

## Medical Emergency Plan

In the event of an emergency/accident the following guidelines should be adhered to:

1. **Assess the situation:**
  - a. Is it truly an emergency? Is the victim breathing, conscious, bleeding severely, moving, in severe pain, etc.?
  
2. If any of the above warrants the situation as **serious** TAKE CONTROL!
  - a. Provide reassurance to the victim. Demonstrate confidence.
  - b. Direct other participants in the group to sit and wait in a specific location, away from the victim, be visible.
  - c. Stay with the victim.
  - d. Send another Roo Crew member/ assigned participant, to the nearest: phone.
    - Direct this individual to call 911
  - e. The person making the call should be able to provide the following information:
    - Location from where they are telephoning: trail head, what do you see around you
    - Location of victim
    - Condition of victim, i.e., severe bleeding, unconscious, diabetic, etc.
  - f. Paramedics should be on the scene in several minutes.

If the situation warrants action *prior to the arrival of the paramedics* more extensive than reassuring and/or calming the victim, the Roo Crew member should perform only those steps/procedures they have been trained in.

For Example:

- a. **severe bleeding:** apply direct pressure
- b. **respiratory emergency:** open airway and initiate artificial respiration. In the event you are unable/unfamiliar with the appropriate procedures for such emergencies as those indicated above, be sure to call for help from other counselors, passers by etc.

## Medical Services

### **Fire & Medical Emergency 911**

**Ogden Regional Medical Center:** (435) 479-2111 5475 South 500 East Ogden, UT

**McKay Dee** (801) 387-2100 4401 Harrison Blvd, Ogden UT

**Weber Fire District Station 65** 7925 East 500 South, Huntsville, UT 84317

**Weber County Sheriff:** (801) 629-8221

**Ogden City Police Dept:** (801) 395-8221