

APPENDIX A: MEDICAL DOCUMENTS FOR FUTURE SPECIFICATIONS

A.1 Specific Guidelines for Emergency Response

An ambulance must be able to respond quickly whenever on-ice evacuation or ambulance transportation is required. Ambulance response time must be under 9 minutes. A second ambulance must be available to take over when the first is already transporting an injured person.

A.2 Guidelines for Medical Clinic

1. The medical clinic must be near the ice and easily accessible (unrestricted access at all times).
2. There must be a predetermined, unobstructed passage between the medical clinic (examination and treatment) and the ambulance.
3. The medical clinic must be well identified.
4. The medical clinic must be available at all times (during warm-up, practice and competition).
5. The medical clinic must be large enough to accommodate two injured people.

A.3 Emergency Action Plan

All SSC Sanctioned events must have an emergency action plan in place. All members of the medical team, officials, members of the organizing committee and team leaders/head coaches should be made aware of this plan and their responsibilities should the plan be enacted. Medical team members and on-ice officials must be fully aware of the plan and their duties in implementing the plan.

Specifically the event's emergency action plan will identify:

1. The members of the medical team and other individuals to be called upon in the event of an emergency
2. Phone number(s) to contact an ambulance
3. Location of phones within the arena and/or designation of individuals carrying cellphones rink side*, at least one of these individuals must be present and visible at all times
4. Directions to the arena including access location for ambulance and response phone numbers
5. Emergency exit locations in order to ensure athletes' safety in emergency situations
6. An evacuation plan for emergency procedures including evacuating a skater from the ice
7. Name of all members of the event's medical team, assigned duties and qualifications
8. All pertinent information with regards to specific emergency procedures required by the venue, e.g. evacuation from the ice in the event of fire alarm, ammonia leak, etc.

*When cellphones are designated by use, they must be fully charged at the start of each day as well as the signals must be checked for reception in all areas of the building prior to the start of the event.

A.4 List of Equipment Available at Rink Side for all SSC Sanctioned Events (D5-1)

The following equipment must be available immediately at rink side:

Trauma/Medical Assessment/Treatment Kit:

- Examination Gloves
- Eye Protection
- Pocket mask
- Oro-pharyngeal airways (OPAs)
- Nasopharyngeal airways (NPAs)
- Stethoscope
- Sphygmomanometer
- Trauma Shears
- Bandage Scissors
- Assorted Dressings/Bandages
- Blood Glucose Monitoring Device
- Adult Bag Valve Mask
- Pediatric Bag Valve Mask

Spinal Motion Restriction and Evacuation Equipment:

- Back board with appropriate straps
- Adult adjustable cervical collars
- Pediatric adjustable cervical collars
- Head immobilizer
- Blankets
- Stretcher at the skating rink

Equipment for the Immediate Treatment of Major Hemorrhagic Situations:

- Abdominal dressings
- Compression bandages (4 and 6 inches)
- Sterile gauze (4 x 4)
- Kling gauze, 3 and 6 inches
- Universal scissors
- Straight haemostatic forceps
- Velcro tourniquet

A.5 List of Equipment Available in the Medical Clinic for all SSC Sanctioned Events (D5-2)

Basic Equipment:

- Blankets
- Sphygmomanometer
- Stethoscope
- Thermometer
- Hypafix
- Standard tape, 1 inch
- Mini flashlight
- Baggies for ice (when ice is available)
- Non-sterile gloves
- Disinfectant
- Cold Packs
- Hot Packs

Various Dressings:

- Adhesive bandages of various shapes and sizes
- Sterile gauze (4X4)
- Sterile Kling of various sizes (3 and 6 inches)
- Compression dressings of various sizes
- Elastic (Tensor) bandages of various widths
- Various tapes (transparent and white)
- Adaptic or unitule
- Hypafix

Immobilization:

- Assorted Splints
- Triangular bandages

Miscellaneous:

- Tissue glue
- Tongue depressors
- Ice
- Adhesive bandage
- Wheelchair (available at venue, if available for Ability, Age Class and Festival Sanctions)

Documents, Forms and Assessment Tools:

- Notification of a traumatic event document
- Copy of Emergency Action Plan (to be completed by the local committee)
- Prescription pads (provided/held by the physician at the competition)
- Injury Report Forms
- SCAT 2 Forms (Sport Concussion Assessment Tool 2)