



# **Craigleith Ski Club**

## **FIS Race**

### **Medical Protocol**

**Revised: February, 2009**

**Version 1.0**

## **Preface**

This protocol is designed to address the medical components required during the hosting of a FIS sanctioned event at Craigleith Ski Club. This protocol is based on the revised, 2008 FIS Medical Guide. It is recommended that this protocol be reviewed and implemented in advance of a FIS sanctioned event. Any questions or concerns relating to the medical provision during a FIS race should be forwarded to the Medical Director.

This protocol is formatted to match each protocol in the FIS Medical Guide 2008. For example, paragraph 1.1 of these protocols addresses 1.1 in the FIS Medical Guide 2008. In addition this protocol recognizes the recommendations of the Canadian Snowsports Association (November 24 2008), who are the Canadian National Ski Federation as recognized by the FIS

This protocol is based on the current available resources accessible at Craigleith Ski Club. The FIS sanctioned events held at Craigleith consist mainly of Alpine slalom competition. There is no speed events sanctioned by FIS held in Southern Ontario. The need for medical equipment required for these events is not available or required in this area. During the pre-planning of each event, the resources needed for the specific event should be reviewed.

# **1. Event Organizer Medical Support Requirements for Alpine, Ski Jumping, Snowboard and Freestyle Disciplines**

## **1.1 Medical Services Required from Event Organizers**

The health and safety of all those involved in a ski, snowboard or freestyle competition at Craigleith Ski Club is a primary concern for all event organizers. This includes competitors as well as volunteers, course workers and spectators.

The specific composition of the medical support system is dependant on several variables:

- The size of the event being hosted.
- The estimated number of competitors, support staff and spectators.
- The scope of responsibilities for the event medical organization.

The Medical Director for the race must confirm with the Race Director or Technical Delegate that the required medical components are in place before starting the official race or competition. In the event of an incident, back-up resources must be in place before recommencing the official training or competition.

At Craigleith Ski Club, the ski patrol will maintain a suitable level of patrol coverage on the resort based on member and visitor population. Additional patrol resources are accessible through Canadian Ski Patrol, Central Zone for large events requiring additional resources.

## **1.2 Required Facilities and Resources**

The Event Organizing Committee (OC) must assure that emergency medical services are available for each official day of training and competition. Craigleith Ski Club will ensure the following are in place for each official day of training and competition:

- a) Staffed medical first aid clinics. The locations of the medical clinics are:
  - i. South First Aid located at the base adjacent to the National Chair and the Base Lodge.
  - ii. North First Aid located adjacent to the North race office above the North Lodge.

Trained ski patrollers will staff these facilities by radio at all times.

- b) Injuries/incidents involving competitors, volunteers, or public will be treated on-site or at the above first aid clinics.
- c) Thirty minutes prior to the start of the race/competition, ski patrol will report to the top of the course, suitably equipped and available for the provision of any medical aid for athletes prior to competition. Team physicians/trainers may also provide enhanced care for athletes at the top of the course or in the base clinics.

- d) Due to the size of the escarpment and resort, no intermediate medical course stations for athlete needs are required.
- e) In the event of an injured athlete or individual at the resort, the ski patrol will immediately call for an ambulance, when required based on the assessment of the on-scene patroller. The County of Grey County operates an ambulance in Craigleith approximately 5 km away from the resort. Additional ambulance and Paramedic Services are available in the town of Collingwood, approximately 15 km away. If the Craigleith ambulance has transported a patient to Collingwood hospital, a standby ambulance will be dispatched to cover Craigleith. Average response times to Craigleith Ski Club are under 10 minutes by regional Paramedic Services.
- f) No speed events will be hosted at Craigleith Ski Club.
- g) No patient transport helicopter is available on standby. If the patient condition meets the field trauma triage guidelines for helicopter utilization as per the Ontario Ministry of Health BLS Standards, the Paramedic crew will notify air ambulance for scene transport or modified transport from hospital. The nearest Level 1 Trauma Centre is located in Toronto (Sunnybrook or St. Michaels).

### **1.3 Personnel/Staff**

#### **1.3.1 Event Medical Director**

This individual is responsible to direct and coordinate all medical services provided at the event. This person will be appointed to the Organizing committee and will report to the committee regarding medical issues with the event. This individual must be competent in emergency medical care, triage and evacuation procedures, and have a good understanding of the operational procedures at Craigleith Ski Club. As such, a Medical Director will be assigned for each event from the Medical Director List.

For all FIS sanctioned events at Craigleith Ski Club, a Physician Advisor will also be selected based on availability/interest from the designated Physician Advisor list if the Medical Director is not a physician. The Physician Advisor should be experienced in emergency medicine, and triage procedures. The Physician Advisor will approve the medical plan for the event. He/she may or may not be on-site.

The Medical Director will attend the organizing committee meeting prior to the event and meet with the TD to discuss the medical plan for the event. The Medical Director will ensure the medical plan is complete and reviewed at the initial team Captains meeting and a copy given to the Technical Delegate. He/She will also ensure the team Captains are given the medical information sheet. Please see FIS Medical Guide for additional specific responsibilities.

**Medical Director List:**

- a) Dr. John Eastmure
- b) Donna Muller
- c) Stephen Trafford
- d) Jeremy Barber

**Physician Advisor List:**

- a) Dr. John Eastmure
- b)
- c)

**1.3.2 Ski Patrol**

The ski patrol will be on-site at all FIS sanctioned races. Two available patrollers will be on-course during competition time and 30 minutes prior to commencement of the competition for any athlete medical requirements.

Please see FIS Medical Guide for additional specific responsibilities.

**1.3.3 Trauma Teams**

The trauma team will consist of the on-course assigned ski patrol and may be assisted by a physician (team or physician advisor) if available/required. All ski patrol personnel are trained in airway management, trauma care, defibrillation and specific medication administration. The trauma team is able to access all areas of the resort within four minutes (due to the size of the resort). Advanced Cardiac/Trauma Life Support is only available at Collingwood Hospital.

**1.3.4 Team Physicians**

Any team physician should identify himself or herself to the Medical Director. Team physicians may assist when required and should identify themselves on arrival at the incident site. Should the team physician initiate care beyond the scope of the responders at the site, they will be ultimately responsible for patient care as the higher medical authority and may be required to stay with the patient during transport to Collingwood Hospital.

## **1.4 Information to Teams**

All teams will be issued the Event Medical Support Information Sheet on arrival at the event.

### **2. The FIS Medical Supervisor – Role and Responsibility**

This position will only be established at Craigleith Ski Club when required during a major FIS event. The FIS council will appoint this person.

### **3. The Role of the Event Medical Director**

The Event Medical Director is responsible for directing and coordinating all medical services provided at the event. This person will be selected from the Medical Director list. A Physician Advisor will also be assigned to all Craigleith Ski Club FIS sanctioned events unless the Medical Director is a physician. Please see the Physician Advisor list in 1.3.1. The Physician Advisor will approve the medical plan prior to the event and provide support to the Medical Director.

Please see FIS Medical Guide for additional specific responsibilities.

### **4. Physicians Traveling with Ski Teams – Roles and Responsibilities**

Please see FIS Medical Guide.

### **5. Specific Recommendations for Youth and Children**

Please see FIS Medical Guide. All ski patrol are trained and certified through the Canadian Ski Patrol System in pediatric care.

### **6. Team Physician, Drugs and Aspects of Medical Practice (Legal Conditions Related to Travelling with Drugs)**

Please see FIS Medical Guide.

### **7. Incident Management**

All incident management functions will be provided by the on-scene ski patrol while on the hill. On arrival at base, the Paramedic crew will assume patient care and incident functions when required for any patient requiring further medical care.

All ski patrol are trained and certified through the Canadian Ski Patrol in incident management.

**8. Environmental Issues and Conditions in Ski and Snowboard Sport**

Please see FIS Medical Guide.

**9. Anti-Doping**

Please see FIS Medical Guide.

**10. Event Injury Record – FIS Injury Surveillance System**

A detailed injury report must be completed for each injury. It is the responsibility of the Technical Delegate (TD) to complete this report. He/she should enlist the help of the Medical Director or Ski Patrol in order to obtain information required for the completion of the injury report.

Please see FIS Medical Guide.