

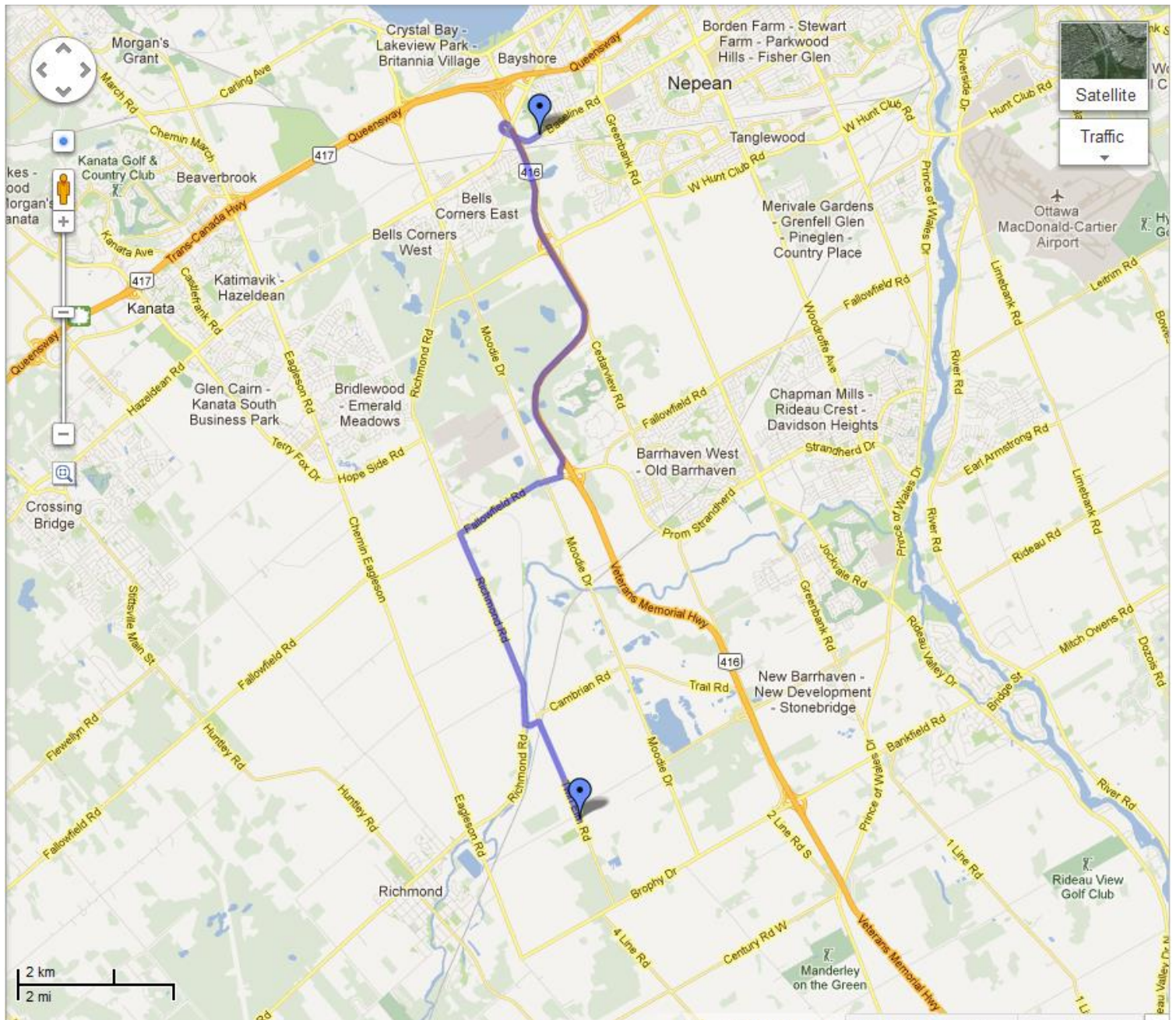
## Emergency Action Plan - Twin Elm Rugby Park

<p style="text-align: center;"><b>Emergency Action Plan</b></p> <p><b>Emergency Phone:</b> 911</p> <p><b>Coach Phones:</b></p> <p>Bob - 613-293-3183</p> <p>Geoff - 613-252-0870</p>	<p><b>Address of Home Facility</b></p> <p><b>Name:</b> Twin Elm Rugby Park</p> <p><b>Address:</b> 4075 Twin Elm Rd.</p> <p><b>City:</b> Ottawa</p> <p><b>Postal Code:</b> K0A 2Z0</p> <p><b>Address of Nearest Hospital:</b></p> <p><b>Name:</b> Queensway-Carleton</p> <p><b>Address:</b> 3045 Baseline Rd.</p> <p><b>City:</b> Ottawa</p> <p><b>Postal Code:</b> K2H 8P4</p>	<p><b>Charge Person:</b></p> <p><b>One:</b> Physio on site</p> <p><b>Two:</b> Geoff Tomlinson</p> <p><b>Call Person:</b></p> <p>Kurt Dingwall</p> <p><b>Control Person:</b></p> <p>Bob Shaw</p> <p><b>*Geoff Tomlinson is available as a backup for the other 2 positions if the Charge person is present*</b></p>
<p style="text-align: center;"><b>Roles and Responsibilities</b></p> <p><b>Charge Person:</b></p> <ul style="list-style-type: none"> <li>- Clear risk of further harm to the injured person by securing the area and shelter the injured person from the elements</li> <li>- Designate who is in charge of other participants</li> <li>- Protect yourself (wear gloves if in contact with body fluids)</li> <li>- Assess ABC</li> <li>- Wait by injured person until EMS arrives and the injured person is transported</li> <li>- Fill in accident report form</li> </ul>	<p style="text-align: center;"><b>Roles and Responsibilities</b></p> <p><b>Call Person:</b></p> <ul style="list-style-type: none"> <li>- Call for emergency help</li> <li>- Provide all necessary information to dispatch (location, nature of injury, what first aid has been done)</li> <li>- Clear any traffic from the entrance/access road before ambulance arrives</li> <li>- Wait by driveway entrance to the facility to direct the ambulance when it arrives</li> <li>- Call the emergency contact person listed on the injured person's medical profile</li> </ul>	<p style="text-align: center;"><b>Roles and Responsibilities</b></p> <p><b>Control Person:</b></p> <ul style="list-style-type: none"> <li>- Controls crowd and other players and keeps them away from the Charge Person and Injured Player</li> <li>- Ensures proper room to work for the Charge Person and ambulance crew</li> <li>- Discusses EAP with the Facilities staff, officials and opponents</li> <li>- Ensures that the route for the ambulance crew is clear and available</li> <li>- Seeks highly trained medical personnel (i.e. MD, Nurse) if requested by the Charge Person</li> </ul>

Map attached on next page - Highlight is path to hospital

First Aid kit is in black bag – Bob brings the first aid kit to each training session and game

Player's medical information forms are in the first aid kit



## Driving directions to 3045 Baseline Rd, Ottawa, ON K2H 8H7



4075 Twin Elm Rd  
Ottawa, ON K0A 2T0

1. Head **north** on **Twin Elm Rd** toward **Barnsdale Rd** 2.2 km
2. Turn **left** onto **Cambrian Rd** 300 m
3. Turn **right** onto **Richmond Rd** 4.2 km
4. Turn **right** onto **Fallowfield Rd/Ottawa Road 12 E** 2.7 km
5. Merge onto **ON-416 N** via the ramp to **Ottawa** 5.9 km
6. Take exit **72** toward **Regional Road 32/Hunt Club Road/Nepean** 450 m

7. Turn left onto **Cedarview Rd/Ottawa Road 23** (signs for **Cedarview Road N**)

2.1 km


8. Turn right onto **Baseline Rd/Ottawa Road 16 E**

500 m

9. Make a U-turn at **Sioux Crescent**

Destination will be on the right

140 m

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