



Staff Information

Coaches are ready to load the chair 8:30 am depending on schedule. The club will provide an “early loading pass”. This is a great time to discuss group changes, share ideas, different training strategies, improve your own skiing from some of your fellow peers, equipment issues, and time to set up different training environment for the athletes.

Lodge parent

This is a parent designated to being in the lodge. Will be utilized when you are having issues with athletes and is a safe place to sit in the lodge under supervision.

Warm Up Breaks

These are required to be taken at the front and back side lodges. They should be kept to a timely manner and at no time should the old lift shacks will be used. In extreme circumstances the patrol shacks or lift shacks can be used on in emergencies.

Toilet Breaks

Encourage your kids to use the buddy system when traveling to and from the bathroom facilities. Use sound judgment on this matter and make yourself aware of all the different location of toilets on the mountain to avoid any accidents.

Meeting area

9:15 AM for coaches and 9:20 AM for Athletes

You are encouraged to take charge and set up a game or warm up that will allow the athletes to stay warm and begin to get activated for the morning training session.

Engaging the parent and child in the morning with sound positive communication and energy will allow your day to start off on the right foot. Hopefully through communication and some leading question you will get a gage on any potential health, gear issues that may hinder in the productivity of the days training session.



Late Athlete arrivals

If you are missing an athlete that is running late you are to take a run on the front side and meet up with them on your second run.

Gates Training

Safety environment, close off run,

Close off run or inform ski patrol. Rope off fence off training area, put up appropriate signage. Be aware of spill zones and area where the public could enter the training zone.

Remember you are required to help with tear down and slipping out the ruts. All gates should be returned to shack or designated space. Great habit for the athletes to get into because they are required to do at races.

Freeskiing

Lake Louise is a vast mountain that has many areas to ski. We encourage you to explore ON YOUR FREE TIME

If you have not skied the run or gone off the jump cliff do not take your athletes down it. NEVER allow on the poma unless cleared.

Park

Park is out of bounds unless you have your park and pipe. There are many natural features, the park is generally a dangerous place.

Skicross

1 at a time. Make sure the track has not changed from previous time, inform athletes to take it slow until they get customized to the terrain.



Lunch

It is 1 hour lunch break, normally from 12:30-1:30. The time could change based on training necessity.

Return athletes to parents for lunch. If parents are running late bring athlete inside lodge and wait at coaches table.

End of Day

3:30 off snow. You are required to communicate to the parents at the meeting area about how the day went, and of any issues ie equipment, tuning...etc for the following training session.

Late radio fellow peers to inform parents.

During some situation you may be required to do extra duties to prepare for the following weeks agenda these could have you moving equipment etc.

Van departs between 4:00 and 4:30

Fee bus to Banff it is also available.

Benefits of being a Black Dogs

- Full time season pass to Lake Louise world class ski resort
- Education compensation.
- Highly experience boards of directors with Olympic experience
- Lowest coach to athlete ratio in Canada perhaps the world (1000 hour rule)

Late or Sick

If you are running late please inform your colleagues so we can amend the daily plan. If you are sick please call the night before, so we can made other plans for your group.



Emergency Action Plan

An Emergency Action Plan (EAP) is a plan designed by coaches to assist them in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help you respond in a responsible and clear-headed way if an emergency occurs. An EAP should be prepared for the ski hill where you normally hold practices and for any ski hill where you regularly host competitions.

An EAP can be simple or elaborate should cover the following items:

1. Designate in advance who is in charge in the event of an emergency (this may very well be you).
2. Have a radio and or cell phone with you and make sure the battery is fully charged. If this is not possible, you will have to send someone at any ski lift to call the ski patrol.
3. Have contact numbers (parents/guardians) for the athletes.
4. Have on your person a medical profile for each athlete, so that this information can be provided to emergency medical personnel. Include in this profile a signed consent from the parent/guardian to authorize medical treatment in an emergency.
5. Prepare descriptions of training site to provide ski patrol to enable them to reach the site as rapidly as possible.
6. Have a first aid kit accessible and properly stocked at all times (all coaches are strongly encouraged to pursue first aid training).



When an injury occurs, an EAP should be activated immediately if the injured person:

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb

In the event of an injury or emergency; you, the coach, are in charge until trained first aid responders (the Ski Patrol) are on the scene. Alert the Program Director, Supervisor or Head Coach (whoever is in charge at the training site that day) immediately so that they can help you assemble the resources you need (ski patrol, contacting parents, etc.) Important contact information

Emergency Services: Check to see if phone numbers are current

Nakiska Dispatch/Ski Patrol 403-591-7777 (ext 238 if no direct answer)

Lake Louise Dispatch/Ski Patrol 403-522-1311 (ski patrol direct number)

Sunshine Dispatch/Ski Patrol 403-762-6500

Norquay Dispatch/Ski Patrol 403-760-7710 (or 403-762-4421 if no answer)

Kimberley Dispatch/Ski Patrol 250-432-0303

Fernie Dispatch/Ski Patrol 250-423-2426

Panorama Dispatch/Ski Patrol 250-341-4124

Marmot Dispatch/Ski Patrol 780-852-3816 ext 520

C.O.P. Dispatch/Ski Patrol 403-247-5454 (or 403-660-9322 if no answer)

*Dispatch/Ski Patrol at all of the above ski areas can be contacted at the nearest chairlift

****These phone number should be saved in your cell phone**

Remember: Athletes Emergency Contact Numbers should be on your person at all times.



Emergency Action Plan Check list

Access to Telephones/Radio's — Radio, battery well charged

— Training venues

— List of emergency phone numbers (home competitions)

— List of emergency numbers (away competitions)

— Change available to make phone calls from a pay phone

— Cell phone

Participant information — Personal profile forms

— Emergency contacts

— Medical profiles

Personnel information — The person in charge is identified

— The call person is identified

— Assistants (charge and call persons) are identified

The medical profile of each participant should be up to date and located with the lead/head coach in each training group.

A first aid kit must be accessible at all times for activities without a designated First Aid response program, and must be checked regularly. (For example training in areas that is not accessible to the ski patrol)

Charge person (1st option): First or Head coach of training group

Charge person (2nd option): Trusted and trained parent

Charge person (3rd option): Other senior athlete (age groups U14 and above)

Call person (1st option): Another coach

Call person (2nd option): Trusted and competent parent

Call person (3rd option): Most senior and competent two best skiing athletes.

Roles and responsibilities

Charge person

Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements

Designate who is in charge of the other participants

Protect yourself (wears gloves if he/she is in contact with body fluids such as blood)

Assess ABCs (checks that airway is clear, breathing is present, a pulse is present, and there is no major bleeding)

Clear any skier traffic from the entrance/access to the training site before ski patrol arrives

Wait by the injured person until Ski patrol arrives and the injured person is transported

Fill in an accident report form



Call for emergency help utilizing club radios – cell phone or travel to closest lift base.

- a. If successful and prompt communication with the ski patrol is not possible you may have to travel to the base of the closest lift to inform the lift staff to contact the ski patrol.
- b. Provide all necessary information to dispatch (e.g. training site location, nature of injury, what, if any, first aid has been done).
- c. Wait at lift base to confirm patrol has been contacted and dispatched.
- d. Upon receiving info that the patrol is being dispatched, contact the charge person and notify them.
- e. If appropriate, return to accident site to continue helping.

Clear any skier traffic from the entrance/access to the training site before ski patrol arrives

Call the emergency contact person listed on the injured person's medical profile

Alberta Alpine Emergency Action Plan Template

STEPS TO FOLLOW WHEN AN INJURY OCCURS

Step 1: Control the environment so that no further harm occurs. Stop all athletes. Protect yourself if you suspect bleeding (put on gloves) Shelter the injured athlete from the elements and from any skier traffic

Step 2: Do a first assessment of the situation. If the athlete: is not breathing, does not have a pulse, is bleeding profusely, has impaired consciousness, has injured the back, neck or head, has a visible major trauma to a limb, cannot move his/her arms or legs or has lost feeling in them. If the participant does not show the signs above, proceed to Step 3

Step 3: Do a second assessment of the situation. Gather the facts by asking the injured athlete as well as anyone who witnessed the incident. Stay with the injured athlete and try to calm him/her; your tone of voice and body language are critical. If possible, have the athlete move himself/herself off the training site. Do not attempt to move an injured athlete.

Step 4: Assess the injury

Have someone with first aid training complete an

Assessment of the injury and decide how to proceed.

If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate EAP. If the assessor is sure the injury is minor, proceed to step 5.

Step 5: Control the return to activity

Allow an athlete to return to activity after a minor injury only if there is no: Swelling, Deformity, Continued bleeding, Reduced range of motion, Pain when using the injured part

Step 6: Record the injury on an accident report form and inform the parents

Notify the lead/head coach of the day.