

# 2020 Canadian National Championships and World Para Alpine Skiing Speed Series



## IPC Alpine NorAm Kimberley BC 2020 Medical Plan

9.02.2020 – 13.02.2020



## Event Dates

IPC Alpine February 10-13, 2020  
Kimberley Alpine Resort, BC, Canada

## Medical Contacts

Dr. Warren Thirsk	Chief of Medical	780-975-0221
Dr. Fiona Hanlon-Dearman	Assistant Medical	204-952-7975
Dr. Brent Crawford	Race Physician	780-233-3370
Chris Johansen	Chief of Ski Patrol	250-432-9731
Kimberley Ski Patrol Dispatch		250-432-0303

## Medical Station

The Ski Patrol Clinic (PC) is located on the mountain traverse skiers left of the main chairlift just above the bridge and before the final pitch. The building is clearly labeled. Vehicles can access the PC clinic via Gary Sorenson Way passing NorthStar Boulevard and going through the tunnel. This site will cover the Emergency medical needs of race spectators, race officials, coaches, workforce, media and general skiing public according to routine Kimberley Alpine Resort Ski Patrol protocols.

For the duration of the race, there will be a dedicated stretcher in the PC to care for injured athletes. This room will be staffed during race hours with a race Physician and offers full ATLS/ACLS resuscitation services. The room is equipped with a Life Pack 15 monitor and all standard resuscitation drugs and equipment. There will not be a stand-by ambulance for this race, but standard Kimberley Mountain EMS activation protocols will be used augmented by the race physicians.

For after-hours non-emergent injuries or illness, there are limited resources available at Kimberley Alpine Resort itself. Athletes, coaches and families with non-emergent medical needs can access medical care at the Kimberley Medical Clinic during normal business hours or the 24-hour Emergency Department at the East Kootenay Regional Hospital in Cranbrook. The Race Physicians can be contacted by phone to assist with accessing suitable local resources if necessary.

## Medical Team Composition

The medical team is composed of Kimberley Alpine Resort professional ski patrol and the race physicians. All team members have extensive job-specific training.

### *Identification*

Ski Patrollers are identifiable by an Orange jacket with white crosses on back and shoulders. The Race physicians will be at the Race Medical meeting and generally wear Team Canada clothing.

### *Equipment*

Each ski patroller is equipped with first aid supplies in their standard patrol packs. Each toboggan station will have C-Spine collars, Spine boards, Trauma packs for wounds and splinting, oxygen, and basic airway management supplies. Entonox is available if required for pain. There is an AED at the top of the mountain. In the field, the Race physicians will have an Advanced Trauma Pack with AED, ACLS and narcotic medications, IV access and advanced airway/ATLS supplies. The Ski Patrol Clinic is equipped with a Life Pack 15 monitor and standard ACLS resuscitation drugs and equipment.

### *Field of Play*

Ski patrollers will be stationed along the course with a team of 2 and toboggan at the start and a third patroller with a toboggan at Canada Way above the jump. A Race Physician(s) will be stationed at the top of course and will respond as needed. All injured athletes will be accompanied down the hill and taken to the Ski Patrol Clinic for assessment.

## **Racer Down Protocol**

In the event an athlete falls, the Racer Down Protocol will be strictly adhered to by all personnel on course to ensure the safety of everyone. The ski patroller closest to the accident scene will be released **only** by the Chief of Patrol or the Chief of Medical once a course "Stop-Start and hold" has been confirmed by the Race Jury.

## **Accident Scene Management**

The ski patroller(s) responding to the scene will perform a rapid assessment of the athlete to rule out any life/ limb threatening injuries and confirm the chief complaint. They will radio their findings to Dispatch and call for the appropriate assistance, including the race physician, if required by the athlete's condition. If the athlete is able ski under their own power, they will be accompanied down by a patroller to the Ski Patrol Clinic for a second medical assessment. The second patroller, if they have responded with a toboggan, will exit the course with the toboggan and will cycle back up into position. At the discretion of the Chief of Patrol, additional ski patrol teams may be dispatched to the start of the race from the public mountain to maintain the flow of the race. Team physicians, therapists and coaches are asked not to interfere with the host medical team's evacuation and management of the athlete; however, they are most welcome to assist in comforting their athlete, interpreting as required and providing background medical information (medications and allergies in particular) to the Ski Patrol.

## **Evacuation and Transportation**

Injured athletes who are unable to ski out will be evacuated from the race course by toboggan to the Ski Patrol Clinic where they will be assessed by a Race physician. One team member (coach, therapist or physician) is welcome in the medical clinic to assist the assessment by providing medical history and interpretation assistance. It would greatly assist the medical team if coaches, trainers and/or team physicians can provide a list of past medical history, medications and allergies for each athlete.

All athletes assessed in the Ski Patrol Clinic requiring further care will be transported to the East Kootenay Regional Hospital (Cranbrook) by the most medically appropriate means available: Team or private vehicle or ground ambulance.

Depending on the nature of the injury, further transportation decisions from East Kootenay Regional Hospital (Cranbrook) to a higher level of care will be determined according to the nature and severity of the injury. Major traumas to the head, chest, abdomen or pelvis will be flown or driven by ground (weather and resource dependent) to Foothills Hospital, Calgary, Alberta (Level 1 Trauma Center). Isolated orthopedic trauma requiring surgery may be directed by ground to Banff Hospital in Banff, Alberta. All transfer decisions will be made by the East Kootenay Regional Hospital (Cranbrook) Emergency physician on duty according to BC. Provincial protocols with input from the Race physicians and injured athlete.

### *Air Ambulance (Helicopter) Access*

Kimberley Alpine Resort is a remote mountain location with evacuation times typically over 4 hours. **All air and ground travel in these mountains is weather dependent** which makes all evacuation plans tentative--- flexibility in planning is important. All efforts will be made to get critically injured racers to the Foothills Hospital in Calgary which is the closest Level 1 Trauma hospital as soon as safely possible. Due to the prolonged transport times inherent in Kimberley's mountain location, **all** patients will be assessed and have critical interventions (Airway management, IV access, Chest tubes, etc.) placed in the Ski Patrol clinic or at East Kootenay Regional Hospital (Cranbrook) prior to any higher-level transport.

The average total time from East Kootenay Regional Hospital (Cranbrook) to Calgary via STARS helicopter transport is 172 minutes. In the case of adverse weather, a fixed wing transport out of Cranbrook may be the only option, which would increase the total travel time to Calgary upwards of 240 minutes. If weather at either Cranbrook or Calgary prevents flying, ground transportation via EMS ambulance is approximately 5 hours.

For critical head or torso injuries, the Race Physicians may initiate direct contact with the STARS medical helicopter program based in Calgary. STARS availability is conditional on weather and resource limitations outside of the control of the Race physicians. Local helicopter resources may be contacted, but are also outside the control of the Race physicians and will be contacted from the East Kootenay Emergency Department. If needed, one of the Race physicians, who is also qualified as a flight physician, may accompany the athlete to either East Kootenay Hospital or Calgary.

### *Typical Travel Times for Emergency Vehicles*

All travel times are estimates and do not factor in current road conditions, weather and traffic.

Estimated driving time (one way)

Kimberley to Kimberley Medical Clinic	5 minutes
Kimberley to East Kootenay Regional Hospital (Cranbrook)	30 minutes
Kimberley to Banff	3.25 hours
Kimberley to Calgary	4.5 hours

## Hospitals

East Kootenay Regional Hospital  
13 24<sup>th</sup> Ave North, Cranbrook  
Phone 1- 250-426-5281

Calgary Foothills Hospital (Level 1 Trauma Centre)  
Phone 1-403-944-1110

Banff Mineral Springs Hospital (Orthopaedic Referral Centre)  
Phone 1-403-762-2222

## Local Facilities & Resources

### Medical Clinic (X-ray and Lab services)

Kimberley Medical Clinic

260 4<sup>th</sup> Avenue, Kimberley

Phone 250-427-4861

Hours of Operation: 08:30-17:00

Patients without Canadian provincial insurance coverage will be charged a clinic fee of approximately \$150 CND. Visiting athletes are responsible for direct payments and should seek re-imbursment from their own insurance.

### Dentists

Kimberley Family Dental Clinic

465 Wallinger Ave, Kimberley, BC V1A 1Z6

Phone 250-427-5366

Website: <https://www.kimberleyfamilydental.com>

Weekday hours 8am-5pm. Initial assessment approximately \$100 CND with additional charges per BC dental insurance guidelines for X-ray, fillings or other treatments.

Weekend Dental Emergencies call East Kootenay Regional Hospital (Cranbrook) for on-call dentist contact information.

### Pharmacies

Shoppers Drug Mart

260 4<sup>th</sup> Avenue, Kimberley

Phone 250-427-2181

Shoppers Drug Mart

350 Ross St, Kimberley

Phone 250-427-2181

Gray's Compounding Pharmacy/RemedyRx

417B 304<sup>th</sup> St., Kimberley

Phone 250-427-0038

### Physiotherapy

Creekside Physiotherapy

417 304<sup>th</sup> St., Kimberley

Phone 250-427-2202