

# First Aid Protocol

1. Those who are certified, administer any CPR, and provide urgent interventions (EPI pen, pertinent medications, etc.) immediately as appropriate. Pressure should be applied to open wounds with a t-shirt, towel, etc. Closed injuries should be immobilized as much as possible.
  - The event director has emergency contact information and medical information on file for all skiers and volunteers.
2. Instruct the event director via radio to call 911, if necessary. The event director is also responsible for retrieving the first aid kit. Gloves should always be worn as a precaution against foreign body fluids.
3. Guide the injured individual to the boat platform and move him/her as little as possible. If possible, transport back to the dock.
4. Note that LOF does have a backboard that can be used for an emergency situation.



5. Keep patient warm, comfortable, and calm until help arrives.
6. Some guidelines for positioning an injured individual:
  - An injured individual with potential compromise to the head, neck, or spinal cord should not be moved.
  - An unconscious individual should be placed on his/her side.
  - Injured limbs should be stabilized in the position of most comfort.
7. Emergency personnel should be directed to the injured individual upon arrival. Always keep an entrance and exit path clear in case of an emergency and for emergency vehicle access.

