

Emergency Action Plan (EAP)

Training Location: FC Durham Academy Training Centre

Emergency Phone Number	9-1-1
Cell Phone Number of Boy's HP Manager	(416)303-3299
Cell Phone Number of Girl's HP Manager	(289)200-5001
Phone Number of Academy Training Centre	(905)432-FCDA (3232)
Address of Academy Training Centre	1255 Terwillegar Ave., Unit 201, Oshawa, Ontario, L1J 7A4
Address of Nearest Hospital	Lakeridge Health – Whitby 300 Gordon Street, Whitby, Ontario, L1N 5T2 7.6km
Charge Person 1	Any Staff On site
Call Person 1	Any Staff On site

Directions to Lakeridge Health – Whitby from FC Durham Academy Training Centre – 7.6km

1. Start out going **west** on Terwillegar Ave toward Thornton Rd S.

Then 0.23 km

2. Turn **right** onto Thornton Rd S.

Then 0.82 km

3. Take the 1st **left** onto Wentworth St W/Regional Rd-60.

Then 1.67 km

4. Turn **right** onto Thicksen Rd S/Regional Rd-26.

Then 0.83 km

5. Turn **left** onto Victoria St E/Regional Rd-22.

Then 3.60 km

6. Turn **left** onto Gordon St

Then 0.43 km



300 Gordon St, Whitby, ON L1N, 300 GORDON ST is on the **right**.

Roles and Responsibilities

Charge Person

- Reduce the risk of further harm to the injured person by securing the area and sheltering the injured person from the elements.
- Designate who is in charge of the other athletes. If nobody is available for the task, cease all activities and ensure that athletes are in a safe area.
- Protect yourself (wear gloves if in contact with body fluids such as blood).
- Assess ABCs (check that the airway is clear, breathing is present, a pulse is present, and there is no major bleeding).
- Wait by the injured person until EMS arrives and the injured person is transported.
- Fill in an accident report form.

Call Person

- Call for emergency help and provide all necessary information to dispatch (e.g. facility location, nature of injury, description of first aid that has been done, allergies and other medical problems for that athlete).
- Clear any traffic from the entrance/access road before ambulance arrives and wait by the driveway entrance to the facility to direct the ambulance when it arrives.
- Call the emergency contact person listed on the injured person's medical profile.

Emergency Action Plan (EAP) Steps

Step 1 – Control the environment so that no further harm occurs:

- Stop all athletes
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured athlete from the elements and from any traffic

Step 2 – Do an initial assessment of the situation:

If the athlete shows any of these signs below – ACTIVATE EAP!

- Is not breathing
- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck or head
- Has a visible major trauma to a limb
- Cannot move his or her arms or legs or has lost feeling in them

If the athlete does not show the signs above, proceed to Step 3

Step 3 – Do a second assessment of the situation

- Gather the facts by talking to the injured athlete as well as anyone who witnessed the incident.
- Stay with the injured athlete and try to calm him or her; your tone and body language are critical
- If possible, have the athlete move himself or herself off the playing surface; do not attempt to move an injured athlete.

Step 4 – Assess the injury

- Have someone with first aid training complete an assessment of the injury and decide how to proceed.
- **If the person trained in first aid is not sure of the severity of the injury or no one present has first aid training, activate EAP.**
- If the assessor is sure the injury is minor, proceed to Step 5.

Step 5 – Control the return to activity

Allow an athlete to return to activity after a minor injury only if there is no:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion
- Pain when using the injured part

Step 6 – Record the injury on an accident/incident report form, inform the appropriate Program Manager.