

Emergency Preparedness Plan

Event: ASAA Cross Country Running Provincial Championships Date: October 15, 2022

Location: [Enoch Cultural Grounds](#) 24206 S avenue Northwest, Alberta T7X 3Y3

Event Chair: Chantell Widney 780-668-0755, Hayley Degaust 780-405-3734

Enoch Fire Department: (780) 470-3473

Enoch RCMP: (780) 470-5675

Paramedic: Production Paramedic, Jeff Markwart, (780) 990-9911

Emergency Procedures

MEDICAL

- Paramedics: There will be one (1) paramedics, and one (1) EMT on site and they will have the necessary medical first aid equipment and supplies including AED & oxygen.
- Paramedic & EMT will be stationed at the pavilion near the finish line and will be contactable via cell phone or two-way radio.
- First aid will be administered as required
- 911 initiated when needed

PERSONAL SAFETY

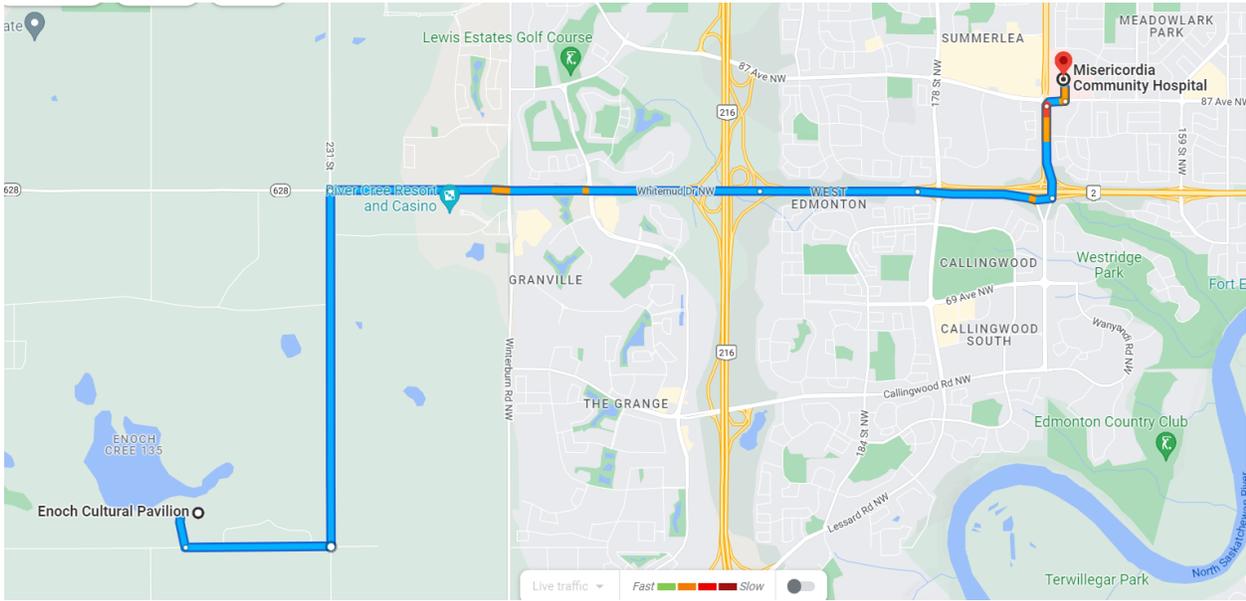
- If there is an unwanted person on site, this person will be asked to leave by security
- If the person presents a danger to the event, athletes or spectators, patrons will be asked to move from their location to muster point; on the road leading out of the grounds, near tent city (see image, next page)
- If the person presents a danger to the event, athletes or others, 911 will be called

NEAREST MEDICAL FACILITIES

- **Misericordia Community Hospital, 16940 87 Ave NW, Edmonton, AB T5R 4H5**

Directions: Take 231 St NW/Range Rd 261 to Whitemud Dr NW (4.8 km), Head south on NW 14 52 26 W4 toward 51 Ave NW/Township Road 522 (290 m), Turn left onto 51 Ave NW/Township Road 522 (1.3 km), Turn left onto 231 St NW/Range Rd 261 (3.2 km), Drive (7.6 km), Turn right onto Whitemud Dr NW (3.9 km), Continue onto Whitemud Dr NW/AB-2 S (1.4 km), Take the 170 St exit toward 159 St (1.2 km), Turn left onto 170 St NW (850 m), Turn right onto 87 Ave NW, (190 m) Turn left (Destination will be on the right)

Map to Misericordia Community Hospital, 16940 87 Ave NW, Edmonton, AB T5R 4H5:



Muster Point



Task Hazard Assessment

Hazard	Cause	Mitigation
Injury from running or spectator	Sprained or broken ankle while running Spectator injury	Paramedic on Site: Production Paramedic, Jeff Markwart, (780) 990-9911
Personal Illness	Asthma	Contact Paramedic, oxygen supplied located at the pavilion
Personal Illness	Cardiac event	Contact Paramedic, AED location: pavilion
Inclement Weather	High Winds, lightning, tornadoes, heavy hail, extreme heat. Anything that could blow over? Eg Tents ?	Secure equipment, muster point, shelter under pavilion.
Dehydration	Not enough intake of water	Water Stations available throughout venue
Fire	Lightening, cigarettes	Fire extinguisher on site at pavilion, notify Enoch Fire Department of event

UOG		JOB SAFETY ANALYSIS – TASK HAZARD ASSESSMENT FORM				July 2020	
<p>This table of Hazards and Controls can assist the work group to manage hazards for the proposed work. The table does not include all possible hazards. It is expected that the required PPE for the activity and work conditions will be used. Determine the Hazards that are present for the task and identify the Controls to be implemented</p>							
<input type="checkbox"/> Pressurized Equipment <input type="checkbox"/> Perform isolation - LO/TO, blinding, or defeat <input type="checkbox"/> Depressure, drain, purge and vent <input type="checkbox"/> Relieve trapped pressure <input type="checkbox"/> Avoid auto-energization when depressurizing <input type="checkbox"/> Anticipate residual pressure or fluids <input type="checkbox"/> Secure temporary hoses	<input type="checkbox"/> Poor Lighting or Visibility <input type="checkbox"/> Provide alternate lighting <input type="checkbox"/> Wait or defer work until visibility improves <input type="checkbox"/> No work over water that could require rescue (including see stiles)	<input checked="" type="checkbox"/> Personnel <input type="checkbox"/> Provide induction or training for new workers <input type="checkbox"/> Mentor, coach, or supervise <input type="checkbox"/> Verify competencies, skills and experience <input type="checkbox"/> Address applicable limitations (fatigue, distraction, and restricted duty) <input type="checkbox"/> Manage multiple languages	<input type="checkbox"/> Confined Space <input type="checkbox"/> Discuss confined space entry safe work practice <input type="checkbox"/> Conduct atmospheric testing <input type="checkbox"/> Monitor access or entry <input type="checkbox"/> Protect surfaces from inadvertent contact <input type="checkbox"/> Do not locate mobile engines near confined space <input type="checkbox"/> Provide observer <input type="checkbox"/> Develop rescue plan	<input type="checkbox"/> Simultaneous Operations (SIMOPS) <input type="checkbox"/> Follow SIMOPS methods <input type="checkbox"/> MOC required for deviation from SIMOPS restrictions <input type="checkbox"/> Interface between groups <input type="checkbox"/> Use barriers and signs to segregate activities <input type="checkbox"/> Have permit counter signed by leader of affected groups	<input type="checkbox"/> Weather <input type="checkbox"/> Implement controls for slippery surfaces <input type="checkbox"/> High winds - goggles <input type="checkbox"/> Heat - hydration, breaks <input type="checkbox"/> Cold - PPE, heaters <input type="checkbox"/> Lightning - tool selection, defer work	<input type="checkbox"/> Ignition Sources <input type="checkbox"/> Remove, isolate, or contain combustible materials <input type="checkbox"/> Provide fire-fighting equipment <input type="checkbox"/> Construct a fire-safe habitat <input type="checkbox"/> Provide a fire watch during and after hot work <input type="checkbox"/> Conduct continuous gas testing <input type="checkbox"/> Bond or earth for static electricity or cathodic protection	
<input checked="" type="checkbox"/> Hazardous Substance <input type="checkbox"/> Drain or surge equipment <input type="checkbox"/> Follow MSDS controls <input type="checkbox"/> Implement health hazards controls (Lead, Asbestos, H ₂ S, Iron Sulfide, Sulfur Dioxide, NORM) <input type="checkbox"/> Test or analyze material	<input type="checkbox"/> Potential Spills <input type="checkbox"/> Drain equipment <input type="checkbox"/> Provide spill containment equipment <input type="checkbox"/> Have spill clean up materials and equipment on hand <input type="checkbox"/> Restrain and isolate hoses when not in use	<input type="checkbox"/> Equipment Hot or Cold <input type="checkbox"/> Heat or cool equipment before work starts <input type="checkbox"/> Install barriers <input type="checkbox"/> Provide warning signs <input type="checkbox"/> Implement cold temperature and brittle failure controls <input type="checkbox"/> Wear thermal gloves	<input type="checkbox"/> High Noise <input type="checkbox"/> Wear correct hearing PPE <input type="checkbox"/> Manage exposure times <input type="checkbox"/> Shut down equipment <input type="checkbox"/> Use "quiet" tools <input type="checkbox"/> Use sound barriers or curtains <input type="checkbox"/> Provide or use suitable communication techniques	<input type="checkbox"/> Falling or Dropped Objects <input type="checkbox"/> Use signs and barriers to restrict entry or access under work at elevation <input type="checkbox"/> Use lifting equipment to raise tools to or from the work platform <input type="checkbox"/> Secure tools (tie off)	<input type="checkbox"/> Lifting & Rigging <input type="checkbox"/> Assign competent personnel for lifting, rigging and signaling <input type="checkbox"/> Complete lift plan <input type="checkbox"/> Perform pre-use inspection of equipment, safety devices & load <input type="checkbox"/> Establish exclusion zones <input type="checkbox"/> Confirm hands off load unless authorized per lift plan <input type="checkbox"/> Maintain communication between riggers & lifting personnel	<input type="checkbox"/> Work at Heights <input type="checkbox"/> Discuss working at heights safe work practice <input type="checkbox"/> Verify fall restraint and arrest equipment certification <input type="checkbox"/> Apply abating safe work practice	
<input type="checkbox"/> Portable Electrical Equipment <input type="checkbox"/> Inspect equipment for condition and test date currency <input type="checkbox"/> Implement continuous gas testing <input type="checkbox"/> Protect electrical leads from impact or damage	<input type="checkbox"/> Radiation Hazard <input type="checkbox"/> Use barriers and signs to restrict access <input type="checkbox"/> Notify personnel who may be affected <input type="checkbox"/> Implement NORM controls <input type="checkbox"/> Conduct RAD testing	<input type="checkbox"/> Moving Objects or Equipment <input type="checkbox"/> Confirm machinery guard integrity <input type="checkbox"/> Provide protective barriers <input type="checkbox"/> Observe to monitor proximity of people and equipment <input type="checkbox"/> Shut down or lock out equipment <input type="checkbox"/> Do not work in the line of fire	<input type="checkbox"/> Manual Handling <input type="checkbox"/> Assess manual handling task <input type="checkbox"/> Limit load size <input type="checkbox"/> Manage posture <input type="checkbox"/> Confirm stability of load and work platform <input type="checkbox"/> Get a safe stance or mechanical aid to avoid pinch points	<input checked="" type="checkbox"/> Equipment and Tools <input type="checkbox"/> Inspect equipment and tools <input type="checkbox"/> No use of modified tools <input type="checkbox"/> Use protective guards <input type="checkbox"/> Use correct tools and equipment for task <input type="checkbox"/> Protect or remove sharp edges <input type="checkbox"/> Apply hand safety principles	<input type="checkbox"/> Vibrating Equipment <input type="checkbox"/> Manage exposure times <input type="checkbox"/> Assess effect of vibration on equipment <input type="checkbox"/> Use low vibration equipment <input type="checkbox"/> Apply noise controls	<input checked="" type="checkbox"/> Slips, Trips, and Falls <input type="checkbox"/> Identify and shield uneven surfaces or projections <input type="checkbox"/> Secure or cover cables, cords, and lashing <input type="checkbox"/> Clean up liquids <input type="checkbox"/> Barricade or rope-off openings and holes	
<input type="checkbox"/> High Energy or High Voltage <input type="checkbox"/> Restrict access to authorized personnel only <input type="checkbox"/> Discharge equipment and make electrically dead <input type="checkbox"/> Observe safe work distances from live cables <input type="checkbox"/> Use flash burn PPE suit <input type="checkbox"/> Use insulated gloves, tool, and mats	<input type="checkbox"/> Excavations <input type="checkbox"/> Have an excavation plan or safe work practice <input type="checkbox"/> Locate underground pipes or cables by hand digging <input type="checkbox"/> De-energize underground services <input type="checkbox"/> Implement confined space entry controls	<input checked="" type="checkbox"/> Waste Clean Up and Disposal <input type="checkbox"/> Apply environmental management practices <input type="checkbox"/> Follow site waste management procedures <input type="checkbox"/> Clean up equipment and materials at site <input type="checkbox"/> Optimize task to minimize waste production	<input type="checkbox"/> Other Energy Sources <input type="checkbox"/> Spring compression or expansion control <input type="checkbox"/> Implement electromagnetic (radio) controls <input type="checkbox"/> Manage pressure or vacuum <input type="checkbox"/> Manage heat generating processes <input type="checkbox"/> Use appropriate safe work practice	<input type="checkbox"/> Working Around Mobile Equipment <input type="checkbox"/> Use competent operators & spotters <input type="checkbox"/> Separate workers from equipment using designated pathway barriers <input type="checkbox"/> Verify Safety Devices are functional <input type="checkbox"/> Establish clear communication with equipment operator <input type="checkbox"/> Adhere to minimum safe zone (HALO) <input type="checkbox"/> Confirm load is secure prior to transport <input type="checkbox"/> Manage overhead hazards	<input type="checkbox"/> Other Hazards <input type="checkbox"/> Implement abrasive blasting controls (for equipment and practices) <input type="checkbox"/> Prepare a dive plan <input type="checkbox"/> Manage potential blocked or plugged equipment <input type="checkbox"/> MOC required for temporary connections or modifications	<input type="checkbox"/> Emergency Response <input type="checkbox"/> Keep egress route open <input type="checkbox"/> Keep shower and eye wash stations accessible <input type="checkbox"/> Have a rescue plan in place <input type="checkbox"/> Keep emergency alarm, fire equipment, and shutdown locations unobstructed	

Communication:

To Volunteers: in person orientation, have handout of plan, map of venue, radios

Orientation will cover: start times, location of medical and method of contacting medical (via radio channel #1)

Method of communicating to entire site – speaker system

Map to be included in registration