April 2022

Lappe Nordic Ski Club & Lappe Ski Centre Emergency Plan

- **Ski/Snowshoe at your own risk**
- **Trails are NOT patrolled**
- **NO Emergency First Aid Attendant**

FIRST AID INFORMATION

Basic First Aid: Basic first supplies are located in the Lappe Ski Centre (LSC) front counter.

Rescue Sled: Located in the waxing room atop the jackrabbit locker.

AED (Defibrillator): Located in the LSC on wall behind front counter.

EMERGENCY PROCEDURE:

- **Remain Calm**
- **Check Injured or Ill Person**

  CHECK the scene for safety, form an initial impression, obtain consent, and use personal protective equipment (PPE)

  If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout **Note:** CHECK for no more than 10 seconds

  If the person does not respond, responds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or another obvious life-threatening condition, **CALL 9-1-1***

  Get equipment, or tell someone to do so. Then, give CARE based on the condition found and your level of training and continue your check to determine if additional care is needed

  Note: For a person who is unresponsive and not breathing, start CPR and use an AED immediately**

If the person is responsive or responds to stimulation and is fully awake and does not appear to have a life-threatening condition:

- Interview the person (or bystanders, if necessary), ask questions about signs and symptoms, allergies, and medications and medical conditions (SAM)
- Do a focused check based on what the person told you, how the person is acting and what you see
- **Note:** Do not ask the person to move if you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain
- **Note:** As you check the person, take note of any medical identification tags

After completing the CHECK step, CALL 9-1-1 and get equipment, or tell someone to do so (if needed). Then, give CARE based on the condition found and your level of training.

***Call EMS 911**

- Provide detailed information as requested including:
- Where you are: Lappe Ski Center, Fire number #3160 Kam Current Rd (1.8km west of Mapleward Rd)
- Identify where on the trail (mark a map if possible)
- Who you are and where you will meet crew when they arrive
- What the emergency is and what first aid has been performed
- If there are any other know medical conditions of the injured person

<u>EMERGENCY CONTACTS</u> (contact once emergency has been appropriately addressed):

- **TuijaPuiras: (Owner - LSC) (807-633-7802) (MUST INFORM)**
- **Stephanie Marler: Lappe Nordic Ski Club President (807-474-6126)**
- **Eric Bailey: Ski Club Head Coach (807-633-4455)**

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- **Brook Latimer: Ski Club Program Manager (807-620-9092)**

****AED Steps**

Automated external defibrillators can help save lives during sudden cardiac arrest.These AED steps should be used when caring for a non-breathing child aged 8 or older who weighs more than 55 pounds, or an adult.

After checking the scene and ensuring that the person needs help, you should ask a bystander to call 911 for help, then:

1. Complete the CHECK and CALL steps (above)
2. As soon as an AED is available, turn it on and follow the voice prompts
3. Remove clothing and attach pads correctly
    - Remove all clothing covering the chest. If necessary, wipe the chest dry
    - Place one pad on the upper right side of the chest
    - Place the other pad on the lower left side of the chest, a few inches below the left armpit
    - **Note:** If the pads may touch, place one pad in the middle of the chest and the other pad on the back, between the shoulder blades
4. Plug the pad connector cable into the AED, if necessary
5. Prepare to let the AED analyze the heart's rhythm
    - Make sure no one is touching the person
    - Say, "CLEAR!" in a loud, commanding voice
6. Deliver a shock, if the AED determines one is needed
    - Make sure no one is touching the person
    - Say, "CLEAR!" in a loud, commanding voice
    - Push the "shock" button to deliver the shock
7. After the AED delivers the shock, or if no shock is advised, immediately start CPR, beginning with compressions.