

## Age-Group Team Canada World Championship First Aid and Critical Care Support Plan

The purpose of this document is to identify the roles and responsibilities of athletes, Triathlon Canada, the International Triathlon Union (ITU) World Championship local organizing committee (LOC) and the volunteer "Team Doctor" so that the safety and health of athletes is considered and appropriate responses taken in the event of a medical intervention or emergency.

### **Athletes**

Athletes are responsible for being prepared physically and mentally for the events for which they are participating. They also must ensure that they:

- a. Complete at the time of registration with Triathlon Canada their Emergency Contact information, conditions that the LOC needs to be aware of, medications, allergies and whether they have asthma. Any changes must be communicated to Triathlon Canada as soon as possible.
- b. Bring any personal medications. Team doctors should not be expected to provide prescriptions or medications to athletes.
- c. Ensure that they are aware of treatment protocols prior to the event should they be managing an injury. Team physicians and medical support personnel are not expected to treat or advise on existing or chronic conditions.
- d. Consult a health care provider or visit a travel health clinic six weeks or more before you travel. This provides an opportunity to:
  - review your immunization history
  - make sure you are up-to-date according to your provincial/territorial immunization program
  - discuss any health concerns you may have related to your trip
  - assess your needs based on where you plan to travel and what you plan to doAdditional vaccines may be recommended depending on your age, planned travel activities and local conditions. For more information see <http://travel.gc.ca/travelling/health-safety/vaccines>

### **Triathlon Canada**

Triathlon Canada considers the safety and health of an athlete's participation on an ITU World Championship Team first and foremost. As such Triathlon Canada will:

- a. Provide option to purchase Travel Medical Insurance for all Team Canada members (mandatory for participation);

- b. Ensure that one member of the Team Canada Management team has First Aid Certification;
- c. Have a First Aid kit available;
- d. Seek the support of volunteer Team Doctors and communicate their roles and responsibilities to the team prior to the event;
- e. Identify the appropriate contact information to the closest medical services (e.g., Hospital) to the event race site and to the Team hotel;
- f. Clearly identify the procedure should a medical emergency occur during the event period (recommended arrival/departure date)
- g. Ensure that all medical information provided by each athlete is passed onto the ITU LOC; and,
- h. Liaise with the ITU medical staff in the case of an emergency.

### **International Triathlon Union (ITU) World Championship local organizing committee (LOC)**

The LOC is responsible to provide race medical services free of charge to the athletes. In summary the LOC must:

- a. Provide a complete Medical Plan including but not limited to: Field of Play medical plan, Medical Centre layout/equipment, medical personnel, ambulances, emergency procedures, hospital information, procedures for foreign medical personnel;
- b. Identify any specific vaccination requirement for entering the country;
- c. Provide medical treatment on site free of charge for any cases that occurred during official activities and or competition. This includes the athletes' transportation with the ambulance from the course to the venue and from the venue to the hospital.

For full identification of LOC Medical Responsibilities see ITU Venue Support Manual

### **Team Doctor**

The volunteer Team Doctor(s) for the Canadian Age-Group Team must be a member of the Canadian Medical Protective Association (CMPA) and either participating on or providing personal support to a member of the Age-Group ITU World Championship team. As outlined by the CMPA Team Doctors may:

- a. Provide advanced first aid care to Canadian athletes that are part of the ITU Age-Group World Championship team.
- b. Provide care beyond advanced first aid only if the care is a true medical emergency;
- c. Liaise with local medical physicians with the intention to provide comfort/advice to the athlete on quality of care.



Team Doctors will be available to athletes as issues arise. If an athlete has a medical concern, they can contact the Triathlon Canada Team Manager who will liaise with the Team doctor.

Physicians are recommended to contact the CMPA prior to departure to inform them of their role as Team Doctor with the Triathlon Canada ITU Age-group World Championship Team (amateur).