

## Emergency Action Plan

**Event:** ASAA Cross Country Running Provincial Championships

**Date:** October 21, 2023

**Location:** Trochu Golf & Country Club, Highway 21, Trochu, AB T0M 2C0

**Event Chairs:** [Jerry Flaws](#), [Sharline Visser](#)

Trochu Fire Department: (403) 442-4285

Three Hills RCMP: (403) 443-5539

Paramedic: Tanya Shyph

### Emergency Procedures

#### MEDICAL

- There will be one(1) paramedic on site and they will have the necessary medical first aid equipment and supplies.
- The paramedic will be stationed at the tent near the finish line and will be contactable via cell phone or two-way radio.
- First aid will be administered as required.
- 911 will be initiated when needed.

#### PERSONAL SAFETY

- If a person in attendance presents a danger to the event, athletes or others, 911 (*Three Hills Police*) will be called to remove them from the premises.

#### NEAREST MEDICAL FACILITIES

- Three Hills Health Centre, 1504 2 St N, Three Hills, AB T0M 2A0
- 11 mins (14.5km)
- From course, head southeast toward 2 St N/AB-583 E (100m), Turn left at the 1st cross street onto 2 St N/AB-583 E (650m), Turn left onto AB-21 N (13 km), Turn right onto AB-585 E

Map to Three Hills Health Centre, 1504 2 St N, Three Hills, AB T0M 2A0



Muster Point



### Task Hazard Assessment

<b>Hazard</b>	<b>Cause</b>	<b>Mitigation</b>
Injury from running or spectator	Sprained or broken ankle while running Spectator injury	Paramedic on Site: Tanya Shyph
Personal Illness	Asthma	Contact Paramedic
Personal Illness	Cardiac event	Contact Paramedic
Inclement Weather	High Winds, lightning, tornadoes, heavy hail, extreme heat. Equipment that could blow over (i.e. Tents)	Secure equipment, Gather at muster point
Dehydration	Not enough intake of water	Paramedic Station will be stocked with bottled water for use in an emergency
Fire	Lightning, cigarettes	Fire extinguisher on site at clubhouse, notify Trochu Fire Department of event