

2007-2008

## Emergency Plan for the East High Ski Team \*

### Background:

Our ski team practices and competes from late October to the end of February. Skiers are occasionally long distances (3-5 km) from a road, vehicle accessible area, or telephone. Risks involving exposure to cold must be considered when making first aid decisions. Any outdoor training at temperatures below -10 degrees Fahrenheit will be done within 1000 m of an open, heated building, and the outdoor activity will be optional.

To promote a safe environment for skiers and a guideline for coaches the East High Ski team has developed the following emergency plan. The emergency plan for the East High Ski Team contains three components for dealing with safety and injuries. The first component is Prevention, detailing steps taken to avoid accidents. The second component is Response, detailing steps to be taken if an injury occurs. The third component is Notification, detailing steps to take after an injured athlete has been released from school jurisdiction.

### Prevention:

A list of possible hazards will be posted in the ski room. Coaches will go over the list with skiers during the first week of practice, including methods for avoiding the hazards.

The hazard list should include:

- burns, shock, and fire from waxing equipment
- getting lost on the ski trails, or in the dark
- frostbite
- hypothermia
- icy trails, falling, rocks, hitting trees, other skiers
- aggressive moose
- sharp ski poles, ski tips

The ski team will announce team rules verbally and in writing during the first week of practice.

These rules will include:

- Use the "buddy system" so no one is alone if they are injured.
- No skiing without a hat and gloves unless the temperature is above 35 degrees Fahrenheit.
- No horseplay, ski within your limits, and be careful around equipment will be announced.

During the first week of practice coaches will notify the athletes of the location of first aid materials in the ski room, and remind them of the first aid response to check, call and then care for an injured victim.

All coaches will know the location of the medical release forms, first aid equipment, team phone, and administrator phone numbers during all practices.

Skiers provide the coach with information on any medical conditions that would helpful for the coaches to know about (such as diabetes, epilepsy, or asthma).

**Response:**

A stocked first aid kit will be in the ski room for home practices. It will be in the parking lot or warmup building, with other team gear, at away practices and competitions. A notebook containing medical release forms and administrative phone numbers will be with the first aid kit.

All coaches will be first aid certified.

If a coach is not present when an athlete is injured, the buddy skier will check on the condition of the injured athlete and report it to the nearest coach as soon as possible. The skier should recruit the help of any other skiers to find a coach quickly. The coach will always go to check on the injured athlete as soon as possible. If the report warrants it, and the injured skier is not near a road, the buddy skier will be told by the coach to contact EMS.

If a coach is present when an athlete is injured, the coach will initiate first aid (check, call, care), sending another coach or skier to contact EMS (as necessary). If an injured athlete is at risk of hypothermia or frostbite, the coach will have to weigh this risk against the risk of moving the injured athlete, and act upon their assessment to move the athlete to a heated facility or leave the athlete at their current location. Under no circumstances will athletes with head or spinal injuries be moved. If EMS is called, the caller in the ski room, parking lot, or warmup facility shall return, or send someone else, to the injured athlete with the medical release form notebook. Also, if EMS is called an administrator will be called immediately after EMS hangs up.

**Notification:**

Following any minor or major injury or accident the following steps will be taken by the coaches:

- 1) Parent/guardian phone call, leave a message if there is no answer
- 2) Fill out and turn in an ASD accident/ injury report (in medical release form notebook).
- 3) Notify an ASD administrator of the accident/ injury, as well as the school nurse if recommended by the administrator.
- 4) Document who did the above three steps, and when. Put document in medical release form notebook.
- 5) Check up on status of injured athlete within next 36 hours.

\*NOTE: This plan was developed by Gary Snyder: East High Skier, Coach and Teacher.