

Equestrian Coaches

Emergency Action Plan

While serious injuries are rare, the potential always exists. Accidents CAN happen, anywhere, anytime, to anyone, and you must be prepared if a serious injury occurs. As coaches, you have basic training in First Aid, which has instilled some knowledge and confidence in your ability to deal with injuries and/or emergencies.

As a coach, you are responsible for developing and implementing an **Emergency Action Plan (EAP)** for your activities as a coach. This is as important in your own facility as it is your responsibility when coaching off site.

Owners of facilities where horses are maintained and/or where lessons are held should have an EAP in place. *As a visiting coach, it is your responsibility to ensure that an EAP is in existence, and that you have the information on hand.*

Basically, you need to confirm that you are provided with a diagram of the facility, correct directions to the facility in the case 911 has to be contacted, and the correct emergency contact numbers for both the facility as well as the emergency numbers for community services available whether it is 911 or direct service. It is a good idea to post these instructions at the entrance to your facility and also by telephones.

If you carry a cell phone, make sure you know if you are in a call area that has reception and if you need to use long distance to call from your phone. There are still many areas that do not have cellular service so part of your EAP would be to confirm telephone access.

EAP considerations include:

Person In Charge: most qualified with First Aid and emergency procedures, tends to the injured person and directs others until medical personnel arrive.

Call Person: has list of emergency telephone numbers, knows location of telephones and can guide emergency crew to facility and accident location.

As part of your EAP, you should assess that you have a secure site for your coaching i.e. that your riding area is secure, that the area is free of dangerous objects or distractions (loose dogs, young children, etc), that you are satisfied that unmounted people are in a safe area, and any other considerations you might have.

Mary-Clare McLaren
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April 2005