

Emergency Action Plan:

AED on site

Arena: Port Coquitlam Rec Center:

2150 Wilson Ave, Port Coquitlam, BC V3C 6J5

Ph (604) 927-7929 or -7970

Arena 3 Purple (westside)

Arena 2 Green (eastside)

- AED locations
 - **AED - one in area downstairs beside Customer Service on east wall**
 - **AED – along long glass corridor on south wall across from fireplace**
 - **AED – to the left of main reception by aquatics wall**

Landline:

Not accessible to the public, only available during regular operational hours at Customer Service downstairs (typically until 9pm, arena staff can provide access to a landline)

Safety Person / Charge Person

Charge Person #1 –

Charge Person #2 –

Charge Person #3 –

- Initially takes control of the situation.
- Instructs player to lay still and bystanders, such as other players, not to move player.
- Assess injury status of player; decide if an ambulance/medical care is required.
- If the injury is serious and warrants immediate attention that you are not qualified to provide, make your predetermined signal to your, control person and if you have one, your pre-determined first aid/medical person.
- Makes 911 call when emergency assistance required (test cell phone inside to ensure it will work).

Control Person

Control Person #1 –

Control Person #2 –

Control Person #3 –

- Pre-determine the location of the AED and other emergency equipment in the facility.
- Retrieving the AED and/or first aid kit and bringing to the injured player if requested.
- Seek highly-trained medical personnel in the facility if requested by the Charge Person.
- Ensure teammates, other participants and spectators are not in the way of the charge person.
- Advise opponents, on-ice officials, arena staff and parents of the steps being taken.
- Ensure the quickest and best route for the FIRE / EHS crew to the ice surface is clear and accessible.
- Meet the FIRE/ EHS on its arrival and direct them to the injured player.

Remaining Bench Staff/Coaches :

- Remove and stay with remaining athletes
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Team Manager/Team Parent

- Team Manager – give comfort to parent of child

Ambulance can access through:

Green Arena 2 - East side Emergency Exit Doors off of Kingsway, or Northeast current main entrance
Purple Arena 3 - Emergency Exit Doors on northeast corner (current main entrance)

Hospitals:

1/ Port Coquitlam Arena to Eagle Ridge Hospital Port Moody:

Port Coquitlam Community Centre, 2151
Eagle Ridge Hospital, 475 Guildford Way

Leave now OPTIONS

Send directions to your phone

via Kingsway Ave	12 min	6.0 km
Fastest route, lighter traffic than usual		
DETAILS		
via Kingsway Ave and Barnet Hwy/BC-7A	12 min	6.4 km
via Lougheed Hwy/BC-7 W and Barnet Hwy/BC-7A	14 min	5.8 km
Some traffic, as usual		

Explore Eagle Ridge Hospital

The map displays three route options from Port Coquitlam Community Centre to Eagle Ridge Hospital. The fastest route is via Kingsway Ave, taking 12 minutes for 6.0 km. An alternative route via Kingsway Ave and Barnet Hwy/BC-7A also takes 12 minutes but is 0.4 km longer. The third route, via Lougheed Hwy/BC-7 W and Barnet Hwy/BC-7A, takes 14 minutes for 5.8 km. The map shows the route passing through Coquitlam and Cassin, with landmarks like Coquitlam Centre and Coquitlam Crunch.

2/ Port Coquitlam Arena to Maple Ridge Hospital

from Port Coquitlam Community Centre, 2150 Wilson ...
to Ridge Meadows Hospital, 11666 Laity St, Maple Rid...

19 min (12.3 km)
via Lougheed Hwy/BC-7 E
Fastest route, despite the usual traffic

Port Coquitlam Community Centre
2150 Wilson Ave, Port Coquitlam, BC V3C 6J5

- Head northeast toward Kingsway Ave
43 m
- Turn right onto Kingsway Ave
2.6 km
- Turn left onto BC-7B
1.2 km
- BC-7B turns slightly right and becomes Lougheed Hwy/BC-7 E (signs for British Columbia 7 W/Coquitlam)
8.4 km
- Turn right onto Laity St
120 m

Ridge Meadows Hospital
11666 Laity St, Maple Ridge, BC V2X 7G5

The map shows a route from Port Coquitlam Community Centre to Ridge Meadows Hospital. The route starts in Port Coquitlam, heading northeast on Kingsway Ave, then turning right onto Kingsway Ave, left onto BC-7B, and finally right onto Laity St in Maple Ridge. The total distance is 12.3 km and takes 19 minutes. The map includes landmarks like Douglas Island, Pitt Meadows, and the Fraser River.