

Plan for handling a medical situation during RNST Practice:

If a medical situation arises during practice with a skier in your coaching group where they cannot complete the workout or need more urgent care:

- A. In a severe, life threatening or other medical emergency, first call 911.
- B. If the medical situation is not an emergency, call the Check-in/Check-out Coordinator, Joan Rabe, at the base at (507) 269-3162. Joan can contact the parents if needed. If Joan is not managing registration on a given practice, please get the cell phone number of her substitute that day.
- C. If the medical situation warrants, Joan will help contact EMT and also reach out to any RNST coaches with EMT or other advanced medical emergency training (see item H below) and direct them to the location where the skier is.
- D. If the situation is one where the skier is able to be brought back to base, Joan will call the Head Coach (David Herbert at 507-269-9312) and/or other designated back-up rover coach on their cell and dispatch them to where the coach and skier are heading in. David or the designee can relieve the coach if they intercept before they've reached base.
- E. The Coach then accompanies the affected skier back to base if the skier is mobile or waits with the skier if they should not be moved, until help arrives. If the coach has a beginner group that is not able to ski unaccompanied, the group is asked to accompany the coach and affected skier as they return to base. If the group is okay to ski unsupervised, coach can assign them a loop to ski until the coach returns after dropping off the affected skier.
- F. David Herbert and/or the Coach who accompanied the skier back to base contact the parent after practice to update them on what happened and see how the skier is doing.
- G. In addition, Skiers will be reminded at practice and in our email communications that we are depending on them to alert their coach if they feel they have a situation occurring or about to occur. While we will do our best to help a skier who has a medical situation, we are relying on parents and the skier to ensure they have appropriate physician guidance around medical conditions they may have and which could occur at practice or affect the skier.
- H. We also hope to have a log of which coaches may have emergency medical training and might be able to be pulled in should an emergency arise – please let David and Joan Rabe know if you are one of these.
- I. We welcome suggestions you may have that can help improve our plan for handling medical situations that may arise during practice.