



## Skate Canada - Western Ontario Synchronized Skating Medical Coverage Guidelines

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 the consent from the section.

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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 the Skate Canada Western Ontario.
- 2) It is strongly recommended that synchronized skating competitions have on-ice paramedical coverage and a first aid room (See definitions below). If volunteers permit, a therapy clinic (See definition below) may be set up.
- 3) The LOC will provide a cell phone or other appropriate communication device if a cell phone does not function, for the on-ice medical coverage personnel to use.
- 4) 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.
- 5) The LOC should provide the medical team with an easily identifiable jacket or tag, labeled seats by the rink side and a labeled first aid room and if needed a labeled therapy clinic.

### **ON-ICE PARAMEDICAL COVERAGE**

This type of coverage is defined as the individuals that are responsible for any injuries that occur on the ice. It is recommended that paramedical services provide the on-ice coverage. A list of qualified services can be provided by the Skate Canada - Western Ontario Synchronized Skating Coordinator.

The on-ice paramedical coverage should consist of two individuals at rink side at all times for practices and competition. If one of the individuals must leave to assess/treat a skater or if a break is required, the remaining individual must stay at rink side. If both paramedical personnel leave the ice-surface or first aid room for a break

during a flood, they should notify the ice-captain of where they can be found if needed or provided with a communication device.

At the beginning of the paramedics' shifts the LOC- medical coordinator should review the emergency exits, ice surface entrance and exits and ambulance entrances. 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, map to and phone numbers of local pharmacies 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 (ie. Central arena or hotel).

## **THE 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 transported to quickly 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 THERAPY CLINIC**

For synchronized skating events, it is the decision of the host club whether to have a therapy clinic. A therapy clinic is an area 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 Doctors or Sports Medicine Physicians
- Nurses
- 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.

## **INSURANCE LIABILITY**

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, 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.

## **INJURY REPORT FORMS**

The paramedic services will most likely have their own Injury Report forms; if not a Competition Injury Report can be found on the Skate Canada - Western Ontario web-site. If a therapy clinic exists they can also use the Competition Injury Report Form. 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. All files should remain confidential.

**When the event has concluded all Injury Reports must be kept at the host club. If the paramedical personnel keep their forms, take a photocopy of the form. If a member of the therapy clinic team would like a copy of their Injury Report, provide them with one but keep the original.**

## **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. The local phone book may have a list of on-call dentists.

## **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 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 should be sent to the Skate Canada - Western Ontario Sport Sciences Committee.