

# Emergency Action Plan



## Emergency Action Plan (EAP)

**An Emergency Action Plan (EAP) is designed to help team officials and guardians respond to emergency situations in a responsible and clear-headed way.**

### **Contact Information:**

Emergency Phone Number: **911**

### **Hospital Addresses:**

Brampton Civic Hospital 2100 Bovaird Dr E. Brampton  
ON, L6R 3J7

TEL 905 275 2273

Peel memorial hospital Brampton 20 Lynch St, Brampton, ON L6W  
2Z8

Tel (905) 494-2120

### **HEAVENS ELEVEN FOOTBALL CLUB (HEFC) OFFICE Address:**

Brampton, Ontario. Canada

### **When an injury occurs:**

- Control the environment so that no further harm occurs  
(stop all athletes)
- Assess Injuries



## **When to Activate EAP?**

- No Pulse
- No Breathing
- Bleeding Profusely
- Impaired consciousness
- Injuries to Back, Neck, Head
- Major Trauma to a Limb
- Cannot move or Feel Limbs
- When you believe you should

## **How to Activate EAP?**

- Call **911** or tell someone to call and relay the information about injuries
- Provide First Aid: STABILIZE athlete
- Gather facts by talking to injured athlete and anyone who witnessed incident
- Stay with the injured athlete and try to calm him/her.
- **First aid and CPR courses in the City of BRAMPTON**

## **EAP (Once the player is Stabilized):**

- Have an **Emergency Medical Form** of the player ready for Paramedics.
- Notify parents if not on the scene.
- Take Notes of player's name and injuries, hospital name, time, location, witnesses, referees...
- Record incidents/injuries on Special Incident Report Form.

## **Important Recommendations:**

- Each player should have an Emergency Medical Form completed.
- The Club encourages all Team Officials to take a First aid and CPR course.

**First Aid Kit Contents (are located on team bench during games and on the sideline near the**



## **equipment bag during training) as a Guideline:**

- 1 First Aid Box
  - 1 Pocket Guide
  - 3 Instant Cold Packs
  - 2 Pairs of surgical Gloves
  - 3 BenzalkoniumChl. 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 Gauze
  - 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