




SAFETY IS NO ACCIDENT
Your Team Emergency Plan

OHSET Coaches Training
 Adapted from Pam Steinke

Be Prepared


Every OHSET team/district should have an Emergency Action Plan:

- Anytime or Any place.
- Injury or Illness
- ▶ Preparation is the key
- ▶ Consider the different needs for where you plan to practice or compete.
- ▶ Everyone has the Emergency Action Plan

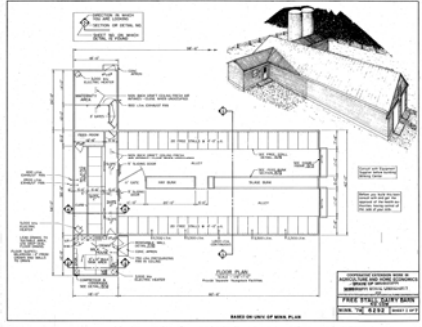


What You Need to Know:

- ▶ Layout of your practice facilities
- ▶ Equipment
- ▶ Support Personnel
- ▶ Communication to HELP




Facility Plan



Where will EMS Enter & Exit?

- Who will meet the ambulance and give exact directions
- Know where access keys/codes are kept to open gates or doors



Know where First Aid Equipment and Fire Extinguisher is

- ▶ AND be sure it's up to date and re-filled



Designate a gathering place

- Designate a gathering place for those not involved and a person in charge to keep them there



Other Needs

- ▶ Stocked basic veterinary kit
- ▶ Blanket
- ▶ Flashlights with spare batteries
- ▶ Contact numbers for team members



Support Personnel

- ▶ Advisor
- ▶ Head coach for the practice
- ▶ Know resources from your membership
 - EMTs, Nurses, Doctors, Athletic Trainers

Communication

- ▶ Be clear on how and when to call 911 or a local emergency number
 - The caller MUST have the basic information on the athlete and the injury (age, gender, how it happened, type of injury- head injury, broken leg, etc)



Send Someone...

- ▶ to meet the ambulance and give exact directions.



More Communication

- ▶ Create a chain of command within your team:
 - Designate person to contact the athlete or persons family
 - Designate person to contact the facility owner



The Emergency Phone Call:

“My name is _____
 I am located at _____
 One of our riders has been injured. They are ____ years old and complaining of _____
 Please come to ____ someone will be at the entrance to direct you.

Follow Up

- ▶ Decide who is responsible for completing the appropriate injury forms. Mail completed form to:
 - OHSET, c/o Jan Harer , 37285 SW Nature Dr., Cornelius, OR 97113
- ▶ Evaluate the response and any gaps in your plan for future events.

Coaches First Aid Kit

- ▶ Non-powdered barrier gloves 2-3 pair
- ▶ Rescue breathing face shield
- ▶ Instant Ice Cold Pack
- ▶ Elastic Fabric flexible bandages - 3-4 inch
- ▶ Strip Band-Aids
- ▶ Triangular Bandage for sling
- ▶ 2" Roller Gauze (or Coban)
- ▶ Adhesive Tape
- ▶ 2x2" Sterile Gauze Pads
- ▶ 3x3" Sterile Gauze Pads
- ▶ Telfa Non Stick Pads
- ▶ Large Patch Bandage
- ▶ Adhesive Tape
- ▶ Alcohol / Disinfectant Swabs
- ▶ Antiseptic Pads
- ▶ Saline Eye Wash
- ▶ Individual Tylenol/Advil
- ▶ Neosporin Ointment
- ▶ Scissors

Basic Veterinary Kit

Yes we deal with horses - only with permission from owner

- ▶ Thermometer, digital
- ▶ Betadine solution and Betadine scrub
- ▶ Wound salve/spray
- ▶ Saline
- ▶ Big syringe (or Turkey baster)
- ▶ Gauze pads
- ▶ Telfa pads (or other non-stick pad)
- ▶ Rolled gauze
- ▶ Sheet cotton
- ▶ Standing wraps
- ▶ Brown gauze
- ▶ Vetwrap
- ▶ White tape, water-proof
- ▶ Sharp scissors (or Bandage scissors)
- ▶ Hoof pick



Complete Your
 Emergency Action Plans!!