



TEAM SAFETY AND FIRST AID RESPONSE PLAN

Even with the best training and preparation, accidents and injuries can occur. Thankfully many of the injuries are minor and do not require a player to miss a shift or game. However there is the rare occasion when injuries can be more severe. In order to effectively respond to any emergency a plan must be prepared in advance and the responsibilities understood by all involved. Ringette is a fast paced competitive sport and as such it is very physical for the players. In the unfortunate event of an emergency, or if an injury should occur, the following protocols will apply.

During the 2015 -2016 Regular Season, Exhibition Games, and Tournaments:

- Each participating team is responsible for establishing their own Team Emergency Action Plan. Teams should dedicate an individual to act as the teams "Safety/First Aid Coordinator" to facilitate the teams medical and safety plan and response. Teams will have a first aid kit on the bench, note the presence and location of the rink AED (Automated External Defibrillator) and research the nearest hospital locations for team games, activities and events - especially when outside of Spruce Grove.
- The head Coach of each team will identify a single point of contact and an alternate for their team.
- It is the responsibility of the Team Staff to maintain current emergency medical Information sheets for every player and have the list present at all games.
- It is the responsibility of the Team Staff to ensure there are at least 2 charged cell phones on the bench in case of emergency.
- It is the responsibility of the Team Staff to ensure that Emergency Call information is present on the bench – Emergency Number (911 in Spruce Grove), facility name and address.
- It is the responsibility of Team Staff to ensure an updated Parent contact list is available in case of emergency. This list should be available to the Head Coach and the Team Manager. (Any and all Parents with First Aid Training should be noted on this list.)
- It is the responsibility of the Team Staff to assess any injury, decide if an ambulance is required, and call for the ambulance if necessary by calling 911
- Serious Injuries (loss of consciousness, suspected neck or spinal chord injury) require an ambulance to be called.
- In the event that an ambulance is called, it is the responsibility of the Team Staff to ensure that someone is sent to the Main Information Desk or Arena Office where the game is being held to inform the facility staff that an ambulance has been called, and to ensure that someone is sent to the facility entrances to direct the ambulance staff or a person from the team staff is designated at the time to coordinate with first responders.

The following are procedures will be used if a player is injured during a game:

- The first lines of response if a player is down on the ice will be to have the designated coach (or alternate) assess the player on the ice;
- If the condition of the player is considered more than a minor injury, the safety/first aid coordinator may be called to the ice by the coach for further assessment;
- If the injury is deemed to be more serious than what can be handled by the coaches/first aid coordinator, than an ambulance will be called;
- At that time, all players will be instructed to leave the ice and the game stopped;



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- We ask that parents ***do not*** come onto the ice/proceed to the dressing room when an injury initially occurs. The above steps need to be followed for the safety of all those involved;
- If the situation is deemed more than a minor injury, the parent of the injured player will be signaled to come down to the ice or dressing room as soon as possible by the coaches attending to the player.

Concussions of any degree are a serious concern and all injuries to the head will be treated according to the strict guidelines established by Hockey and Ringette Alberta. Please review the attached concussion guidelines and share this information with your daughter. Your athlete should be encouraged to report any concussion type symptoms to the coaches, especially if they have come off the ice unassisted.

As always, we hope we never have to use the above protocol, but felt it is best to be prepared. Please keep the coaches/team manager aware of any medical change to your daughter throughout the year that could impact her care/medical needs.

We look forward to a safe and successful season!!