

TEAM EMERGENCY ACTION PLAN

Presented by CARHA Hockey

When someone on your team suffers from a medical emergency, initiate this plan right away!
Ensure everyone knows their role and is ready to help a teammate in distress! Be prepared!

Step 1

If your teammate is unconscious, appears to be having a heart attack, or is down due to injury,
STOP everything and initiate this emergency action plan!

Step 2

The CHARGE PERSON takes over the situation. The CHARGE PERSON does the first aid treatment
and delegates tasks to others. The CHARGE PERSON for this plan is:

NAME

Step 3

After the CHARGE PERSON assesses the situation, they decide whether emergency crews are needed.
If 911 is needed, the CHARGE PERSON delegates one person to call the emergency crew. That person is:

NAME

Step 4

The CHARGE PERSON will delegate someone to go retrieve the closest Automatic External Defibrillator
that the building has. It will need to be done as quick as possible. That person is:

NAME

Step 5

The CHARGE PERSON will delegate someone to go retrieve the arena staff. Depending on size of facility,
more than one person may be asked to do this role. Arena staff have training for emergencies.

NAME

NAME

Step 6

Once the person returns and lets the CHARGE PERSON know that the ambulance is on its way, they are
to go wait for the ambulance at the designated location.

Continue using the AED machine and CPR until Emergency Crews take over! Good work, you have
done everything you can do!

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ROLES AND RESPONSIBILITIES

Reason for the Plan

This plan is in place to ensure people are more comfortable if something should occur. Normally panic can set in place, and people are not aware of what should be done. This lets it sink in before something may happen, and that time saved could very well save a life. Plan ahead!

Conscious Casualty

If your teammate or opponent looks like they are in trouble, breathing poorly, skin is turning pale, or any other symptoms, yet they are still awake and moving.

Unconscious Casualty

If your teammate or opponent has collapsed and is motionless and possibly not breathing. There may or may not be a pulse, skin is pale, and there is no sign of movement.

Charge Person

- This person recognizes that there is an emergency and takes action!
- They will ensure the scene is safe (game has stopped)
- They will delegate tasks to surrounding players.
- They will provide the First Aid needed with their kit.

911 Caller/Ambulance Greeter

- This person will call 911 at the closest phone (cell phones may lose signal!)
- They will give the following information:
State there is an emergency; explain what the emergency is and the status of the player; state what care is being given to the casualty; give the exact location and best access route; ask for an estimated time of arrival; inform the CHARGE PERSON that help is on its way.

AED Retriever

- This person will locate the closest AED Machine
- They will need to bring this machine back to the emergency site as quickly as possible.
- Hand over the machine to the CHARGE PERSON or apply the pads and start using the machine.
- Wait for any further instructions.

Remember to stay calm, and to ensure your safety first. If it is not safe for you to do something, don't do it! The last thing we want is another person to be in a bad medical situation.



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