

Emergency Action Plan: Dunbar Little League

ROLE OF FIRST RESPONDERS

1. Immediate care of the injured athlete.

1. Check ABC's, Severe Bleeding, and Levels of Consciousness.
2. Begin Rescue Breathing / CPR if needed.
3. Start necessary first-aid care.
4. If spine board is needed, or an ambulance is necessary, instruct a bystander to call 911. If splinting is not possible, stabilize and comfort athlete until EMS arrives.

NOTE: If cervical injury is suspected and individual is breathing and/or conscious, and ambulance response time is short, instruct victim to remain motionless until more qualified personnel arrive.

2. Activation of Emergency Medical System (EMS)

1. Call 911
2. Name of individual making call
3. Give telephone number
4. Number of Injured Athletes
5. Condition of Injured Athletes
6. First Aid Treatment being given
7. Specific location of emergency. Give athletic field. (See venue directions, include street names and how to access sites)
8. Other information as requested

3. Direction of EMS to Scene

1. Designate individual to "flag down" EMS and direct to scene. The locations for easiest evacuation from the diamonds is indicated on the maps with a small triangle.
2. Scene Control: Limit scene to first aid providers and move bystanders away from area.
3. Emergency Equipment Retrieval, Documentation and Debriefing, Post-follow up arrangements as necessary.

The goal for response time for EMS within Vancouver is less than 10 minutes. All children (less than 16 years of age) with serious orthopaedic trauma will be sent to Childrens' Hospital.

Non-urgent injuries requiring medical attention may also be taken to UBC Urgent Care Centre which is open until 10 pm.

Addresses:

BC Childrens' Hospital
 4480 Oak Street
 Vancouver, BC
 604-875-2345

UBC Urgent Care Centre:
 2211 Westbrook Mall
 Vancouver, BC
 604-822-2344

Diamond Locations: Visit this Google map page to see a complete map of these locations.

<http://maps.google.ca/maps/ms?ie=utf8&hl=en&om=1&z=16&ll=49.244977,-123.185256&spn=0.009582,0.020084&msid=108458296874439085921.00000111c88dd331a005b&msa=0>

For quickest directions to EMS the following coordinates are best suited:

Memorial Park: Dunbar and West 33rd Avenue; note Minor A is on the corner of Dunbar Street and 33rd; Blastball, Majors and T-Ball at Highbury and West 33rd.

Valdez Park: Balaclava Street and West 23rd Avenue

Balaclava Park: Carnarvon Street and West 31st Avenue

4. Injury Report Forms and Insurance Requirements

Injury reports need to be submitted within 24 hours of the incident. These reports are necessary, especially if the athlete/family intends to seek insurance money from the DLL.

Insurance Carriers

Buntain Insurance
 Canadian Northern Shield Insurance CO. COM031511757
 3707 west 10th Ave
 Vancouver BC V6R2G5

Speirs and CO.
 Sports Accident & Liability
 Policy LLB001
 604 669 2211
 Suit 730-800 West Pender Street V6S 1N7

The **Insurance Declaration Form** is to be filled out by the parent and coach. This form will be used to validate, confirm or assign payment.

The **Notification of Claim Form** is to be filled out with the parent, coach and a member of the DLL executive.

A copy of these forms is available on the website as well as with each coach/manager in their Emergency Action Plan folder.

The injury report should be sent to the DLL Safety coordinator as quickly as possible. These forms must be sent to the insurance company within 1 year of the incident, earlier if a claim is being made.

The safety coordinator, along with coach and another representative will follow-up with the injured athlete or family of the injured athlete to reassure the family of our role and to help with any return to play options that may be helpful, ie. Practice options, etc.

A copy of the forms is available on the following website. Please paste this address to your browser and print the form as needed.

https://webmail.shaw.ca/attach/Claims.Forms.Sports-Can.2.pdf?sid=&mbox=INBOX&charset=escaped_unicode&uid=19355&number=4&filename=Claims.Forms.Sports-Can.2.pdf

5. First Aid Kits and Contents

Medical kits are stocked at the beginning of the season. Each kit contains

Blastball: Shared kit located in the equipment box located under the tree by the playground

T-Ball Memorial: Shared kit located in the equipment box behind the backstop.

T-Ball Valdez: Shared kit located in the equipment box behind the backstop

Minor B: Shared kit located in the equipment box behind the backstop.

Majors: Fully stocked kit located in equipment room at backstop.

Concession: Has a fully stocked first aid kit with a case of spare ice packs located in the bathroom.

Kit Contents

Minor A and Majors have a fully stocked Cramer First Aid Kit. The contents can be viewed at the following website:

http://www.cramersportsmed.com/products_catalog.jsp?catID=84&prodID=315&path=AT

Blastball, T-ball, Minor A, Minor B kits contain items that can be viewed at the following website:

http://www.cramersportsmed.com/products_catalog.jsp?catID=84&prodID=317&path=AT

Please take a moment to familiarize yourself with these items and their use. Remember to restock all items used from your first aid pack after each use or contact DLL Safety Officer (Wendy Epp) at 604-767-9985.

6. DLL Contacts:

President:

Joe M^cDermott
j.m.McDermott@shaw.ca
604-871-0951

Safety Officer:

Wendy Epp
wmepp@shaw.ca
phone: 604-767-9985

Concussion Management

The World Congress on concussion management along with International Hockey, Soccer and Rugby Federations have agreed that concussion management starts at the field of play. For the Dunbar Little League, we will encourage coaches, parents and umpires to follow the Pocket SCAT 2 (standardized concussion assessment tool) for Coaches and Parents. A copy of this will be put into each first aid kit. It is a quick reference tool that can easily be used on the sidelines to help determine the best plan of action.

The Pocket SCAT 2

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Concussion should be suspected in the presence of **any one or more** of the following: symptoms (such as head-ache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behaviour.

1. SYMPTOMS

Presence of any of the following signs and symptoms may suggest a concussion.

Loss of consciousness	Feeling slowed down
Seizure or convulsion	Feeling like “in a fog”
Amnesia	“don’t feel right”
Headache	Difficulty concentrating
“Pressure in head”	Difficulty remembering
Neck Pain	Fatigue or low energy
Nausea or vomiting	Confusion
Dizziness	Drowsiness
Blurred vision	More emotional
Balance problems	Irritability
Sensitivity to light	Sadness
Sensitivity to noise	Nervous or anxious

2. MEMORY FUNCTION

Failure to answer all questions correctly may suggest a concussion.

“At what venue are we at today?”

“Which inning is it now?”

“Who scored last in this game?”

“What team did you play last week/game?”

“Did your team win the last game?”

note: for younger players questions need to be more age appropriate and can include such queries as:

“who is your teacher this year?”

“what is our home phone number?”

“how did we get to the game today?”

Pocket SCAT 2 – page 2**3. BALANCE TESTING****Instructions for tandem stance**

“Now stand heel-to-toe with your non-dominant foot in the back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes”

Observe the athlete for 20 seconds. If they make more than 5 errors (such as lift their hands off of their hips; open their eyes; lift their forefoot or heel; step, stumble or fall; or remain out of the start position for more than 5 seconds) then this may suggest a concussion.