



EMERGENCY

Action Plan

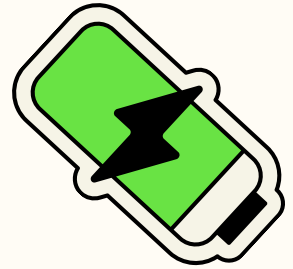


Emergency Action Plan

Roles and Responsibilities

Charge Person/Trainer

1. Initially take control of the situation.
2. Instructs player to lay still and others not to move the player.
3. Assess injury status of the player and decide if medical care is required.
4. If the injury is serious then signal your call person.



Call Person

1. Makes call when emergency assistance is required. (ensure call person's cell phone works in facility)
2. Know location of alternate phones in the facility being played in.
3. Ideally at all games and practices and not involved on the bench.
4. Has a list of emergency phone numbers in the area of the facility.
5. Has a diagram displaying specific directions and best route to the arena.

Control Person

1. Pre-determine the location of AED and other emergency equipment in the facility.
2. Retrieving the AED and/or first aid kit and bringing it to the injured player if requested.
3. Seeking highly-trained medical personnel in the facility if requested by the trainer person.
4. Ensure teammates, other participants and spectators are not in the way of the trainer/charge person.
5. Advise opponents, on-ice officials, arena staff and parents of the steps being taken.
6. Ensure emergency services get all information needed on location, situation and status of injured player.
7. Meet emergency services on arrival and direct to the injured player.
8. Discuss player's injury and status with player's parents.



Remember

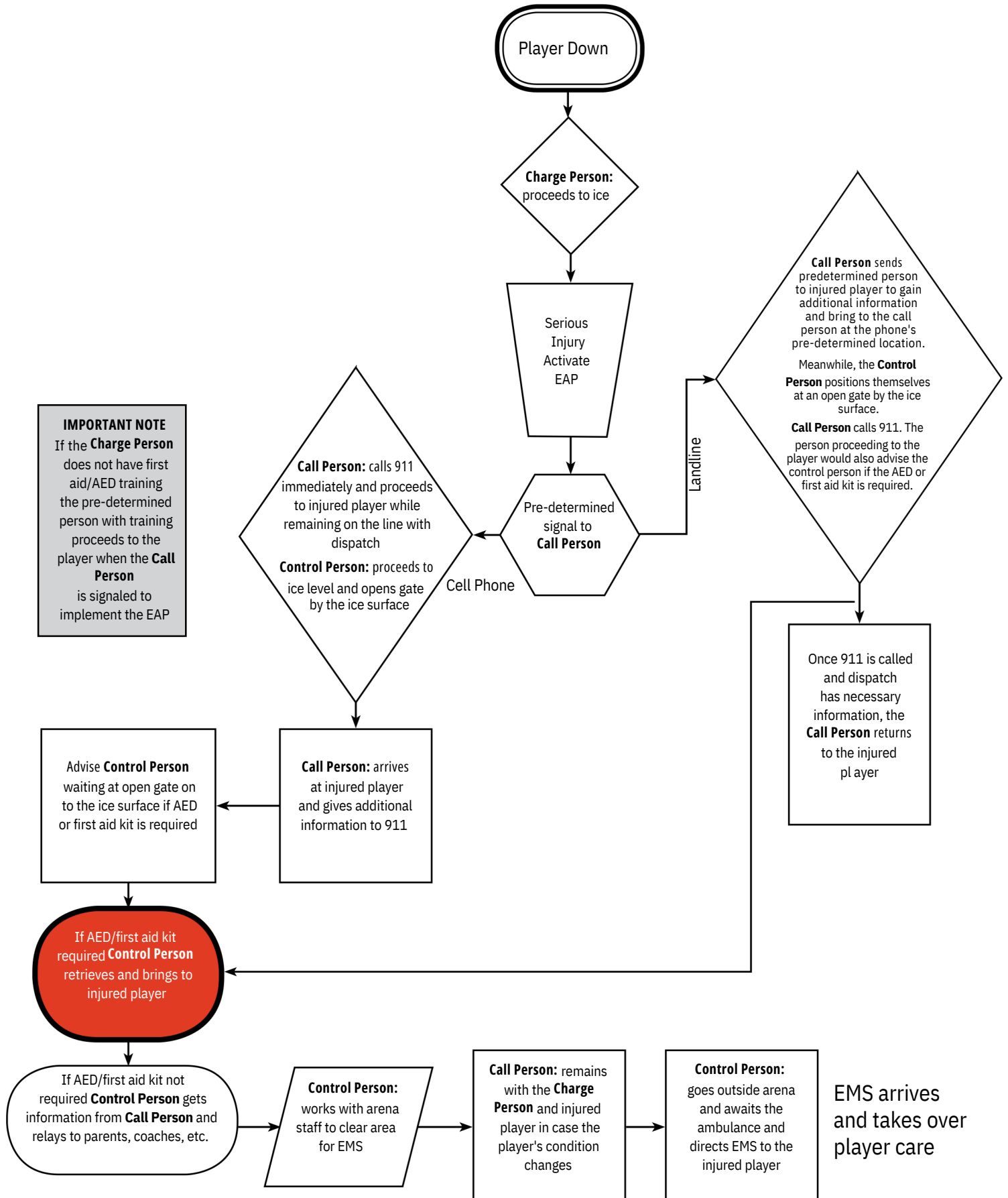
1. The game official continues to assume the role of being in charge of the overall environment.
2. It is important for officials to note that if the trainer person makes the signal for assistance that there may be a number of pre-determine people who will respond and will require access to the ice.
3. Once emergency services are called, the official should send both teams to their dressing rooms.

Emergency Action Plan

Team Information

Position	Personnel	Contact
Head Coach		
Manager		
Assistant Coach		
Assistant Coach		
Assistant Coach		
Assistant Coach		
Trainer/Charge Person		
Call Person		
Control Person:		

Emergency Action Plan



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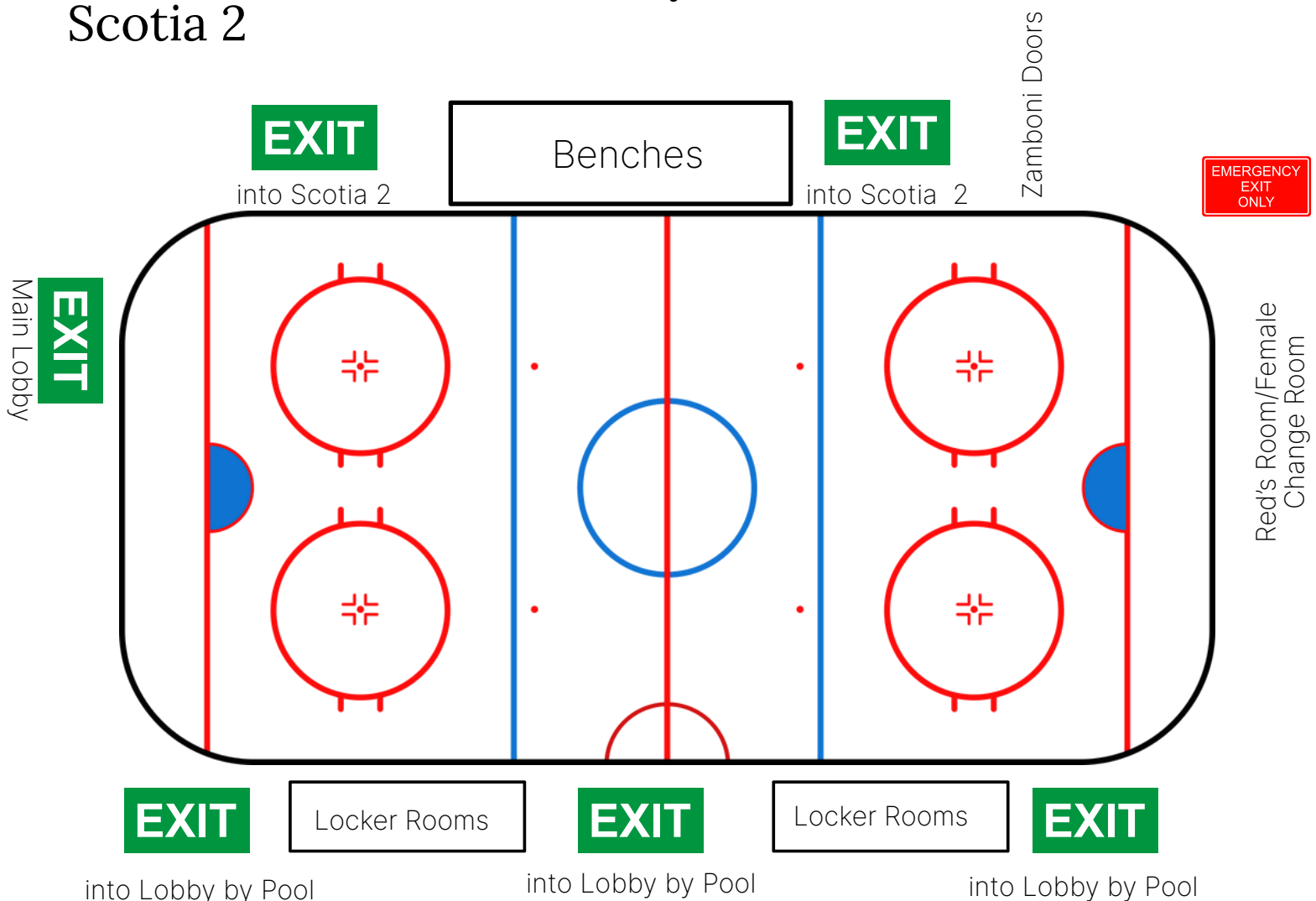
Equipment Location

Arena: Cole Harbour Place - Scotia 1

Address: 51 Forest Hills Parkway

Arena Telephone # (902) 464-5100

AED is located in the Lobby between Scotia 1 and Scotia 2



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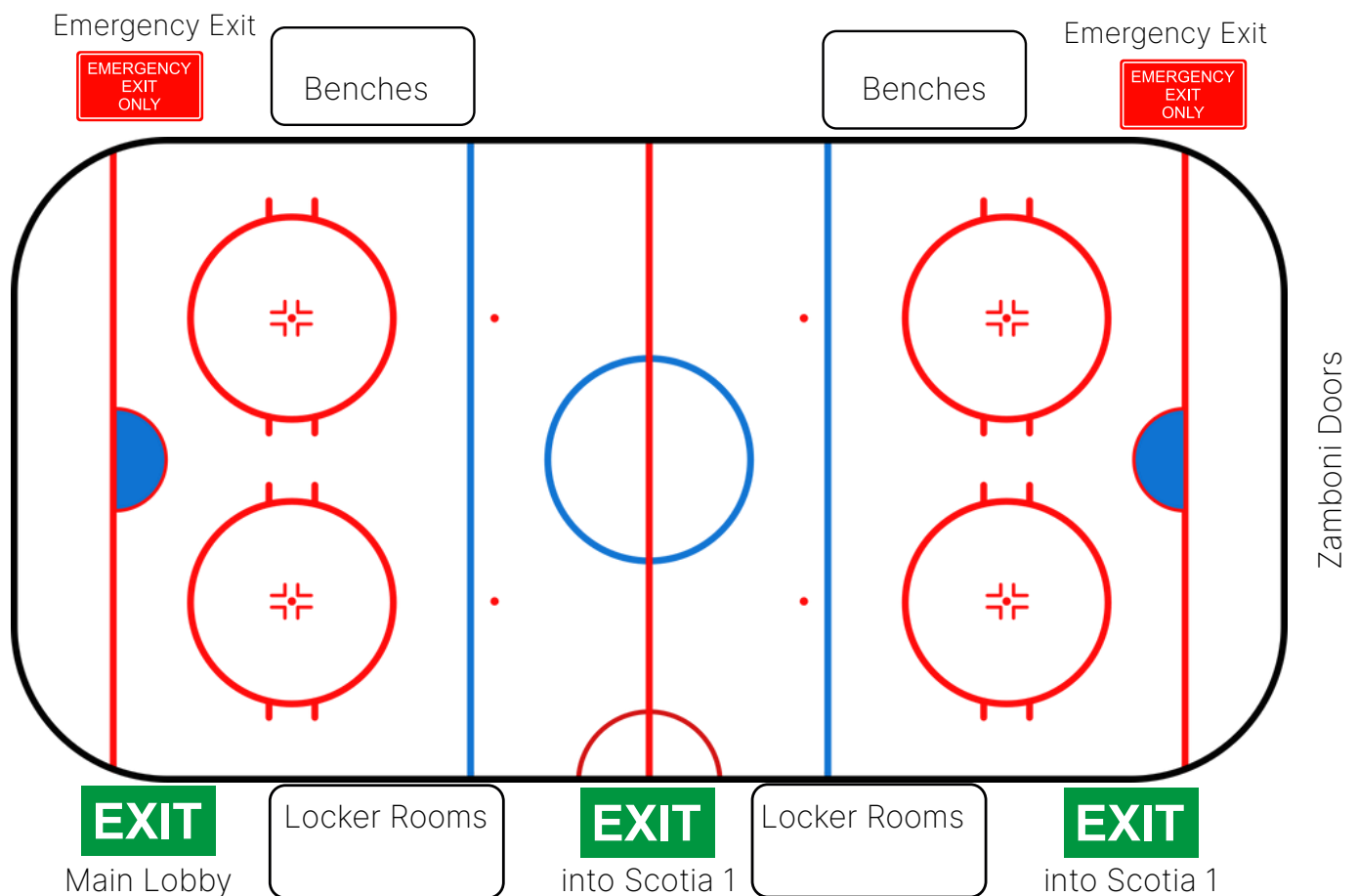
Equipment Location

Arena: Cole Harbour Place - Scotia 2

Address: 51 Forest Hills Parkway

Arena Telephone # (902) 464-5100

AED is located in the Lobby between Scotia 1 and Scotia 2



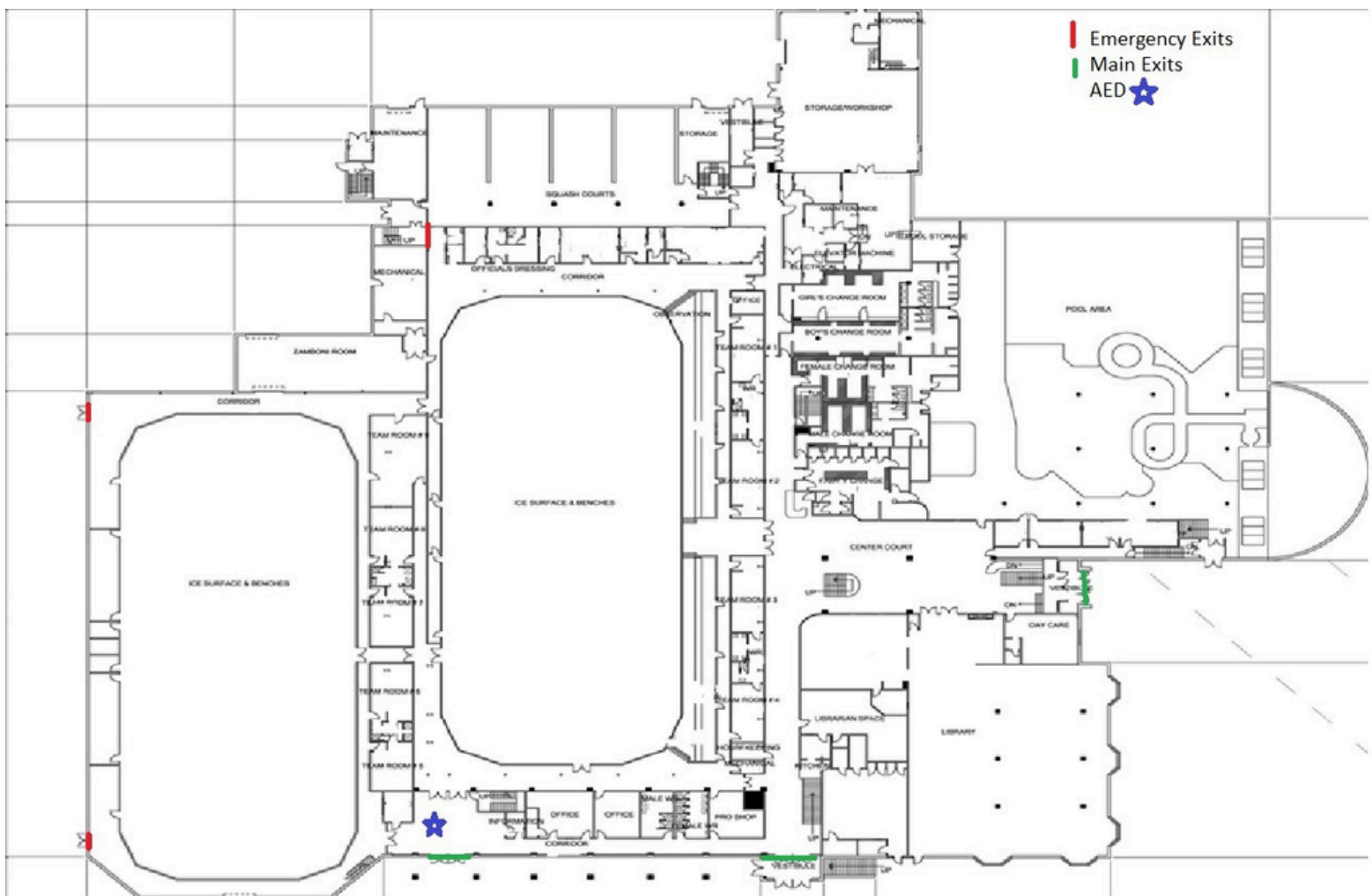
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Equipment Location

Arena: Cole Harbour Place

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Equipment Location

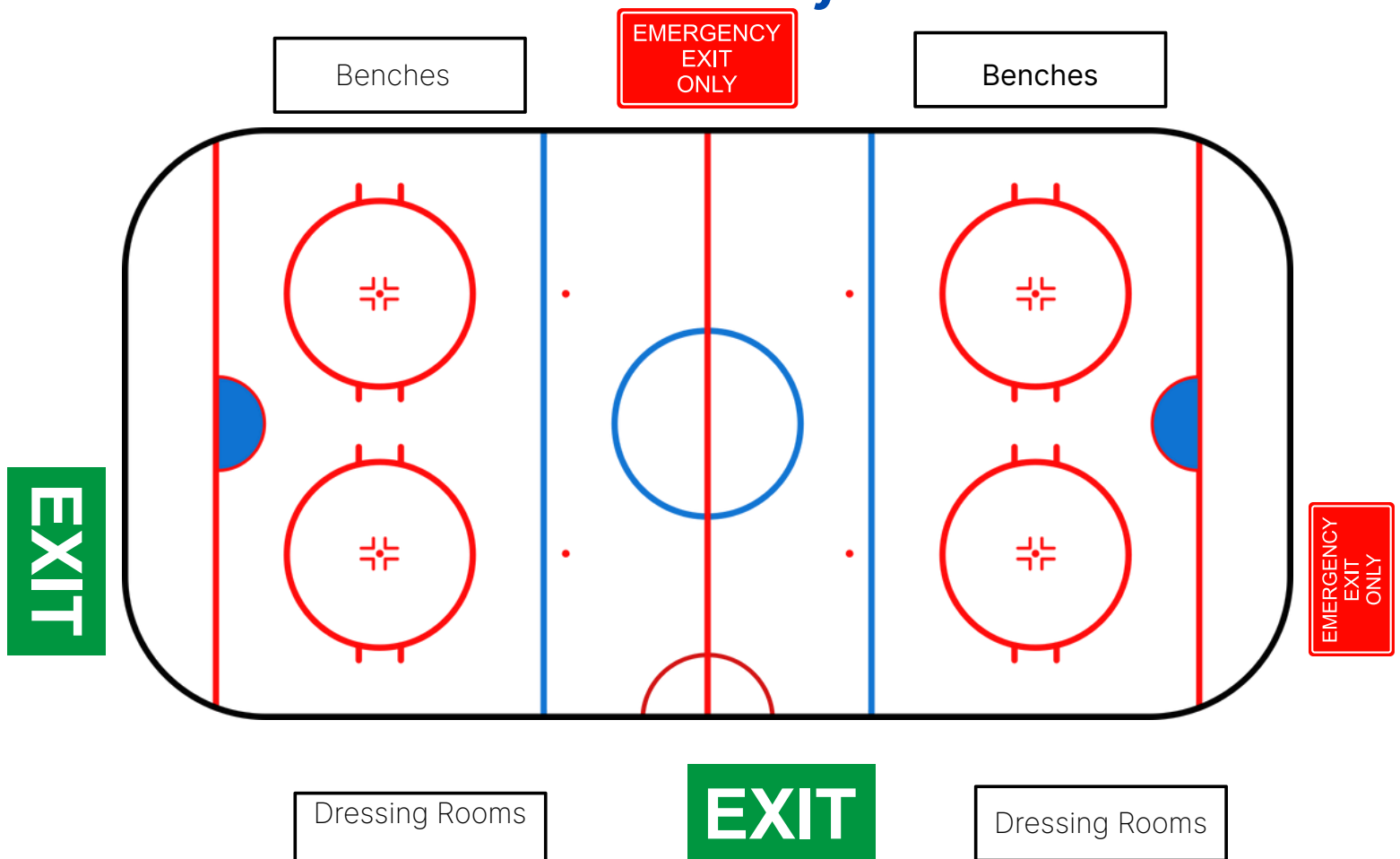
Arena: Shearwater

Address: 60 Boundary Road

Arena Telephone # (902) 720-1078

AED is located by the office upstairs as well as the Main Exit in the middle of the arena

Flashing blue/green light on the left side of the zamboni entrance is an ammonia alarm -notify rink staff and evacuate immediately



Emergency Action Plan

Good to Knows

Fire or Evacuation

Arenas have risks including the equipment used to chill the ice surface (uses ammonia) or resurface the ice (uses propane). Most arenas will have alarms that require an evacuation if any leaks of ammonia, propane or exhaust levels exceed thresholds. If the alarm sounds:

- Stop play immediately
- Coaches and players proceed to rink gate
- For U7 and U9, parents proceed to rink gate
- U7 and U9 Parents to assist their player to the nearest exit take care on hard surfaces as skate blades will not have traction
- Do not stop to remove skates and put on shoes it's easier to sharpen skates than not get out in time
- Coaches may need assistance on hard surfaces as well travel as a group and ensure that all have safely evacuated
- Once outside Coaches to complete roll call

Corrective Lenses: Player wears glasses but not while on the ice. Coaches should be aware that the player's visual abilities may not be what they would be normally

Asthma : Inhaler required?

Peanut Allergy Epipen on hand? No snacks with peanuts to practice, games or team activities

Heart Murmur: A mild heart murmur usually has no symptoms. Severe heart murmur can mimic congestive heart failure and can include symptoms of shortness of breath, swelling of legs, lightheadedness, rapid heartbeat, heart palpitations, and fatigue.

Diabetes: See Diabetes document on the website

Heart Condition: Will require the AED and call 911 as soon as possible

A first aid kit is available to the Managers. It includes basic first aid supplies plus instant cold packs, disposable gloves and disposable razors in case an Automated External Defibrillator (AED) is required.

Disposable razors or duck tape is recommended for hairy adult males to ensure that the AED pads make acceptable contact.



Emergency Action Plan

Good to Knows

Anhydrous Ammonia

HEALTH HAZARD

- 4: Deadly
- 3: Extreme Danger
- 2: Hazardous
- 1: Slightly Hazardous
- 0: Normal Material

FIRE HAZARD Flash Points:

- 0: Below 73°F
- 1: Below 100°F
- 2: Below 130°F
- 3: Above 130°F
- 4: Not Testable

INSTABILITY

- 4: May Detonate
- 3: Shock + Heat may Detonate
- 2: Violent Chemical Change
- 1: Unstable if Heated
- 0: Stable

SPECIFIC HAZARD

- OX: Oxidizer
- FL: Flammable
- W: Use No Water
- SI: Simple Asphyxiant
- ACID: Acid
- CB: Corrosive
- RD: Radioactive

PROTECTIVE EQUIPMENT FOR HANDLING MATERIALS

Apron, Boots, Face Shield, Gloves, Goggles

Precautionary Measures:
Avoid inhalation and exposure to skin. Keep container closed. Use only with adequate ventilation to maintain airborne concentrations below hazardous levels. Wear appropriate gloves, goggles, and personal protective clothing.

Emergency Overview:
Colorless gas/liquid with a strong, suffocating odor. Causes skin, eye and respiratory tract burns. May cause blindness. Exposure to high levels may be fatal. Potential explosion hazard in confined space. Use sufficient ventilation to prevent vapor build up.

First Aid Procedures:
Inhalation: Remove to fresh air. Eyes/Skin: Flush with flooding amounts of water for at least 15 min. Ingestion: Ingestion of gas is unlikely. For aqueous solutions, do not induce vomiting. If conscious, give large amounts of water to drink. If unconscious, do not give anything by mouth.

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Ammonia: ammonia gas can be irritating to the eyes, throat and breathing passages. Ammonia primarily affects the eyes, lungs and skin. Accordingly, the best means of providing first aid for an injury caused by ammonia contact with the eyes or skin is to flush immediately with clean water. Remove contaminated clothing, but only after flushing with water to prevent skin from sticking to clothing. Promptness in initiating treatment, using adequate quantities of water and continuing its application for at least fifteen minutes or longer if necessary, are all essential in successful first aid management of an eye or skin injury resulting from contact with ammonia. Immediate medical attention should also be obtained. In the event of inhalation, the exposed individual should be taken to a clean uncontaminated area. For severe exposure to high concentrations, the individual should receive immediate medical attention.

Propane Gas

HEALTH HAZARD

- 4: Deadly
- 3: Extreme Danger
- 2: Hazardous
- 1: Slightly Hazardous
- 0: Normal Material

FIRE HAZARD Flash Points:

- 0: Below 73°F
- 1: Below 100°F
- 2: Below 130°F
- 3: Above 130°F
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PROTECTIVE EQUIPMENT FOR HANDLING MATERIALS

Apron, Boots, Face Shield, Gloves, Goggles

Precautionary Measures:
Avoid inhalation and exposure to skin. Keep container closed. Use only with adequate ventilation to maintain airborne concentrations below hazardous levels. Wear appropriate gloves, goggles, and personal protective clothing.

Emergency Overview:
Colorless, odorless gas; may have additives to smell like rotten eggs. Irritating to eyes/respiratory tract. Stored as a compressed gas which can cause frostbite. Also causes: asphyxiation (reduced oxygen available for breathing). Flammable.

CAS No. 74-98-6

Propane: In case of contact with eyes, flush eyes with water. Get medical attention. Skin contact with liquid Flush with water. If frostbite or burn occurs, get medical attention. In case of inhalation remove victim to fresh air and provide oxygen if breathing is difficult. Seek immediate medical attention if victim is not breathing. Give artificial respiration. Signs/Symptoms: Eye or skin burns (frostbite) as noted previously. Early to moderate central nervous system depression may be evidenced by giddiness, headache, dizziness and nausea. In extreme cases, unconsciousness may occur.