

Section: PROGRAM
Topic: PERSONAL SAFETY
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The safety and health of athletes and coaches is of paramount importance, therefore, each volunteer should follow the following guidelines while conducting programs, events, or competitions for Special Olympics Prince Edward Island.

Inclement Weather:

Programs may be cancelled when temperatures exceed the following:

- Indoor Activities: outdoor temperature is below -30 degrees Celsius (including wind-chill)
- Outdoor Activities: outdoor temperature is below -20 degrees Celsius (including wind-chill) or above +30 degrees Celsius (including heat index)

Notification to athletes and volunteers must be confirmed. Failure to contact all parties requires attendance at the start of program by head coach or designate.

The temperatures listed are to be used as a guideline and not an absolute.

Depending on road and other weather factors an program is always within their right to cancel a program if they believe athlete safety is compromised.

When the decision has been made to cancel a program, that decision must be communicated to all members of the sport. Each program should have in place a process to communicate these decisions. Examples: some programs that run through the week during the school year go by English Language School Board Cancellations, others may communicate through email or organized phone trees.

Allergies:

Some of our athletes, coaches, volunteers, and staff may have allergic reactions that range from minor to life threatening.

In the event that a severe allergy is identified for an athlete, coach, volunteer, or staff, Special Olympics Prince Edward Island will endorse the ban of the allergen from a program, competition or sanctioned event in order to protect the health and safety of those persons affected.

The decision to ban an allergen is at the discretion of the program leader or organizing group in consultation with the Provincial Office.

Additional Program Practices:

1. Athletes with positive Atlanto-axial Dislocation, seizures, and/or other medical/behavioral notes should be known to program volunteers and given proper supervision.
2. Carry a first aid kit with you and be aware of where the nearest first aid kit is located.
3. Ensure that an accessible phone is available in your program facility.
4. Check the facility/area and equipment for any safety concerns. Ensure there is access to water. Any concerns must be communicated to the Program Director immediately.
5. Request athletes not arrive excessively early for programs, thus allowing the Head Coach or Coach to be the first person at practice. Following practice ensure all athletes have left the facility/area, and check to see that they have a means of getting home.
6. Coach/athlete ratios are dependent on numerous factors including age, ability level, and coaching experience. Exercise caution when running a program, and ensure that there are enough volunteers around in the event of an emergency.
 - a) For the purposes of overnight travel, a ratio of 4:1 shall be used (exception 5 pin bowling and curling with a 5:1 ratio).
7. When traveling for competition, know the medications. Coaches are responsible for administering
8. Do not hesitate to call 911 if there is any doubt of a medical emergency
9. Never place yourself or athletes in a vulnerable position with regard to travel or supervision at programs. Ensure athletes have proper supervision at all times.
10. Coaches and athletes should be prepared with an emergency action plan in the event an emergency occurs
11. Document all incidents (see policy 5000-04) involving athletes and volunteers
12. Where possible, request that any monies be given directly to the Provincial Office.
13. Where possible, should there be athletes of the opposite sex competing in the program, there should be both male and female coaches present.