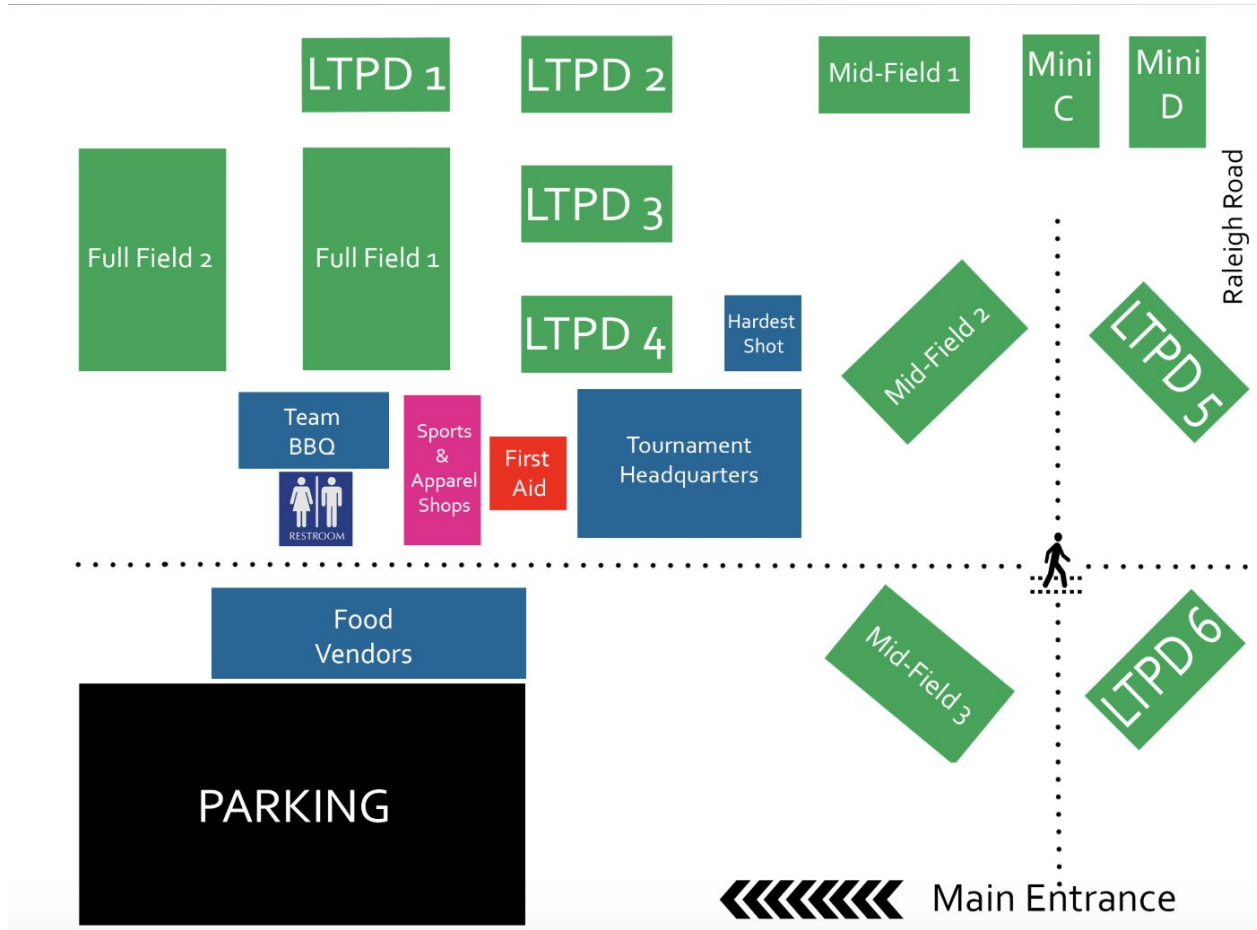
Telephone Numbers

Team/Event: A.K. Soccer Academy	Emergency: (204) 894-3968
Site: East St. Paul Sports Complex	Ambulance: 911
2414-2442 Raleigh St, R2E 0B4 East St. Paul Manitoba	
Person in Charge: Tony Kinnarath	Police (204) 667-6519
Call Person: Tony Kinnarath	Fire Department: (204) 668-0064
Emergency Meeting Location: Skylight Soccer Complex	

Details of Location: 2414-2442 Raleigh Street. Large field with blue shed, shelter and playground

(To be read over the Telephone to Emergency dispatcher)

Diagram of Home Facility



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First Aid Kit Checklist

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- ___ Hydrogen peroxide to disinfect