



## Pointe au Baril Islanders' Association

### Managing Medical Risk in Offshore Environs: Pointe au Baril

#### Living in High Risk Areas

Pointe au Baril is probably the riskiest environment that most of us will experience in our lives. We must consciously recognize that our wilderness community has real dangers that are inherently different than those found in the cities where we live.

Cottagers are then extending their seasons and wanting to enjoy living offshore much later in life than in prior generations. That too poses additional risks.

#### Mitigating Risks

We must all take measures to prepare for, manage, and mitigate risks. This can be accomplished through **individual preparedness** and **planned responses** to emergencies. We need to combine individual responsibility with the existing capabilities of all available emergency services and work with government agencies to provide services appropriate for our water based community.

It is important that if a person residing on your island has heightened health concerns, it is wise to have those around that person alert to emergency procedures and any necessary medications that might be warranted.

The existing local emergency response system operates out of the Emergency Response Office near the hospital in Parry Sound. It is reached by dialing 911 for all medical emergencies. The response time for Parry Sound EMS (Emergency Medical Services) to the station docks will vary considerably from 30 minutes to several hours, depending on time of day (in residence in Pointe au Baril *when not out responding to another call* 8:00 a.m. – 8:00 p.m.), the weather and location of the EMS units.

#### Emergency on Your Island

The 911 Operator will explain where to meet the EMTs and the ambulance. The 911 Operator will make the decision on how to move forward, with your input. However, if the decision is to take the patient to the mainland, consider the following:

- How would you carry a comatose patient from your cottage down your path to the dock;
- How many people would it take to safely maneuver and how would you get that comatose patient safely into your boat;
- Would you be able to drive your boat into the station in the pitch dark?

If possible, we should all have a plan available for transportation a patient to the mainland. The assistance of neighbours or friends may provide critical assistance on site with the patient by:

- Helping you get the patient down to the dock and into a boat, and
- Transporting the patient to the mainland, especially if they can drive the boat in the dark and you cannot.

All cottagers are encouraged to establish a “Neighbourhood Plan” that sets out how you and your neighbours may assist each other in times of emergency. Meet with them and exchange phone numbers and identify who is qualified to assist and in what capacity. Keep a written record of this information handy, in the form we have provided with this document.

## **Your Island Plan**

Your plan should include a written description of how you will evacuate someone from your island in an emergency. This will help others on your island know what to do if those who made the plan are not available. Sometimes it is difficult during a crisis to remember what needs to be done, where phone numbers are written down and equipment is located.

- Do you own a backboard, and where is it stored?
- Do you have a defibrillator?
- Do you know where to locate one?
- What boat will be used for emergency transport, keeping in mind it should be at least 18 feet long?
- Have you made plans to ensure the boat will always have enough fuel, and that a phone will always be charged?
- How, who and down what paths will you transport a disabled person to the dock and then lift them into the boat? Who are the friends and neighbours you can call on for help?

Because of our remote location, it is important that you have a good First Aid Kit and a basic understanding of first aid. The 911 Operator may request that you take certain actions, especially if there is going to be a long delay before the EMT's take over care of the patient. Your ability to support the patient in such a case will depend on your first aid training.

## **DISCLAIMER**

### **This document does not provide medical advice!**

*The contents of this Pointe au Baril Emergency Action Plan are not advice and are for informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Reliance on any information provided by this document is solely at your own risk and Pointe au Baril Islanders' Association (PaBIA) does not warrant or represent any aspect of any medical or other information and shall not be held liable if a reader of it suffers any injury or loss after relying upon such information.*

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### VERY HELPFUL INFORMATION TO LEARN BEFORE AN EMERGENCY OCCURS

An **Emergency Action Plan** (EAP) or CEAP is a tool for our offshore community to assist us in responding to emergency situations. The idea behind having such a plan **prepared in advance** is to help you respond in a responsible and clear-headed way should an emergency occur.

Your CEAP should be simple and specifically cover the following items:

1. **Designating a leader** who will fill out the **Emergency Phone list in advance** so that the information is at your fingertips should an emergency arise is **important**. This person should update the list annually and can be looked to in an emergency. However, the reality is that they may not be present, so all cottage members should be walked through the details or at least where to find this guidance in an emergency.
2. **Have a cell phone with you** and make sure the battery is fully charged. Consider storing a portable phone battery charger (that is charged!) that can be taken with you in case of emergency. If this is not possible, find out exactly where a telephone is located. Have spare change in case you need to use a pay phone.
3. **To gather a patient's medical information** and you don't know his or her medical history and the patient owns a smartphone, there is an "emergency" option that can help you in an emergency. However, it will also give you the person's **Medical ID** (if they have filled out) which includes medical notes, allergies, medications, key contacts and when it was updated. If you haven't updated yours recently (or your parents or kids) *please do so now*. If the patient has an **iPhone**, you can click on that person's iPhone and click on bottom "home button" and you will see an "emergency" option at the bottom left.
4. Have **emergency telephone numbers** with you/in your smartphone (911, OPP, CCG, etc.) as well as contact numbers (parents/guardians, next of kin, family doctor) as needed. If you don't have them recorded, put all of them into your cell phone(s) **NOW**.
5. Have a **medical profile for family members** so this information can be provided to emergency medical personnel. Include a signed consent from the parent/guardian to authorize medical treatment in an emergency that involves guests and their children. Allergies to medications, a medication list, and illnesses are key things to know. If somebody has no illnesses or allergies, document that as well, as this can be very helpful.
6. **Prepare information to provide to Emergency Medical Services (EMS)** to enable them to reach the site as rapidly as possible. This includes your Cottage/Property Address (located on your dock), GPS location (you might be off island) or at the Pointe au Baril Station.
7. Have a **first aid kit accessible and properly stocked** at all times with someone with first aid training residing in your household.
8. **Designate a "call person"** (the person who makes contact with medical authorities and otherwise assists the person in charge) in advance. Be sure that your call person can give emergency personnel the precise information on your location.
9. **Plan how you evacuate the patient from the cottage to the dock**. Most of our islands are rugged and often have only narrow paths from the dock to the cottage. This may make for a difficult evacuation of a mobility challenged patient. There is also the difficulty of getting them into a boat once on the dock. In some situations, it may be clear that you need professional help to accomplish evacuation. If that is the case, be sure to explain that to the 911 operators early in the response process.

**When an injury occurs, a CEAP should be activated immediately if the injured or ill person**



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### COTTAGER EMERGENCY ACTION PLAN ("CEAP")

#### Evaluate the situation - Emergency exists IF the injured or ill person:

- Is not breathing
- Does not have a pulse
- Is bleeding profusely (blood soaks more than 1 bath towel)
- Has impaired consciousness
- Has injured the back, neck or head
- Has a visible major trauma to a limb

#### What should I do?

1. **Assess the problem.** Make sure the patient is safe from further harm.
2. **Know the location** of the emergency
  - This is your ToA address \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_
  - This is your Dock's GPS location \_\_\_\_\_ °N \_\_\_\_\_ °W
  - If not at your cottage, use your chart plotter or cell phone to obtain your GPS location
3. **Call 911**
  - Follow the direction/advice & information given by the Operator
  - Anticipate these questions:
    - What is your emergency? Male or Female? Age? Describe Incident
    - Know if any pre-existing conditions of patient
    - What is your phone number?
      - 911 will call you back if you are cut off.
  - Stay on the phone with the operator! *Help is being dispatched simultaneously as more information is being collected.*
  - Discuss transportation strategy with emergency dispatch
4. **Call someone with First Aid and/or CPR training** to provide assistance before the arrival of professional medical help.
5. **If no one trained in First Aid and/or CPR** is available, try to:
  - Stop the bleeding with firm pressure on the wounds
  - Clear air passages using the Heimlich Maneuver in case of choking

#### Evacuation of a patient

- What are your personal options for moving the injured/sick person? (*The emergency operator may take this into account depending on the medical history, the availability of transport and personnel.*)
- Ask the 911 Operator if they can send help directly to your location (OPP or Coastguard), and if yes, ask how long it will take.
- If it will take too long in the circumstances; or, if they are unable to come to your location:
  - Call the Marine Patrol during their regular daytime hours
  - Call the friends/neighbours you have identified
    - Know First Aid and/or
    - Can assist getting the patient into the boat, and/or
    - Can drive their boat or your boat to the station at night, or
  - If prearranged, call your Marina or Contractor for assistance



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## EMERGENCY PHONE NUMBERS & GPS

DATE PREPARED \_\_\_\_/\_\_\_\_/\_\_\_\_ By Whom\_\_\_\_\_

Appoint somebody on your island property to prepare this emergency plan **IN ADVANCE**

- **Medical Emergency** 911
- **Police**
  - Emergency 911
  - Office (705) 746-4225
- **Fire**/Your own neighborhood group:
 

Name _____	Cell (____) ____-_____	Fire pump Y	N
Name _____	Cell (____) ____-_____	Fire pump Y	N
Name _____	Cell (____) ____-_____	Fire pump Y	N
- **Marine Patrol** - First Aid & Emergency Response
  - 9:00 a.m.-5:00 p.m. Thursday - Tuesday Cell (647) 545 – 9283
- **Your Marina's phone number** (705) \_\_\_\_-\_\_\_\_\_
- **Neighbours/Friends with First Aid /CPR**

		<u>Defibrillator</u>	<u>Backboard</u>
Name _____	Cell (____) ____-_____	_____	_____
Name _____	Cell (____) ____-_____	_____	_____
Name _____	Cell (____) ____-_____	_____	_____
- **Neighbours/Friends who can drive at night**

Name _____	Cell (____) ____-_____
Name _____	Cell (____) ____-_____
Name _____	Cell (____) ____-_____
- **Nursing Station**

Monday-Friday 8:00 a.m.-3:30 p.m. (705) 366-2376
- **Coast Guard – Britt Rescue**

(Boat accidents/Rescue involving boats) (705) 383-2241

**Your TOA Civic or Municipal Address**  
(The green sign on your dock)

example:

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_  
**A - 255 - 3**

**GPS Coordinates at your DOCK\***

80.\_\_\_ degrees N 45.\_\_\_ degrees W

OVER

# GPS LOCATION DETERMINATION & WRITTEN EVACUATION PLAN

## **\*How to Determine GPS Location using your smartphone:**

*Be sure you use your dock coordinates and NOT your cottage.*

### **Using iPhone:**

There are numerous apps for iPhones, including the Nav feature, but you can download GPS Location G9 from the app store, set it to feet or metric and get your latitude and longitude! To get your dock's GPS, stand at the end of your dock, click on the app, wait a few minutes for the satellite to adjust and write down the coordinates: Latitude: 45.xxxx Longitude: -80.xxxx

### **Using Android:**

There are numerous apps for android phones such as Samsung etc. For the android phones just type in "GPS" in the Google Play store. Numerous apps will come up some free. One suggestion is the "Simple GPS Coordinate Display" app. To get your dock's GPS, stand at the end of your dock, click on the app, wait a few minutes for the satellite to adjust and write down the coordinates: Latitude: 45.xxxx Longitude: -80.xxxx

## **Written Evacuation Plan**

It is best to have a written description of how you will evacuate someone from your island. This will help other individuals and guests on your island should you be incapacitated. Sometimes, it is difficult during a crisis to remember what needs to be done and where the equipment is located.

What Boat will be used for emergency transport? \_\_\_\_\_  
(Do not attempt to transport in a small outboard boat)

Can you safely navigate in bad weather / night travel? \_\_\_\_\_

Who will be your nighttime / bad weather Captain? \_\_\_\_\_

Describe how you will transport a disabled person to the dock and boat?

\_\_\_\_\_

Do you own a spinal board? Y N If so where is it stored? Location \_\_\_\_\_

Dedicated fuel supply for boat? Y N Location \_\_\_\_\_

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