**Muskoka Fall Classic First Aid Plan**

Our first aid will be provided by Delaney Loney, a fully trained first aid responder. She will be onsite to provide first response for medical issues. The First Aid service will be located outside the waterfront building on the beach with triage being inside the waterfront building.

911 will be called for all major medical emergencies.

**POTENTIAL MEDICAL CONDITIONS**

***Hypothermia***(Core body temperature below 35°C )

Early Symptoms

Slurred speech, clumsiness, numbness, loss of strength, rapid shivering, semi-consciousness

Action - Call 911

* maintain airway
* transfer to warm, dry location
* use blankets
* remove wet clothing (if you have blankets)
* begin to warm head/neck/torso while avoiding extremities
* avoid fluid intake

Advanced Symptoms

Appears death-like, unconscious, little-to-no breathing

Action - IMMEDIATE MEDICAL ASSISTANCE IS REQUIRED

* do not re-warm
* no cardiac compression
* maintain airway
* avoid moving
* gently monitor pulse to avoid triggering reflexes

***Heat Cramps***

Symptoms

Extreme sweating in worked muscles

Action - Massage for immediate relief

***Heat Exhaustion***

Early Symptoms

Cramps, tiredness, weakness, malaise, mild decreases in performance

Advanced Symptoms

Lack of muscle coordination, impaired judgement, emotion changes

Action

* rest
* hydrate
* ice pack to body if temperature increases

***Heat Stroke***

Symptoms

Confusion, nausea, vomiting, seizures, loss of consciousness, skin may be dry and clammy despite high body temperature

Action - Call 911

* immerse person in water in horizontal position, stop when victim is conscious and alert
* Continuing treatment could be fatal if body temperature drops suddenly

All other medical conditions will be dealt with either on-site, or 911 will be called, depending on the nature of the medical condition, as the park is located within the town of Gravenhurst.

911 Address for Gull Lake Rotary Park is 450 Brock Street in Gravenhurst

The cross street is Bethune Dr.