



TEAM MEDICAL RESPONSE PLAN

OBJECTIVES OF THE MEDICAL RESPONSE PLAN

1. To facilitate and coordinate an effective response for injuries and medical incidents;
2. To lessen the impact and potential loss to the injured player.

GOALS OF THE MEDICAL RESPONSE PLAN

1. To ensure timely, competent response to medical situations;
2. To provide an effective means of contacting emergency personnel;
3. To provide immediate treatment to the ill or injured;
4. To provide transport of the ill or injured to a medical facility;
5. To safeguard the public; and
6. To prevent injuries to rescuers.

POTENTIAL INCIDENTS

The purpose of this section is to identify potential injuries and incidents based on the tasks being performed throughout the season which would include all on and off ice activities and events:

Potential injury or medical incidents may include the following, but of course are not limited to:

- Concussion;
- Strains and Sprains;
- Lacerations;
- Broken Limbs;
- Breathing/Respiratory Problems;
- Heart and Stroke.

INJURY/MEDICAL INCIDENT RESPONSE

If there is an injury or medical incident:

- Provide first aid (if safe to do so and if you are trained) and immediately contact EMS.
- The team first aid and safety designate will contact the off-site emergency medical services (EMS) if signaled from the coaching staff.
- The signal from the coaches to the team first aid and safety designate if EMS is to be activated is the hand signal similar to a referee wanting to restart the shot clock. The signal is hand overhead and moving the index finger in a circular motion.

- Call **9-1-1**.
- If possible assist coaching staff to provide first aid until the EMS arrives at the scene. Once the EMS arrives, brief them on the casualty's condition and officially hand over the care of the casualty to EMS.
- If you suspect serious injuries don't move the casualty.
- Provide assistance – ask the casualty how you can help him/her.
- Keep the casualty warm.

EMERGENCY EQUIPMENT

First aid kits are issued to all teams by SGRA. Kits are to be held either by coaching staff on the bench or the first aid and safety designate if applicable. AED's should be identified by coaching staff or first aid and safety designate in facilities where team events and activities are taking place.

EMERGENCY COMMUNICATION(S)

- Perform on-site phone checks – confirm that your cell phone works!
- Please note that some facilities may have limited cell phone reception. Ensure that an alternate source of communications is located prior to commencement of team activities.

TRANSPORTING ILL OR INJURED PERSONS

- Minor injuries or illnesses will be assessed and treated by a designated first aider. Serious Injury and Illness will be assessed and treated by a designated first aider until appropriate medical support arrives.
- Based on the first aider findings, the following options are available:
 - Have a coach, or designate, along with the first aid and safety designate drive the casualty to a medical facility.
 - In the event of a serious injury/illness, individuals should only be transported by using ambulance services and EMS personnel.
 - If the first aid and safety designate needs to leave the facility, ensure an alternate first aider is identified.