



General Emergency Procedures

Location: Silver Star Mountain Resort Winter operations

INTRODUCTION

This document is to serve as a guide to coaches, volunteers and athletes in the event there is an accident.

Minor Injury (sprain, strain) and Major injury

The Coach must designate themselves as the CHARGE PERSON unless there is someone on site with higher level of first aid qualifications. Ideally the person with the most first aid experience is the charge person. *Establish this prior to each session.*

- Stop all training. Group all participants to a safe muster point. Have another coach or adult support as required.
- Assign a SPOTTER if the location of the accident is not visible to on coming traffic. Cross skis to mark the accident area.
- Access the injury. Minor or Major?
- Does this incident require patrol?

IF NO Patrol required:

Does the athlete need a break? If so, call for back up and plan with immediate supervisor. Use radio/or cell phone.

Can this athlete still participate? If so, monitor the athlete and have them do light activity until the symptoms are completely gone.

Always report the incident to the supervisor and the parent as soon as possible.

Note - that if you really aren't sure of the athlete's condition report this incident to Silver Star Mountain Ski Patrol as soon as possible. This is always a safest option and always available.

YES Patrol is required:

- If this is a potential head injury or spinal injury assume C Spine position immediately and until Patrol arrives.
- Assign the closest adult to CALL patrol. Use cell phone or CALL for help on the SS Freestyle Coach radio. If there is no reception send a pair of participants to the closest chair lift. Know the location of the incident before CALLING for Patrol. *For example: "Look for red bibs halfway down Peanut Trail."*
- Ensure the CALL person reports back to the CHARGE Person.
- Assign a LOOKOUT Person to wave down patrol and guide the patrol to the injured person.
- Keep the injured person safe and warm while waiting for patrol.



- Help patrol until they take over.
- Plan to ensure all athletes are safe and continue the day if there is time. Ensure there is a club representative that follows the injured participant to patrol. The club representative stays with the injured until the parent or guardian arrives. This can be the acting coach or call in for back-up.
- As soon as possible and when its prudent call a parent once the injured participant is safe. Report the incident to your supervising coach/leader or program director.
- Complete the necessary on-line forms prior to leaving patrol
 - *Freestyle Canada* - <https://freestylecanada.ski/resources/insurance/accident/>
 - *Snowboard Canada* - <https://snowreg.com/#!/series/20212022-athlete-accident-report-form-all-members>

Charge person: Coach or the person with the highest level of first aid certification that is with the athlete when the accident occurs. This person must stay with the injured person until the Ski Patrol arrives. Usually, this person follows the injured person to patrol and ensures a safe transition back to the parent or guardian.

Call person: Another coach or an adult. Or in absence of a coach or adult use another a pair of athletes.

Lookout Person: Athlete or adult on site. This person waves down the responding patrol and guides them to injured person. This could also be the CALL person.

Ski Patrol Emergency @ Silver Star Mountain: 250-558-6048

Dispatch Non-emergency: 250-558-6033

Other Contacts:

- Program Director: Wade Garrod - 250-550-5322
- Ski Comp Team: Hayden Person – 250-540-4260
- Snowboard Comp Team: Crispin Lipscomb - Home 250-542-0266, Cell 250-307-0675
- Ski Dev Team: Tom Swiecicki (Svin) – 250-307-6322
- Snowboard Dev Team: Daniel Curtis – 403-816-8072
- Club President: TBA

Vernon Jubilee Hospital (Closest Hospital)

Address: 2101 32 St, Vernon, BC

Phone #: 250-542-2211