



Skate Canada - Western Ontario
Medical Coverage Guidelines
(SINGLES, PAIRS AND DANCE)

These guidelines are intended to provide information for the Local Organizing Committee (LOC) when they are organizing the medical coverage for Skate Canada Western Ontario events. These guidelines belong to Skate Canada - Western Ontario and should not be replicated without consent.

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INITIAL SET-UP

- 1) The Local Organizing Committee (LOC) should have a medical coordinator who is a committee member preferably solely in-charge of the medical team when a competition is sanctioned by Skate Canada - Western Ontario. (This should be included in the Hosting Memorandum and Competition Technical Package)
- 2) It is strongly recommended that competitions with WO Recreational categories and STARSkate level categories have on-ice medical coverage and a first aid room (See definition below). If volunteers permit, a therapy clinic (See definition below) may be set up. Please note, for Boston Pizza (WOBP) and STARSkate Champions have competitive level categories a therapy clinic may be set up once again depending on volunteers.
- 3) For competitive level competitions it is required that on-ice medical coverage, a first aid room and a therapy clinic exist.
- 4) The LOC should provide the medical team with an easily identifiable jacket or tag, labeled seats by the rink side and labeled first aid room and if needed labeled therapy clinic.
- 5) The LOC will provide a cell phone or other appropriate communication device if a cell phone can not be utilized, for the on-ice medical coverage personnel to use.
- 6) Where appropriate the LOC- medical coordinator should contact the local hospitals prior to the competition to inform them that skaters may be sent there for treatment.
- 7) Contact the Skate Canada - Western Ontario office to sign out the Skate Canada - Western Ontario Red Medical Bag. This bag contains first aid supplies. If volunteers require additional examination instruments (i.e. Blood pressure cuff) they can bring their own. Please take an inventory of the supplies when the bag arrives, if you are missing items please contact the Skate Canada - Western Ontario office. Take an inventory periodically throughout the competition to replenish used items.

MEDICAL COVERAGE

The individual practitioner should only practice within the limits of their professional license and their own independent malpractice insurance should cover them for their actions and decisions. In addition, the Skate

Canada insurance will be extended to the medical volunteers for circumstances related to Skate Canada equipment, facilities, and policies staff directions (from Skate Canada Medical Manual Revised September 2003). Please also note Accidents/Liability paragraph in 2003-2004 Western Ontario Competition Technical Package.

At the beginning of the volunteer's shifts the LOC- medical coordinator should review the emergency exits, ice surface entrance and exits and ambulance entrances with all volunteers. The LOC- medical coordinator will also provide a list of emergency numbers for the on-ice medical coverage individuals as well as the therapy clinic (i.e. 911 or number used instead, ambulance phone number, hospital phone numbers, directions to hospitals and phone number of a dentist on-call).

If there are multiple arenas in use for the competition, on-ice medical coverage should be provided at all the arenas, but only one therapy clinic need be located at an appropriate location (i.e. Central arena or hotel).

(a) ON-ICE MEDICAL COVERAGE – This type of coverage is defined as the individuals that are responsible for any injuries that occur on the ice. The medical personnel at rink side should have gloves, compression dressings, a cooler with snow/ice and plastic bags. If possible there should be two individuals present at all times. The type of individuals could be:

- Athletic Therapists
- Chiropractors *
- Family Physicians or Sports Medicine Physicians
- Fire Fighters *
- Ice Hockey Trainers *
- Massage Therapists *
- Nurses
- Paramedics
- Physiotherapists *
- Ski Patrols *

* These health-care professionals should have current certification in first aid and CPR. The minimum requirements should be: Red Cross Standard First-Aid or Emergency First Aid and Basic Rescuer CPR (Level C) or St. John's Emergency First-Aid and Heart Start or an equivalent.

(b) FIRST AID ROOM – This room can be the actual arena first aid room or a dressing room, but it must be in close proximity to the ice surface. The first aid room is where injured skaters from the ice surface can be quickly transported to for further assessment and appropriate treatment. If there is no therapy clinic for the competition, this room can function as one. The first aid room should be supplied with 2 chairs, an examination table or appropriate substitute, cooler with snow/ice and plastic bags. The Red Medical Bag should be kept in this room.

(c) THE THERAPY CLINIC – Can be defined as a clinic where the skaters can go for treatment of injuries (acute and chronic) and get questions answered regarding health issues pertaining to figure skating. The personnel can consist of:

- Athletic Therapists
- Chiropractors
- Massage Therapists
- Medical Doctor or Sports Medicine Physicians
- Physiotherapists

A cooler with snow/ice, plastic bags and 2 chairs should be supplied for the therapy clinic room.

In the past companies have generously donated first aid supplies and therapy equipment (i.e. Interferential Current, Ultrasound and tables). Local clinics and suppliers can be approached for equipment. Be sure to calculate into your budget the expenses involved for transporting equipment to and from the event. If you require further assistance do not hesitate to contact the Skate Canada Western Ontario Sport Sciences Committee.

(d) COMPETITION INJURY REPORTS

A Competition Injury Report should be completed for any assessment or treatment provided at the competition (a copy of the Competition Injury Report can be found on the Skate Canada Western Ontario web-site). Remember, all medical information is confidential and must be kept in the first aid room/therapy clinic. If a skater wants their file, photocopy it and provide them with the copy. A health-care provider may also want a copy for their own records. All files should remain confidential.

When the event has concluded all Competition Injury Reports must be maintained at the host club.

(e) HOW TO GET VOLUNTEERS?

Contact local hospitals, medical clinics, physiotherapy clinics, massage therapists, chiropractors and fire departments for volunteers. If you are still having difficulty finding volunteers do not hesitate to contact the Skate Canada - Western Ontario Sport Sciences Committee.

(f) DENTIST

It is wise to find a local dentist that can be on-call for the days of the competition that can be contacted in case of an emergency.

SPECTATOR COVERAGE

If a spectator requires medical assistance the competition program should contain phone numbers and directions to a local hospital, pharmacy and walk-in clinic. If no program exists, this information can be kept at the registration desk. The phone numbers and directions used can be the same information that the medical team already has. If a spectator requires acute care (ie. heart attack) the medical team can provide support until the EMS arrives.

AFTER THE COMPETITION

Following the event the LOC- medical coordinator is responsible for a brief report detailing the competition. This report should include: problems experienced during competition, suggestions that can be made for improving the medical team coverage and a summary of injuries treated. This report can be forwarded to the Skate Canada - Western Ontario Sport Sciences Committee.

Following the competition, an inventory of the supplies used from the Red Medical Bag should be taken before the bag is returned to the Skate Canada - Western Ontario office. Your Local Organizing Committee will be charged based on the inventory not returned or items that have been opened.