



# **Sprockids**

**getting people out on bikes**

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## **≡ Sprockids *After-School-Cool* Program ≡**

### ***Emergency Action Plan***

#### **Master Trainers:**

1. Scene assessment
2. Mechanism of injury
  - Does this rider need an ambulance?
  - Yes:** call 911 and Sprockids and coordinate a meeting point
  - Not sure yet:** continue with first aid
3. Administer first aid (**Priority Action Approach**)
  - Transport decision based on injury
  - Ambulance (Rapid Transport):** call 911 and Sprockids & arrange a meeting point
  - Walk/Ride out:** call Sprockids if help is needed and coordinate a meeting point
  - (IF YOU ARE NOT SURE CALL 911)**
4. Use the resources you have and get the other riders to assist if needed
5. Delegate responsibilities for continuing ride or assisting rider out
6. Complete accident report form for any incident where a rider was referred to or sent to a clinic/hospital
7. Follow up with the rider the next day
8. Inform Sprockids of the incident
9. Restock first aid kit

#### **Walk/Ride out Patient**

Accident report form must be put in the binder at Sprockids  
Suggest to the patient that they should be checked out by a physician after the ride or the next day

#### **Rapid Transport**

**HELMET MUST GO WITH THE RIDER**

Accident report form must be put into the binder at Sprockids  
Make arrangements for transport of their bike and personal effects  
Contact family or emergency contact

#### **Sprockids Staff:**

1. Record information taken from ride leader (phone number, rider's name, location, injury, etc.)
2. Inform other on-site Sprockids leaders of the situation before leaving and have emergency contact information ready from registration form
3. Know where you are going and be prepared to assist leader and/or emergency services
4. Drive injured rider to clinic/hospital if called upon
5. Let Sprockids know the details

**Sprockids: PLAY COURAGE RESPONSIBILITY EMPATHY PERSEVERANCE**

**Contact information: 604 506 7124    [www.sprockids.com](http://www.sprockids.com)**



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## **≡ Sprockids *After-School-Cool* Program ≡** ***Emergency Action Plan* continued**

### **Master Trainer Checklist:**

- First aid kit
- Accident report forms
- Radios and cell phone
- Map and knowledge of how to get out of the trail (Leaders should carry trail maps)
- Emergency contact list
- Tools (chain break, tire levers, pump, spare tube, allen key set, duct tape)
- Water and food (extra snack for participants)
- Spare clothing

### **Emergency Contacts:**

**DIAL 9-1-1**  
**Sprockids 604-506-7124**

#### **North Shore**

**Lions Gate Hospital**  
604-988-3131  
231 East 15<sup>th</sup> St, North Vancouver

**North Shore Search and Rescue**  
North Vancouver RCMP  
604-985-1311

#### **Burnaby**

Burnaby Hospital  
604-434-4211  
3935 Kincaid St

#### **Squamish**

**Squamish General Hospital**  
604-892-5211  
38140 Behrner

#### **Sunshine Coast**

**St. Mary's Hospital**  
604-885-2224  
5544 Sunshine Coast Hwy, Sechelt

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## **Priority Action First Aid Approach**

### **Scene Assessment**

Hazards (make scene safe i.e. block trail)

Mechanism of Injury (how serious is the injury, what is wrong with the patient)

Number of Victims

### **Primary Survey**

Level of Consciousness (LOC)

Airway with C-Spine Control

Breathing

Circulation

Radial Pulses

Absent – Check Carotid

Skin

RBS (Rapid Body Survey)

Major bleed, fractures, reassure, comfort, blanket, transport decision

### **Secondary Survey**

#### **Vital Signs**

LOC- Glasgow Coma Scale

Breathing

Circulation

Pulse

Capillary Refill

Skin

Pupils

#### **Chief Complaint**

Associated Problems

Past Medical History

Medications/Allergies

#### **Head To Toe**

Head/Neck

Chest/Abdomen

Pelvis/Back

Extremities

Neurological Examination

Treatment – reassess ABC or vitals every 10 minutes



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## **First Aid Interventions**

### **Airway**

#### **Alert**

Lean forward, cough, reassure

No sound or breathing?

Abdominal thrusts (till clear or patient down)

#### **Decreased LOC (Level of Consciousness)**

Finger sweeps

Two ventilations

Fifteen compressions

Repeat until ventilations go in

### **Breathing**

#### **Distressed**

One ventilation every five seconds (time with breathing)

Train helper

Expose chest/breathing check

#### **Non Breather**

Two vents/10 second carotid pulse check

One ventilation every five seconds (train helper)

Expose chest/check breathing

### **Circulation**

No breathing + no pulse = CPR

15 compressions + 2 ventilations x 4 (one minute)

10 second carotid pulse check

Continue if no breathing and no pulse

### **External Bleed**

Position patient (lying down)

Position part (elevate)

Pressure

### **Internal Bleed**

Normal warm dry skin = OK

No radial pulses or pale cool skin + 911 (Shock signs)