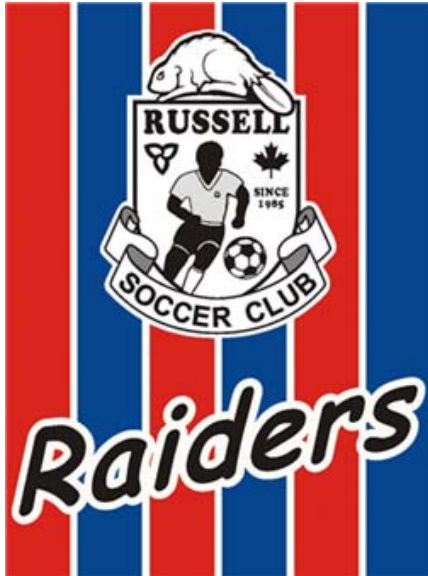




## RAIDERS EMERGENCY MANUAL

# Raiders

**Trainer / Coach's Name:**



# Russell Raiders Emergency Action Plan





# Emergency Phone Numbers

➤ **Call 911 First!**



# Trainer's Responsibilities

## ➤ **When to Activate EAP**

- ✓ No Pulse
- ✓ No Breathing
- ✓ Bleeding Profusely
- ✓ Impaired Consciousness
- ✓ Injuries to Back, Neck, Head
- ✓ Major Trauma to a Limb
- ✓ Can not move or Feel Limbs
- ✓ You Believe you Should

# Trainer's Responsibilities

## EAP

1. **Take control**
2. *Assess injuries*
3. **Call 911 or tell someone to call and relay Info about injuries**
4. *Direct someone to wait at the Front to Guide Paramedics*
5. **Provide First Aid: STABILIZE**

# Trainer's Responsibilities

**EAP** (*Once the child is stabilized*)

- **Have Medical Form of the player ready for Paramedics**
- ***Notify parents if not on scene***
- **Take Notes of player's name and:**
  - **Injuries, Hospital name**
  - **Time, Location, Witnesses**
  - **Referees...**
- ***Record incidents / injuries with the Russell Soccer Club***

# ADDRESS of Russell Soccer Fields

**Mother Teresa School:** 1035 Concession Road

**St. Joseph School :** 1008 North Russell /  
Concession Road

**Russell High School :** 982 North Russell /  
Concession Road

**Russell Public School :** 14 Mill Street

**Russell Youth Centre:** 988 North Russell /  
Concession Road. (Between Russell High School  
and St-Joseph primary School)



Each player should have an  
Emergency Medical Form  
completed.



All forms must be inserted in  
the **EAP**'s binder from this  
point. The player's assigned  
"Letter" from the index page,  
must be printed on the top  
right corner.



This Emergency form can be  
use as references by the  
coaches, trainers and medical  
staffs.



# Emergency Forms Index

Jersey	Name of Players	Page
2		<b>A</b>
3		<b>B</b>
4		<b>C</b>
5		<b>D</b>
6		<b>E</b>
7		<b>F</b>
8		<b>G</b>
9		<b>H</b>
10		<b>I</b>
11		<b>J</b>
12		<b>K</b>
13		<b>L</b>
14		<b>M</b>
15		<b>N</b>
16		<b>O</b>
17		<b>P</b>
18		<b>Q</b>
19		<b>R</b>
20		<b>S</b>
21		<b>T</b>



Trainings Print Players' Index letter  
here

## EMERGENCY MEDICAL FORM

**Parents: It is very important that you complete the form below.**

Does your child have any dangerous medical conditions that we should know about (e.g., asthma)?

If yes, please list below. Also, please sign to authorize emergency treatment.

**1. Child's Name:** \_\_\_\_\_

**2. Contact Phone numbers:**

• Tel No.: \_\_\_\_\_

• Cell No.: \_\_\_\_\_

• Pager: \_\_\_\_\_

**3. Health Card No.:** \_\_\_\_\_

**4. Dangerous Medical conditions:**

\_\_\_\_\_  
\_\_\_\_\_

**5. Is there anything a Doctor should know (e.g., drug allergies)?**

\_\_\_\_\_  
\_\_\_\_\_

# The Children's Hospital of Eastern Ontario

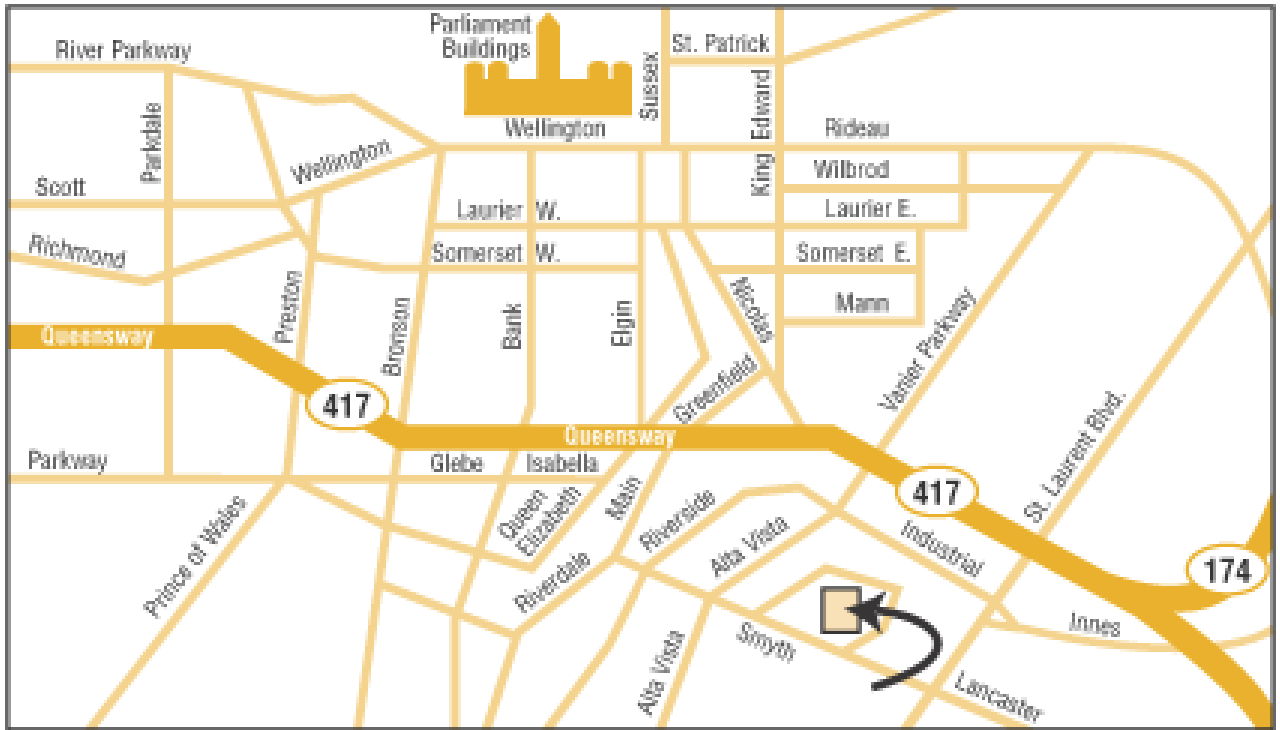
If Transport Does Not  
Require an Ambulance



## CHEO

401 Smyth Road, Ottawa ON K1H 8L1  
613-737-7600

**Maps on Next Pages**



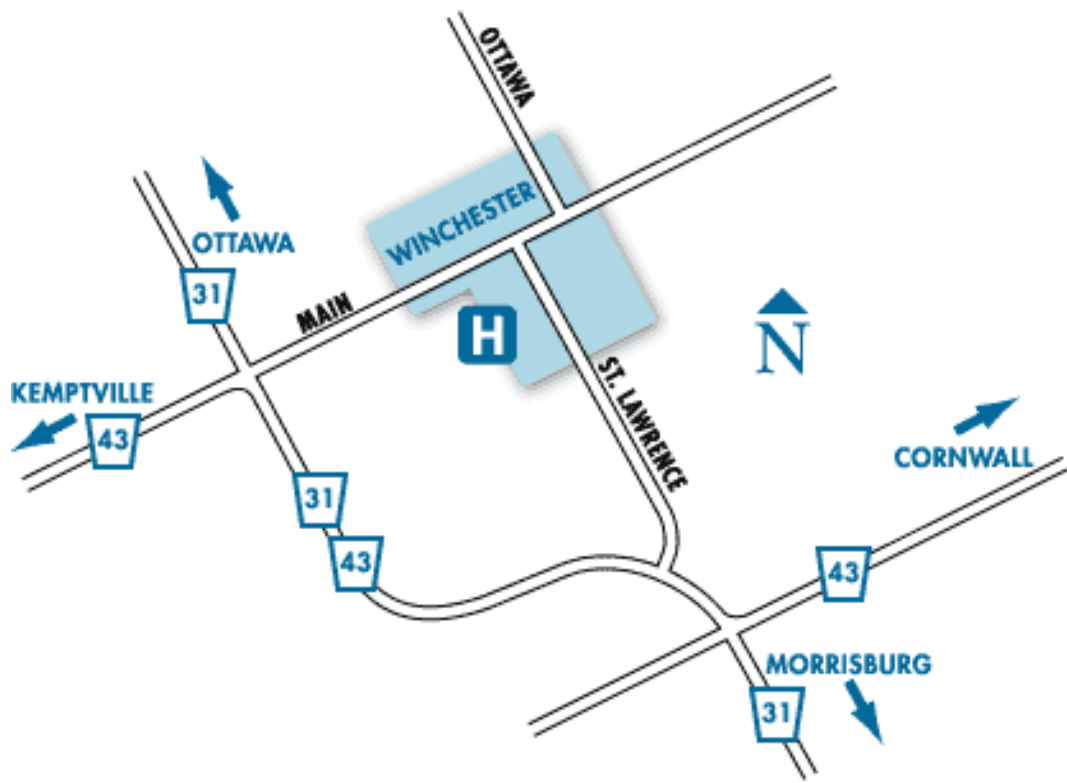
Level 2  
Niveau 2



# Winchester District Memorial Hospital



566 Louise Street, Winchester, Ontario  
K0C 2K0 613-774-2422  
**Maps on Next Pages**





2011 Season

# First Aid Kit Inspection and Request Form

A person from each team shall be responsible for inspecting and keeping a complete First Aid Kit. A list of all required items is available in the trainer's manual and on our web site: [www.russellsoccerclub.com](http://www.russellsoccerclub.com)

Please complete this form and return to your manager.

I have inspected my team's, \_\_\_\_\_, First Aid Kit and;  
(Name of the team)

Found the following Items missing from the kit:

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Found the First Aid Kit to be complete.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

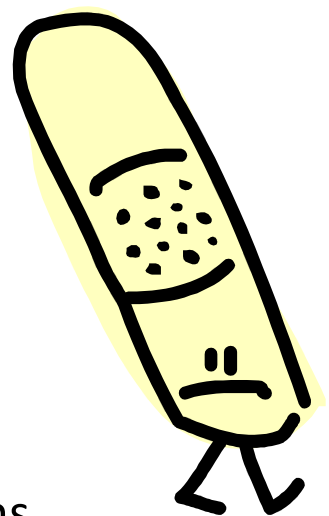
**Thank you. Missing items will be replaced by the Club**

# Russell Soccer Club

## Sr. And Rep Team's

### First Aid Kit Contents

- 1 First Aid Box
- 1 Pocket Guide
- 3 Instant Cold Packs
- 2 Pairs of surgical Gloves
- 3 Benzalkonium Chl. Antiseptic Towelettes
- 6 Moist Towelette Wet-Nap
- 1 Wire Splint
- 1 Heat Reflective Survival Wrap
- 10 Regulars size Adhesive bandages
- 5 Large Adhesive bandages
- 4 3X3 Sterile Gauzes
- 2 Triangular Bandages
- 1 Rolled Sterile Stretch Gauze Bandages
- 1 Roll of 3M Medical Tape
- 1 Elastic Support Bandage / 2 Holding pins
- 1 pair of Tweezers
- 1 Pair of Bandage Scissors
- 10 Safety Pin (2 Sizes)
- 1 Eye Wash bottle \*
- 1 CPR Pocket Mask (Adult size only)\*
- 1 Ziploc Bag\*





# Russell Soccer Club House Team's First Aid Kit Contents

- 1 First Aid Box
- 1 Pocket Guide
- 1 Instant Cold Packs
- 2 Pairs of surgical Gloves
- 3 Benzalkonium Chl. Antiseptic Towelettes
- 6 Moist Towelette Wet-Nap
- 10 Regulars size Adhesive bandages
- 5 Large Adhesive bandages
- 4 2X2 Sterile Gauzes
- 2 Triangular Bandages\*
- 1 Rolled Sterile Stretch Gauze Bandages
- 1 Roll of Medical Tape
- 1 Elastic Support Bandage / 2 Holding pins
- 1 pair of Tweezers
- 1 Pair of Bandage Scissors
- 10 Safety Pin (2 Sizes)
- 1 Eye Wash bottle \*
- 1 CPR Pocket Mask (Adult size only)\*
- 1 Ziploc Bag\*

