

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

The Emergency Action Plan: Safety Requires Teamwork



While serious injuries are rare, the potential always exists in contact sports like hockey. Accidents can happen anywhere, anytime, to anyone, and you must be prepared if a serious injury occurs.

The CHA recommends that all of your team's volunteers obtain formal training in First Aid and CPR. This will provide you with the knowledge and confidence to deal with medical emergencies.

As a coach, you are responsible for developing and implementing an Emergency Action Plan (EAP) for your team. The EAP prepares you in the event of a serious injury.

An EAP requires the co-operation of three individuals:

PERSON IN CHARGE:

- Most qualified person with training in First Aid and emergency procedures.
- Tends to injured player and directs others until medical personnel arrive.
- Familiar with emergency equipment at arena.

CALL PERSON:

- Keeps list of emergency telephone numbers, knows location of telephones and makes call for emergency assistance.
- Guides emergency crew to arena and in and out of facility.

CONTROL PERSON:

- Secures room for Person In Charge and emergency crew to treat injured player.
- Discusses EAP with officials, opponents and arena staff.
- Ensures route for emergency crew is clear and seeks other medical personnel if requested by Person In Charge.

Outline the details of your EAP, discuss it with your staff, and keep a copy, including emergency telephone numbers and diagram of the facility, in your First Aid kit. In a medical emergency, time is short, and teamwork is crucial.

For more resources, ask your Branch about the "Safety Requires Teamwork" booklet and video.

