

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

Hospital Addresses:

Humber River Hospital
1235 Wilson Ave. North York
ON, M3M OB2

TEL 416 242 1000

HEAVENS ELEVEN FOOTBALL CLUB (HEFC) OFFICE Address:

Region of Peel & Greater Toronto Area -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