



### **Emergency Action Plan (EAP)**

**An Emergency Action Plan (EAP) is designed to help team officials and guardians respond to emergency situations in a responsible and clear-headed way.**

#### **Contact Information:**

Emergency Phone Number: **911**

#### **Hospital Address:**

Ridge Meadows Hospital

11666 Laity St, Maple Ridge, BC V2X 7G5

[\(604\) 463-4111](tel:6044634111)

Major Intersection: Laity Street and Lougheed Highway

#### **When an injury occurs:**

- Control the environment so that no further harm occurs (stop all athletes)
- Assess Injuries

### **When to Activate EAP?**

- No Pulse
- No Breathing
- Bleeding Profusely
- Impaired consciousness
- Injuries to Back, Neck, Head
- Major Trauma to a Limb
- Cannot move or Feel Limbs
- When you believe you should

### **How to Activate EAP?**

- Call **911** or tell someone to call and relay the information about injuries
- Provide First Aid: STABILIZE athlete
- Gather facts by talking to injured athlete and anyone who witnessed incident
- Stay with the injured athlete and try to calm him/her.

### **EAP (Once the player is Stabilized):**

- Have an **Emergency Medical Form** (sent at the beginning of the season and to be kept at all times with the Coaches Equipment) of the player ready for Paramedics.
- Notify parents if not on the scene.
- Take Notes of player's name and injuries, hospital name, time, location, witnesses, referees...
- Record incidents/injuries on Special Incident Report Form.

### **First Aid Kit Contents (located inside the Albion FC equipment box on each field code 1630) as a Guideline:**

- 1 First Aid Box
- 1 Pocket Guide
- 3 Instant Cold Packs
- 2 Pairs of surgical Gloves
- 3 BenzalkoniumChl. Antiseptic Towelettes
- 6 Moist Towelette Wet-Nap
- 1 Wire Splint

- 1 Heat Reflective Survival Wrap
- 10 Regulars size Adhesive bandages
- 5 Large Adhesive bandages
- 4 3X3 Sterile Gauze
- 2 Triangular Bandages
- 1 Rolled Sterile Stretch Gauze Bandages
- 1 Roll of 3M Medical Tape
- 1 Elastic Support Bandage / 2 Holding pins
- 1 pair of Tweezers
- 1 Pair of Bandage Scissors
- 10 Safety Pin (2 Sizes)
- 1 Eye Wash bottle
- 1 CPR Pocket Mask (Adult size only)
- 1 Ziploc Bag