Calabogie Ski Racing Club
Emergency Action Plan
June 30, 2015

This Emergency Action Plan is to provide guidance to all responsible personnel in the event of an emergency, including all on and off hill incidents and natural disasters. This shall apply to all club organized events and activities including races, regular training, dryland training, and training camps both at the home hill as well as at other locations.

General Guidelines

- ☒ A 'Charge' person shall be designated as the primary person in charge in the event of an emergency.
- ☒ A 'Call' person shall be designated as the person to contact medical authorities when required, to provide them with precise directions to reach the injured person, and to provide assistance to the Charge person.
- ☒ All personnel responsible for groups (e.g. coaches) should have a radio or cell phone available to them with batteries fully charged. When this is not possible, they should have at all times the ability to send someone to call the ski patrol.
- ☒ Emergency contact information shall be readily available for ski patrol, facility manager, superintendent, EMS (fire, ambulance, and police), Charge person, Call person as well as athlete contact information. Coaches shall carry this information with them at all times.
- ☒ Directions to the event facility, as well as directions from the event facility to the nearest hospitals shall be readily accessible.
- ☒ Athlete medical profiles shall be readily accessible to coach/club personnel so that such information can be provided to emergency medical personnel. The profile shall include a signed consent from athlete parent/guardians authorizing emergency medical treatment.
- ☒ A properly stocked first aid kit shall be readily accessible at all time. It is recommended that coaches have first aid training.

When to activate the EAP:

- ☒ 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

Key Roles and Responsibilities

Charge Person

- Be accessible by radio or cellphone at all times during the event.
- During races, make yourself and your contact information known to the Chief of Race
- Keep the Emergency Contact Information with you at all times during the event.
- Ensure the Call person is aware of the incident and is performing his/her duty
- Reduce the risk of further harm to the injured person by securing the area and sheltering the injured person from the elements. During races, this is generally handled by race officials.
- Designate who is in charge of the other athletes. If nobody is available for this 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 the condition of the injured person (ABC check); are they awake/conscious, are they breathing with a clear airway, do they have a pulse, is there major bleeding?
- Wait by the injured person until EMS arrives and the injured person is transported
- Fill in an accident report form

Call Person

- Be accessible by radio or cellphone at all times during the event.
- Keep the Emergency Contact Information with you at all times during the event so that you can contact them immediately.
- Keep the event location address/directions with you at all times during the event in order to direct EMS.
- Call for emergency help; ski patrol, ambulance, police, etc.
- Provide all necessary information to EMS dispatch; facility location, nature of injury, description of first aid that has been done, athlete medical profile)
- Clear any traffic from the entrance/access road before ambulance arrives
- 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

Coaches

- Have a radio or cell phone available with batteries fully charged. If this is not possible, have the ability to send someone to contact ski patrol.
- Keep a copy of emergency contact information with you.
- Know where to access athlete medical profiles.
- Know where to access first aid kit.

Emergency Contact Information

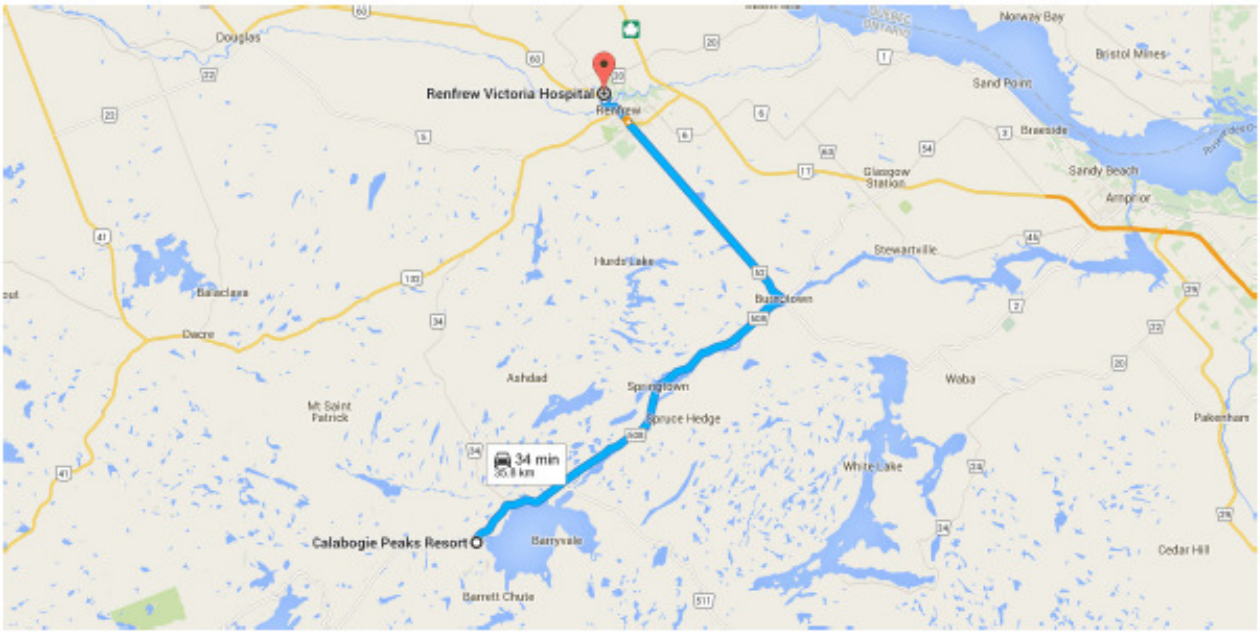
Emergency		9-1-1
Charge Person – primary	Bruce Monkman	
Charge Person – backup 1	TBD	
Charge Person – backup 2	TBD	
Call Person – primary	Brent Allen	613-294-1644
Call Person – backup 1	TBD	
Call Person – backup 2	TBD	
Head Coach	Bruce Monkman	
U10 Coach	TBD	
U12 Coach	TBD	
U14 Coach	TBD	
U16 Coach	TBD	
U18 Coach	TBD	
Calabogie Peaks (see directions)	30 Barrett Chute Road Calabogie, Ontario K0H 1H0	800-669-4861
Calabogie Peaks GM	Michael Strauss	613-720-5663
Nearest hospital – **Renfrew Victoria Hospital** (see directions)	499 Raglan St North Renfrew, Ontario K7V 1P6	613-432-4851

Directions to Renfrew Victoria Hospital

Google

Drive 35.8 km, 34 min

Directions from Calabogie Peaks Resort to Renfrew Victoria Hospital



Calabogie Peaks Resort

30 Barrett Chute Road, Calabogie, ON K0H 1H0

1. Head northwest on Barrett Chute Rd toward Calabogie Rd/Route 508

   200 m

2. Turn right onto Calabogie Rd/Route 508

   21.2 km

3. Turn left onto Burnstown Rd/Renfrew County Rd 52 (signs for County Road 52/Burnstown Road)

   Continue to follow Renfrew County Rd 52

   12.1 km

4. Slight left onto Raglan St S/ON-60 W

   Continue to follow ON-60 W

   1.8 km

5. Turn right onto Bruce St/County Rd 20 (signs for ON-17)

   270 m

6. Turn left at the 2nd cross street onto Raglan St N

   210 m

7. Turn right

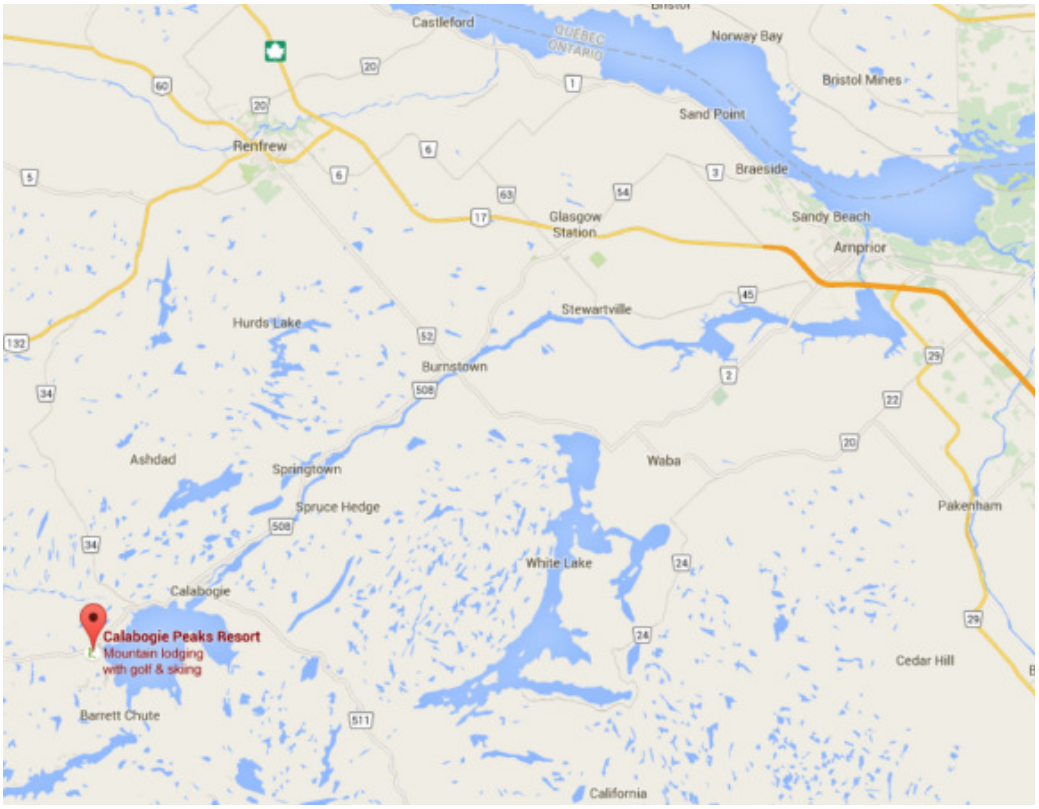
   Destination will be on the left

   44 m

Renfrew Victoria Hospital

Renfrew, ON

Directions to Calabogie Peaks



Directions from Renfrew, ON to 30 Barrett Chute Rd

Renfrew, ON
Canada

1. Head southwest on Munroe Ave E toward Raglan St N/ON-60 W
2. Turn left at the 1st cross street onto Raglan St S/ON-60 E
3. Slight right onto Raglan St S/Renfrew County Rd 52
   Continue to follow Renfrew County Rd 52
4. Turn right onto Calabogie Rd/Route 508 (signs for County Road 508/Calabogie Road)
5. Turn left onto Barrett Chute Rd
6. Turn right
7. Slight right

30 Barrett Chute Rd
Calabogie, ON K0J 1H0, Canada

Directions from Ottawa, ON to Calabogie Peaks Resort

Ottawa, ON

Get on ON-417 W

1. Head southwest on Albert St/Ottawa 42 toward O'Connor St/Ottawa Regional Rd 87
2. Turn left at the 1st cross street onto O'Connor St/Ottawa Regional Rd 87
3. Turn right to merge onto ON-417 W

Follow ON-417 W to Goulbourn. Take exit 144 from ON-417 W

4. Merge onto ON-417 W
5. Take exit 144 for Ottawa 5 N/Ch. Carp N/Carp Rd. N toward Carp

Get on ON-417 W

6. Merge onto Carp Rd/Route 5
7. Turn left onto March Rd/Ottawa Regional Rd 49
8. Merge onto ON-417 W via the ramp to Arnprior

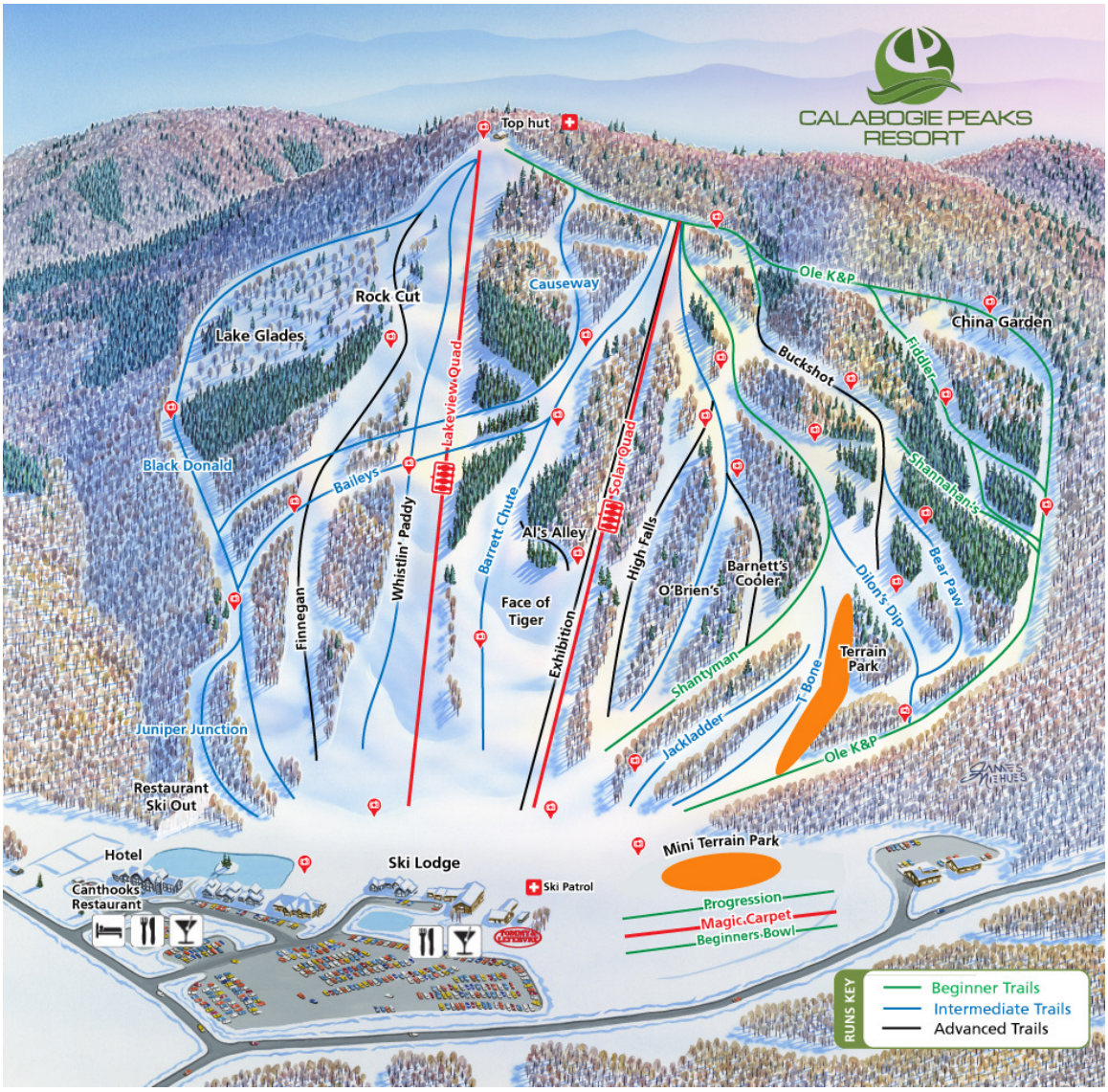
Merge onto ON-417 W

Take Calabogie Rd/Route 508 to Barrett Chute Rd in Greater Madawaska

10. Continue onto Trans-Canada Hwy/ON-17 (signs for Campbell Dr. 500 m)
11. Turn left onto Calabogie Rd/Route 508 (signs for County Road 508/Calabogie Road)
12. Turn left onto Barrett Chute Rd
    Destination will be on the right

Calabogie Peaks Resort

30 Barrett Chute Road, Calabogie, ON K0H 1H0

Directions to Calabogie Peaks Ski Patrol Hut

Generally, ski patrol will transport injured people from the ski slopes to the Ski Patrol hut which is located to the right of the main lodge (when looking from the parking lot) and is accessible from the parking lot via a small footbridge.