



EMERGENCY ACTION PLAN

Purpose:

The purpose of Strength in Me's Emergency Action Plan (EAP) is to ensure the safety and well-being of participants, staff, volunteers, and spectators in the event of an emergency or crisis situation. This plan outlines procedures and protocols to be followed in various emergency scenarios, such as injuries, severe weather, or other unforeseen incidents. By having a well-defined EAP in place, the Strength in Me organization can effectively respond to emergencies, minimize risks, and protect individuals involved in the sports program. Strength in Me regularly reviews and updates the EAP to maintain its effectiveness and readiness in handling emergencies.

Emergency Action Plan:

In the event of an accident or emergency during a class, the following steps will be taken immediately:

1. The activity will be stopped immediately, coaching staff on-site will gather the unaffected participants in a safe section of the facility. An adult member will provide support and stay with the participants.
2. The designated certified First Aid personnel will attend to the participants involved or injured in the accident.
3. The designated certified First Aid will conduct an initial assessment, which includes checking for consciousness, breathing, pulse, level of response and awareness, bleeding, and any injuries to the back, neck, or head. They will also determine if there has been any trauma.
4. If necessary, 9-1-1 protocol will be activated. A staff member will remain with the injured participant(s) and continue first aid efforts as required.
5. The coaching staff will inform the Managing Director of Operations and keep him/her apprised of the Incident.
6. The Managing Director of Operations notifies the Executive Director of the incident.
7. The Executive Director will contact the parent or legal guardian of the injured participant(s).
8. Upon the arrival of the ambulance and emergency responders, coaching staff on-site will provide them with relevant details of the incident.
9. Coaching staff will accompany the injured party to the hospital and stay there until the arrival of the parent or legal guardian.
10. Coaching staff will complete an incident report following Strength in Me Incident guidelines. A copy of the report will also be sent to the parents or legal guardians of the injured participant(s).
11. Strength in Me staff will maintain communication with the parent or legal guardian to monitor the participant's health and ability to return to play.