



Sprockids

getting people out on bikes

≡ **Sprockids After-School-Cool Program** ≡

Emergency Action Plan

Master Trainers:

1. Scene assessment
2. Mechanism of injury
 - Does this rider need an ambulance?
 - Yes:** call 911 and Sprockids and coordinate a meeting point
 - Not sure yet:** continue with first aid
3. Administer first aid (**Priority Action Approach**)
 - Transport decision based on injury
 - Ambulance (Rapid Transport):** call 911 and Sprockids & arrange a meeting point
 - Walk/Ride out:** call Sprockids if help is needed and coordinate a meeting point
 - (IF YOU ARE NOT SURE CALL 911)**
4. Use the resources you have and get the other riders to assist if needed
5. Delegate responsibilities for continuing ride or assisting rider out
6. Complete accident report form for any incident where a rider was referred to or sent to a clinic/hospital
7. Follow up with the rider the next day
8. Inform Sprockids of the incident
9. Restock first aid kit

Walk/Ride out Patient

Accident report form must be put in the binder at Sprockids
Suggest to the patient that they should be checked out by a physician after the ride or the next day

Rapid Transport

HELMET MUST GO WITH THE RIDER

Accident report form must be put into the binder at Sprockids
Make arrangements for transport of their bike and personal effects
Contact family or emergency contact

Sprockids Staff:

1. Record information taken from ride leader (phone number, rider's name, location, injury, etc.)
2. Inform other on-site Sprockids leaders of the situation before leaving and have emergency contact information ready from registration form
3. Know where you are going and be prepared to assist leader and/or emergency services
4. Drive injured rider to clinic/hospital if called upon
5. Let Sprockids know the details

Sprockids: PLAY COURAGE RESPONSIBILITY EMPATHY PERSEVERANCE

Contact information: www.sprockids.com



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≡ Sprockids *After-School-Cool* Program ≡ ***Emergency Action Plan* continued**

Master Trainer Checklist:

- First aid kit
- Accident report forms
- Radios and cell phone
- Map and knowledge of how to get out of the trail (Leaders should carry trail maps)
- Emergency contact list
- Tools (chain break, tire levers, pump, spare tube, allen key set, duct tape)
- Water and food (extra snack for participants)
- Spare clothing

Emergency Contacts:

DIAL 9-1-1
Sprockids 604-506-7124

North Shore

Lions Gate Hospital
604-988-3131
231 East 15th St, North Vancouver

North Shore Search and Rescue
North Vancouver RCMP
604-985-1311

Burnaby

Burnaby Hospital
604-434-4211
3935 Kincaid St

Squamish

Squamish General Hospital
604-892-5211
38140 Behrner

Sunshine Coast

St. Mary's Hospital
604-885-2224
5544 Sunshine Coast Hwy, Sechelt

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Priority Action First Aid Approach

Scene Assessment

Hazards (make scene safe i.e. block trail)

Mechanism of Injury (how serious is the injury, what is wrong with the patient)

Number of Victims

Primary Survey

Level of Consciousness (LOC)

Airway with C-Spine Control

Breathing

Circulation

Radial Pulses

Absent – Check Carotid

Skin

RBS (Rapid Body Survey)

Major bleed, fractures, reassure, comfort, blanket, transport decision

Secondary Survey

Vital Signs

LOC- Glasgow Coma Scale

Breathing

Circulation

Pulse

Capillary Refill

Skin

Pupils

Chief Complaint

Associated Problems

Past Medical History

Medications/Allergies

Head To Toe

Head/Neck

Chest/Abdomen

Pelvis/Back

Extremities

Neurological Examination

Treatment – reassess ABC or vitals every 10 minutes



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First Aid Interventions

Airway

Alert

Lean forward, cough, reassure

No sound or breathing?

Abdominal thrusts (till clear or patient down)

Decreased LOC (Level of Consciousness)

Finger sweeps

Two ventilations

Fifteen compressions

Repeat until ventilations go in

Breathing

Distressed

One ventilation every five seconds (time with breathing)

Train helper

Expose chest/breathing check

Non Breather

Two vents/10 second carotid pulse check

One ventilation every five seconds (train helper)

Expose chest/check breathing

Circulation

No breathing + no pulse = CPR

15 compressions + 2 ventilations x 4 (one minute)

10 second carotid pulse check

Continue if no breathing and no pulse

External Bleed

Position patient (lying down)

Position part (elevate)

Pressure

Internal Bleed

Normal warm dry skin = OK

No radial pulses or pale cool skin + 911 (Shock signs)