



NSBA COVID-19 PROTOCOL - PROVIDING FIRST AID

The following protocol provides guidance to NSBA coaches/managers in the provision of First Aid to an injured NSBA player during a baseball event.

COVID-19 is most commonly transmitted from an infected person through:

- larger liquid droplets generated when a person coughs or sneezes;
- Touching something with the virus on it, then touching your mouth, nose, or eyes.

Minimize unnecessary exposure to the patient - verbally assess them from a distance of 2 metres, if possible.

Initial Patient Assessment Pre-Screening - ask the following questions:

1. Have you travelled outside of Canada within the last 14 days?
 - a. **If yes** - where did you travel? For how long?
2. Do you have COVID-19 symptoms?

COVID-19 symptoms, **even mild ones** are the following: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite

If the patient has COVID-19 symptoms, advise the patient's parent/guardian (if a child) or the patient herself/himself to go home after treatment, and instruct the patient to call 8-1-1 for more information.

Treatment Protocol - for all first aid treatment, including asymptomatic patients:

If the patient is able to self-treat under your direction, please ask them to do so and provide them the supplies they need. Please maintain 2m physical distance throughout. If this is not possible, then:

1. Put on your gloves and surgical mask¹;
2. If possible, give the patient a disposable mask to wear while you provide first aid;
3. Continue with patient assessment;
4. If patient is unresponsive, call 9-1-1 immediately.

If the patient has COVID-19 symptoms, following the assessment, have the individual leave the baseball event with a parent or on their own accord and inform the NSBA Safety Officer at

¹ All team first aid kits have included in a zip lock bag 6 sets of surgical masks and 3 sets of gloves. If your team runs low and you only have two masks and/or 1 set of gloves, please contact the NSBA Safety Officer at safetyofficer@northshorebaseball.ca

safetyofficer@northshorebaseball.ca If the patient has no parent on site, isolate the patient and contact the parent to pick up the patient and advise the parent of the situation and recommend to the parent that they contact 8-1-1 immediately. If the patient has a vehicle and can drive it, advise the patient to drive home and contact 8-1-1. If the patient is too ill to travel home on their own, isolate the patient and call for medical aid/ambulance to attend (9-1-1 or non-emergency number depending on severity).

Remember: Ensure proper donning and doffing of PPE, hand hygiene, and decontamination of first aid equipment and area prior to leaving scene. Also, disinfect common touch surfaces following any treatment - focus on hard surfaces.

HOW TO USE A MASK

1. Wash your hands with soap/water or alcohol-based hand sanitizer before touching the mask.
2. Inspect the mask to ensure it is not damaged.
3. Turn the mask so the coloured side is facing outward.
4. Put the mask over your face and if there is a metallic strip, press it to fit the bridge of your nose.
5. Put the loops around each of your ears, or tie the top and bottom straps.
6. Make sure your mouth and nose are covered and there are no gaps. Expand the mask by pulling the bottom of it under your chin.
7. Press the metallic strip again so it moulds to the shape of your nose, and wash your hands again with water/soap or alcohol based hand sanitizer.
8. Don't touch the mask while you are wearing it.
9. Don't wear the mask if it gets wet or dirty. Don't reuse the mask.
10. To take off your mask: (a) Wash your hands with soap/water or alcohol based hand sanitizer; (b) lean forward to remove your mask. Touch only the ear loops or ties, not the front of the mask; (c) dispose of mask safely; (d) wash your hands.