

EMERGENCY ACTION PLAN (EAP)

An Emergency Action Plan (EAP) is a plan designed by coaches to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a responsible and clear-headed way if an emergency occurs.

An EAP should be prepared for the ski hill where you normally hold training and for any ski hill where you regularly host competitions.

An EAP can be simple or elaborate and should cover the following items:

- Designate in advance who is in charge in the event of an emergency (this may very well be you).
- Have a radio with you and make sure the battery is fully charged. If this is not possible, you will have to send someone at any ski lift to call the ski patrol.
- Have contact numbers (parents/guardians) for the athletes.
- Have on hand a medical profile for each athlete, so that this information can be provided to emergency medical personnel. Include in this profile a signed consent from the parent/guardian to authorize medical treatment in an emergency.
- Prepare descriptions of training site to provide ski patrol to enable them to reach the site as rapidly as possible.
- Have a first aid kit accessible and properly stocked at all times (all coaches are strongly encouraged to pursue first aid training)

When an injury occurs, an EAP should be activated immediately if the injured person:

- 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