

CERT – COMMUNITY EMERGENCY RESPONSE TEAM

WHAT DO THEY DO?

- PRIMARILY DISASTER PREPAREDNESS & RELIEF FOR:
 - MAJOR EVENTS – HURRICANES, FLOODS, ETC.
 - FIRE
 - SEARCH & RESCUE
 - DISASTER MEDICAL OPERATIONS

**FOR INDIVIDUAL EMERGENCY CASES:
ALWAYS CALL 911 FIRST**

ONCE 911 HAS BEEN CALLED:

POSSIBLE USES OF CERT HERE AT ETYSA SAILING CAMPS:

- PROVIDE TRIAGE WHEN PROFESSIONAL RESPONDERS NOT IMMEDIATELY AVAILABLE IF:
 - BLOCKAGE ON BROAD CREEK ROAD
 - MULTIPLE INJURIES FROM HEAVY STORMS/WINDS

LIST PHONE CONTACTS FOR:

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RED CROSS HANDOUT?

**ETYSA – 2016 --- SELF-DISCLOSURE & BACKGROUND CHECK
VOLUNTEERS & STAFF**

ETYSA is committed to safeguarding children from physical, sexual and emotional harm. We require volunteers who have contact with our campers to complete this Self-Disclosure Form. All information will be treated as confidential.

Full Name _____

Have you ever been known to any Children Services Department or the Police as being an actual or potential risk to children? Yes _____ No _____

If Yes, please specify: _____

Have you ever been the subject of any disciplinary investigation and/or sanction by any organization due to concerns about your behavior towards children?

Yes _____ No _____

If Yes, please specify: _____

I agree to inform the ETYSA organization within 24 hours if I am subsequently investigated by any agency or organization in relation to concerns about my behavior towards children or young people.

I declare that to the best of my knowledge, the information given above is correct, with no misleading statements or omissions.

By signing this form, I grant ETYSA permission to run a background check in order to ensure the safety of the program's participants. I understand that ETYSA may deny participation in the volunteer program if there is reason to believe that my participation would violate ETYSA's goal to provide a safe, fun, and educational environment for program participants.

Signed: _____ Date: _____

ETYSA CAMPS – 2016 -- VOLUNTEER DUTIES

MONDAY -- 1ST AM MEETING

VOLUNTEERS ATTEND ALL MORNING MEETINGS -- WEEKLY

HELP W/**CAMPER** REGISTRATION/MEDICAL/WAIVER FORMS & NAME TAGS

ADVISE VOLUNTEER COORDINATOR OF COMMITTED DAYS DURING WEEK

FILL IN REQUIRED FORMS (MEDICAL, WAIVER, SELF-DISCLOSURE)

ATTEND SAFETY TRAINING

MONDAY – FRIDAY

HELP MONITOR FIRST-DAY SWIM TEST

HELP WITH LANDING BOATS RETURNING FROM SAILING (BACK PROBLEMS?)

JOIN “SAFETY BOATS” – IF CAN YOU PULL CHILDREN INTO/OUT OF BOAT

MONITOR IMPROPER BEHAVIOR—SAFETY, HORSING AROUND – APPLY DISCIPLINE

HELP WITH GAMES ON LAND/ASSIST WITH CAPSIZE DRILLS IN HARBOUR

MAKE SURE CHILDREN DO NOT LEAVE CLASS UNLESS:

- CHECKING WITH INSTRUCTOR/OTHER ADULT AND
- GO TO RESTROOMS WITH 1-2 OTHER CHILDREN

WHEN CHILDREN LEAVE WATER – ALL LIFE JACKETS IN ONE PLACE!

MONITOR CHILDREN WHEN CLEANING UP AFTER LUNCH

IF CAMPERS/VOLUNTEERS ARE LEAVING CLASS EARLY:

- ADVISE INSTRUCTOR/COORDINATOR
- TAKE ALL OF THEIR PERSONAL ITEMS

FRIDAYS : MONITOR CAMPERS – CLEANING & STORING BOATS

BACKGROUND CHECKS/WAIVERS/MEDICAL FORMS

APPLIES TO VOLUNTEERS, INSTRUCTORS AND ALL STAFF

BACKGROUND CHECKS –ETYSA TO PERFORM BEFORE MONDAY (WHO)?

INSTRUCTORS/STAFF: ASAP

VOLUNTEERS: 1-2 WEEKS BEFORE CAMP?

WAIVERS:

INSTRUCTORS/STAFF: ASAP

VOLUNTEERS – MONDAY CLASS?

MEDICAL:

INSTRUCTORS – ASAP

VOLUNTEERS – MONDAY CLASS

SELF-DISCLOSURE:

INSTRUCTORS --- ASAP

VOLUNTEERS – MONDAY CLASS?

EVERY MONDAY – VOLUNTEER COORDINATOR DUTIES

AFTER GENERAL MEETING : (DURING CAMPERS “BALL” GAME)

SAFETY TRAINING FOR INSTRUCTORS/VOLUNTEERS/STAFF

(Make sure to review with new/late volunteers)

GO OVER CHARTS ON: HEAT-RELATED RISKS

HEAT EXHAUSTION/DEHYDRATION

HEAT STROKE

HEAD INJURIES

SHOW : LOCATION OF FIRST-AID KITS (THERE ARE 3) & AED

VOLUNTEER COORDINATOR REVIEWS:

PERTINENT: WAIVERS/MEDICAL FORMS/SELF-DISCLOSURES

WERE ALL BACKGROUND CHECKS DONE?

WE PROVIDE FILLED-IN FORM AT LUNCH

STATION WITH NAMES OF STAFF/VOLUNTEERS

TRAINED IN: FIRST AID, CPR & AED MACHINE WHO

KNOW DIFFERENCES FOR SMALL CHILDREN

ETYSA T-SHIRTS FOR VOLUNTEERS

CHOICES:

1) SILK SCREEN (LOCAL NB SPORTS)

■ LESS EXP (\$15) 2 WKS

■ MATERIALS:

100% COTTON

50/50 COTTON/POLY

90/10 COTTON/POLY

2) DYE-SUBLIMATION (SILKY MATERIAL - CALIF)

■ MORE EXP (\$22) 2/4 WKS

■ SUNSCREEN – 100% POLYESTER

-----FIRST RUN – ART WORK ADDS INITIAL EXPENSE-----

DESIGN CHOICES:

1) BACK – LARGE BURGEE/SPELL OUT ETYSA _____

2) FRONT – SMALL BURGEE (ONLY) _____

OR – WITH LETTERING – ETYSA ONLY _____

OR – SPELL OUT ETYSA _____

OR – WORD “VOLUNTEER” _____

COLOR: WHITE/GREY/BLUE/GREEN _____

LONG/SHORT SLEEVED _____

HOW MANY OF EACH SIZE – (NO DIFFERENCE IN COST) _____

2 DOZEN – CHEAPER _____ BUDGET OK? _____

VOLUNTEERS/STAFF CAN PURCHASE OR I CAN HOLD FOR EVENTS

HEAD INJURY -- WATCH THAT “BOOM”!

TYPES: CLOSED/OPEN – WITH OR WITHOUT BLEEDING

CONCUSSION -- SCALP WOUNDS -- SKULL FRACTURE

SYMPTOMS:

- BEHAVES ABNORMALLY
- VERY SLEEPY
- HEADACHE OR STIFF NECK
- PUPILS UNEQUAL SIZES
- UNABLE TO MOVE ARM OR LEG
- LOSES CONSCIOUSNESS, **EVEN BRIEFLY**
- VOMITS – MORE THAN ONCE
- NASAL DISCHARGE

TREATMENT:

- APPLY ICE WRAPPED IN CLOTH
- ONLY TYLENOL FOR PAIN (NO ASPIRIN)

----IF MANY OF ABOVE SEVERE SYMPTOMS----

CALL 911

**REFER TO ATTACHED INTERNET PAGES FOR FIRST AID FOR
DIFFERENT HEAD INJURIES**

HEAT EXHAUSTION

CAN OCCUR AFTER EXPOSURE TO HIGH TEMPERATURES & HUMIDITY –
ACCOMPANIED BY DEHYDRATION

TWO TYPES:

Water depletion:

Excessive thirst, weakness, headache, loss of consciousness.

Salt-depletion:

Nausea and vomiting, muscle cramps and dizziness.

SYMPTOMS:

Excessive Thirst

Muscle aches

Heavy Sweating

Nausea

Dizziness

Slow Heartbeat

Fainting

Cool Clammy Skin

Weakness

Fever not over 104 degrees

Although heat exhaustion is not as serious as heat stroke, it can progress to heat stroke which can damage the brain and other vital organs and even cause death.

HEAT EXHAUSTION TREATMENTS:

Get out of heat/sun into shade or air conditioning

Remove tight/unnecessary clothing

Drink plenty of fluids (no caffeine/alcohol)

If symptoms of salt depletion – drinks with electrolytes.

Cool shower, bath/sponge bath/cooling iced towels, fans.

IF NO RELIEF IN 15 MINUTES ---- C A L L 9 1 1

- After recovery, you are more sensitive to high temperatures during the following days/week. Avoid hot weather and heavy exercise.
- Humidity is strongly related to the heat index; a relative humidity of 60 percent or more hampers sweat evaporation.
- The risk of heat-related illness dramatically increases when heat index climbs to 90 percent or more. Especially during heat waves, pay attention to the heat index.

Remember, the heat index is even higher when you are standing in sunshine.

HEAT EXHAUSTION/STROKE -- RISK FACTORS

Age: Children under 4 years; adults over 65 (adjust to heat more slowly)

Certain health conditions:

Heart, lung, kidney disease, obesity, underweight, high blood pressure, diabetes, mental illness, alcoholism, sunburn and any conditions that can cause fever.

Diabetics have an increased risk of emergency room visits, hospitalization and death from heat-related illnesses and are especially likely to underestimate their risk during heat waves.

Medications:

Diuretics, sedatives, tranquilizers, stimulants, heart and blood pressure medications and meds for psychiatric conditions.

Check with your doctor to see if your health conditions and medications are likely to affect you or your child's ability to cope with extreme heat and humidity.

HEAT STROKE -- **SERIOUS**

SYMPTOMS: SAME AS HEAT EXHAUSTION – PLUS:

Fainting --first sign!

Unconscious

Seizures

High Fever

Rapid Heart Rate

Fatigue

Shallow Breathing

Hot & Dry Skin

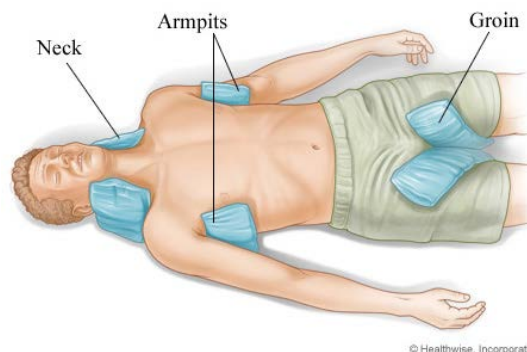
Headache

Decreased Urination

CALL 911 FOR MEDICAL AID

Until Paramedics Arrive:

- **First Aid is Same as Heat Exhaustion – PLUS:**
- **Apply ice packs as in picture below:**



- **Turn person on side to expose skin surface to air**
- **Cool entire body if possible – spray/sponge/fan**
- **Give fluids slowly only if person able to swallow**
- **NO aspirin or acetaminophen**
- **If stopped breathing – apply rescue breathing**

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