

FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023

EMERGENCY ACTION PLAN

Location	Cassie Campbell Community Centre – field hockey pitch 1050 Sandalwood Parkway West Brampton ON L7A 0K9 905-840-4041
Roles	<i>Medical Coordinator</i> • Justine Branco CAT(C) CSCS • justinebranco_91@yahoo.ca • Cell: 416-418-2937 • Will not be on-site throughout whole duration of nationals; likely on-site during mornings and weekends <i>On-Site Medical Staff → Charge Person(s)</i> • Mix of certified athletic therapists, athletic therapy certification candidates awaiting national certification exam results, and athletic therapy students • There will always be at least 1 certified athletic therapist on-site • Will have walkies available to communicate between medical staff & call/control persons • 2 therapists on-site at all times A. Field-of-play medical tent ○ Will respond to any on-field injuries and deal with any taping/wound care that needs to happen during the game (ie. athlete gets turf burn and is sent off to have it covered) ○ Responsible for stabilizing injured person on-field, remove if able, activate EAP if needed B. Teams-only medical tent ○ Will deal with any pre-game taping before teams head onto field for their game ○ Will be available to assess and provide quick treatment on first-come basis ○ NOT for post-game massages/flush-out ○ Will assist on-field therapist if required <i>Call Person</i> • Technical table staff • Must be constant sight of field-of-play during games • Responsible for calling 911 for emergency services/ambulance, provide address & description of injury/incident to 911 operator • May be required to come onto field-of-play to provide 911 operator with further details <i>Control Person(s)</i> • Hailey Yhap, FHC nationals staff/volunteers (to be determined each day/shift) • Must be in constant sight of field-of-play during games • Responsible for clearing a path to the injured person for EMS (including moving people and any obstacles), meet EMS at field entrance in parking lot (designated parking space), guide EMS to injured individual(s)
Activating EAP	• Fist raised in air → further assistance required, 2nd therapist comes out to help & brings trauma bag • Waving hand in circle in air OR call through walkie = activate EAP, call person to call 911

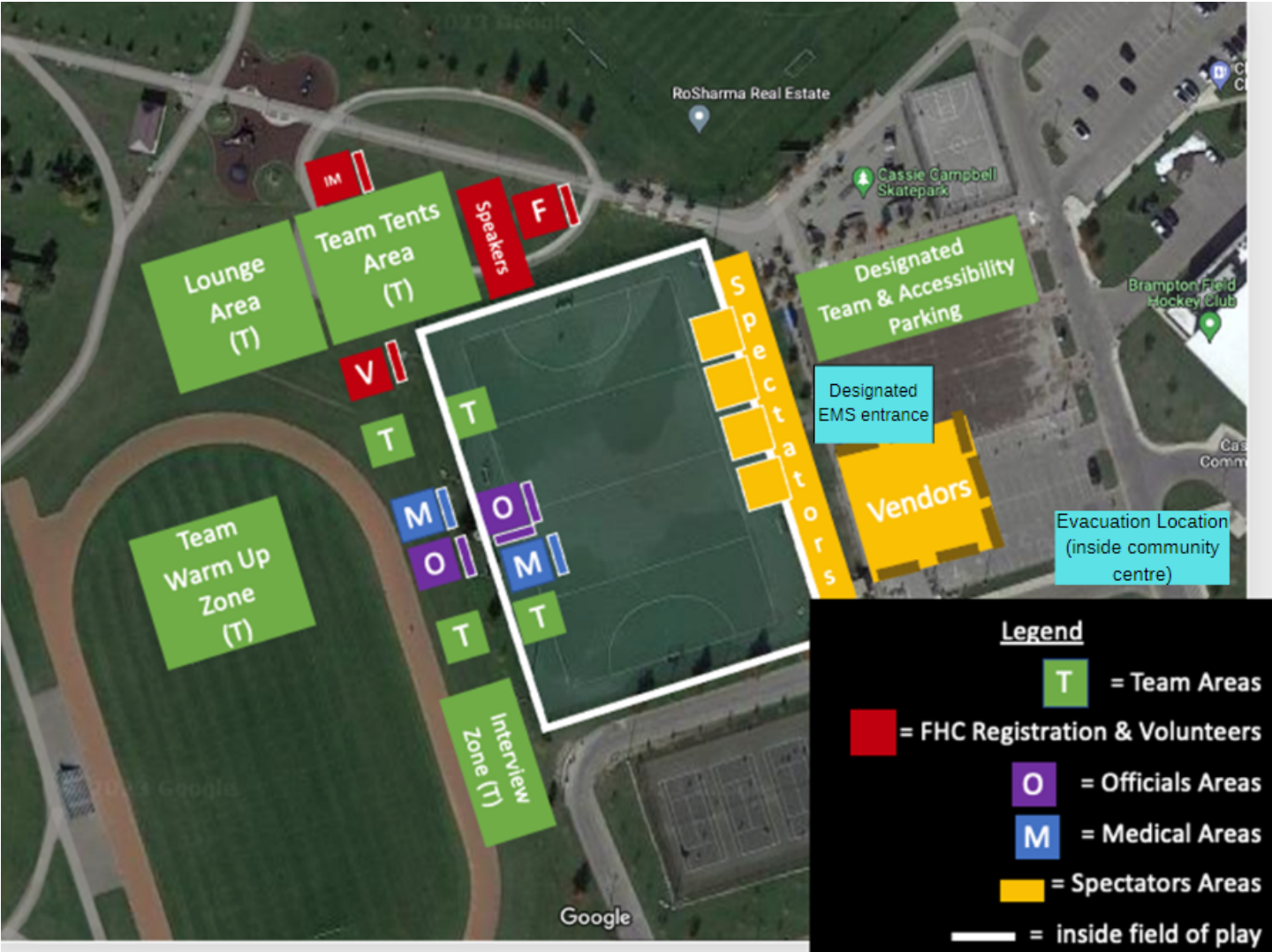
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EMERGENCY ACTION PLAN

EMS Access	• Can enter through Sandalwood Parkway #1 (westbound), #2 (lights) or Chinguacousy Road (southbound) • EMS access to field from parking lot → field entrance (control person will ensure clear path is created in front of main field entrance)
AED Location	• Main AED & trauma bag will be located at the medical tent at the field-of-play • Additional AED can be found inside the community centre ○ From main doors closest to pitch → to left (on wall before Arena 1 entrance)
Emergency Equipment Available	• AED and trauma bag at field-of-play medical tent ○ Trauma bag will contain oxygen, airway management, splints, etc • Crutches will be available to borrow if needed ○ Must be returned before end of nationals – if needed for return home, can be purchased at Shoppers Drug Mart or Justine can order from local suppliers
Phone Location	• All staff will have cellphones; there is generally no issues with cell coverage at Cassie Campbell • Landline available in community centre (main desk)
Facility Contact	Cassie Campbell Community Centre Front Desk 905-840-4041
Nearest Hospital	Brampton Civic Hospital 2100 Bovaird Drive East Brampton ON L6R 3J7 905-494-2120 (18 minutes from the field) For teams staying at Courtyard Marriot – Mississauga location) Etobicoke Hospital may also be an option
Walk-In Clinic & Urgent Care Clinic	Vital Urgent Care (Brampton West) 11210 Creditview Road, Unit D Brampton ON L7A 0G1 905-257-6712 905-495-4500 (5 minutes from the field) Hours: 10AM – 6PM (7 days a week) *can suture on site – recommend calling ahead though to confirm*
Emergency Dental	The Tooth Corner 164 Sandalwood Parkway East, Unit 213 (Heartlake Plaza) Brampton ON L6Z 3S4 905-840-4888 (10 minutes from the field) Hours: Monday- Friday 10AM – 8PM, Saturday-Sunday 10:AM – 5PM heartlake@toothcorner.com

FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023 EMERGENCY ACTION PLAN

Pharmacy	Shoppers Drug Mart 10661 Chinguacousy Road Brampton ON L7A 0N5 905-495-7220 Hours: 8AM – Midnight, 7 days a week Right across the street from Cassie Campbell
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FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023

EMERGENCY ACTION PLAN

Protocols

On-Field Injury

- If a team has designated medical staff (athletic therapist or equivalent) → team medical staff to attend to injury on-field, host therapist will follow & assist if requested
- For teams that do not have designated medical staff (athletic therapist or equivalent) → tournament medical staff from field-of-play medical tent will respond to on-field injury
- If necessary, host therapist will activate EAP or call for additional support from medical tent with hand signal/walkie
- If necessary, host/team therapist will stabilize injured athlete on the field until EMS arrives; additional support can be provided by team-zone therapist
- If necessary, injured athlete can receive further care at field-of-play medical tent for major/significant injuries, or can be treated at bench for minor injuries

Spectator Injury

- Team-zone therapist will attend to medical **emergencies** only in the stands and surrounding VIP/Media/spectator zones **(Medical Staff ARE NOT responsible for attending to medical emergencies outside of designated tournament zones (ie. skate park, playground))**
- **DO NOT** call Field Therapist(s) away from the playing surface during matches to attend to a non-emergency (EMERGENCIES include: unconscious person, respiratory distress, possible cardiac incident, head injury, obvious broken bones etc. Feeling ill, sprained ankles, small lacerations etc. are NOT emergency situations). If patient is ambulatory, please bring to team-zone medical tent.
- Medical Emergencies in the stands MUST be communicated to Tournament Director and team-zone therapist immediately
- If necessary, host therapist(s) will active EAP via radio communication to Call Person.

In Event of 911 Emergency

- 911 call to be made by designated call person
- Tournament director and medical staff (if not already responding) will be immediately notified
- Medical staff will take charge of care of injured/ill individual(s)
- Control person(s) will meet ambulance and guide paramedics to the injured individual(s)
- Paramedics will take over responsibility of injured/ill individual's care upon arrival; medical staff to assist as needed
- Justine to be notified of situation (if off-site, call/text), and debrief of situation will occur that day

Evacuation Locations

- Inside Cassie Campbell Community Centre building
- If instructed to, all individuals associated with nationals (athletes, team staff, volunteers, officials, umpires, spectators, vendors, etc) to head into community centre for shelter (ie. incoming storm, lightning)

Lightning Protocol

- If there is potential for thunderstorms/lightning to develop (ie. weather forecast, thunderstorm watch/warning issued by Environment Canada for the local area), medical staff and technical staff will monitor the progression of any incoming storms. The Lightning Alarm Weatherplaza app will be used to monitor any incoming lightning.
 - If lightning is detected within 20km – staff will begin securing areas to prepare for potential evacuation. Vendors will be alerted of potential for evacuation

FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023

EMERGENCY ACTION PLAN

- If lightning is detected within 10km – immediate evacuation of all nationals participants (including athletes, coaches, tournament staff & volunteers, spectators, vendors, etc) will commence into the community centre building or cars. Do not use the playground gazebo or shelter in tents during any thunderstorm activity, as there is potential for high winds at Cassie Campbell)
- If there are any sounds of thunder or sighting of lightning that may have been missed by tracking the incoming storm or quick development, immediate evacuation of all nationals participants (including staff and volunteers) will commence into the community centre building or cars. Do not use the playground gazebo or shelter in tents during any thunderstorm activity, as there is potential for high winds at Cassie Campbell).
- Nationals technical officials will monitor the storm's progression and resumption-of-play status. A minimum of 30 minutes after the last sighted lightning or thunder sounding must elapse before participants can leave the community centre and resumption of play can occur.

Heat Protocol

- During July and August, there is potential for extreme heat warnings to be issues by Environment Canada. Particularly at Cassie Campbell where there is not a lot of natural shade, heat management will likely be a key preventative strategy in minimizing any potential heat illnesses.
- Prevention strategies:
 - Hydration throughout the day (water, electrolytes). On particularly hot days, consuming a cold drink prior to being outdoors can be an effective pre-cooling strategies
 - Ensure adequate sun protection → sunscreen, hat, sunglasses, clothing, etc. Reapply sunscreen regularly
 - Recover in shaded/indoor areas. The community centre has some open areas indoors where individuals can seek air-conditioning, as well as a splash pad. Tents will be set up throughout the nationals venue as well.
 - Teams are recommended to bring cooling towels (towels soaked in ice water, stored in a cooler) to the field for the games, which can be used by players while they are on the bench, during quarter/half-time breaks. Spray bottles will be available on the bench filled with cold water as well for teams to utilize to mist themselves.
 - Recognize the signs and stages of heat illness, and seek treatment if you are feeling unwell.

<i>Stage</i>	<i>Signs & Symptoms</i>	<i>Management</i>
Heat Cramps	● Muscle spasms (usually arms, legs, abs) ● Loss of normal strength and/or explosiveness during athletic performance	● Remove from heat ● Rest ● Slow static stretching ● Fluid replacement (water, sports drinks) ● Ice packs

FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023

EMERGENCY ACTION PLAN

<i>Stage</i>	<i>Signs & Symptoms</i>	<i>Management</i>
Heat Exhaustion	• Cool & clammy skin • Profuse sweating • Fatigue & weakness • Dilated pupils • Thirsty, dry mouth • Rapid & weak pulse • Nausea • Dizziness • Headache • May also have be experiencing cramping	• Rest in cool, shaded area or air conditioning • Remove as much equipment/clothing as possible • Fan • Ice/cooling towels in armpits, forehead, groin, abdomen • Fluid replacement if able to
Heat Stroke	• Altered mental status and/or level of consciousness • Red & hot skin • Dry skin (not sweating anymore) • Nausea/vomiting • Low blood pressure • Increased heart rate and breathing rate • Headache • Diarrhea • Seizure • Prior recent heat exhaustion was not managed properly	• EMERGENCY – 911 • Remove from heat ASAP (shade/indoors) • Remove equipment & clothing • Cool body as fast as possible → cold water/ice immersion, ice/cooling towels) *medical staff will have a tarp available to create quick immersion method if needed, given the lack of additional hosing available at the field, it will rely on ice water from cooling stations (heat stroke situation takes priority)

- Technical officials and/or medical staff may recommend modified timing strategies during games to ensure athlete health and safety. (for example – lengthening breaks between quarters)

Poor Air Quality Protocol

- Brampton and the Greater Toronto Area has experienced a few days of poor air quality due to wildfire smoke that have impacted sporting activities. If there are days where poor air quality may occur, medical staff will monitor air quality levels, and based on current levels and local health directives, a decision may have to be made to postpone matches due to poor air quality.
- The AirVisual app will be used to monitor current air quality status (AQI – Air Quality Index) and provide recommendations to tournament officials.
 - 0-50 (Green) → good
 - 51-100 (Yellow) → moderate; individuals do not need to take further precautions needed unless directed to by their doctor/medical professional
 - 101-150 (Orange) → unhealthy for sensitive groups; general public & sensitive individuals in particular are at risk to experience irritation and respiratory problems

FIELD HOCKEY CANADA NATIONAL CHAMPIONSHIPS 2023

EMERGENCY ACTION PLAN

- 151-200 (Red) → unhealthy; increased likelihood of adverse effects & aggravation to the heart and lungs among general public – particularly for sensitive groups
- 201-300 (Purple) → very unhealthy; general public will be noticeably affected. Sensitive groups will experience reduced endurance in activities.
- An AQI of 151 or higher will trigger a recommendation to postpone or modify matches until the AQI returns to below 150.
- An AQI of 101-150 will require caution, and any individuals experiencing trouble breathing or throat irritation, or sensitive individuals (ie. asthma, underlying respiratory conditions, etc) should be closely monitored and may need to modify their outdoor participation.