



April 27, 2026

To coaches and participants,

University of the Fraser Valley would like to welcome you to the 2026 Rope Skipping Canada National Championships. UFV Athletics are proud to support this event by providing medical coverage to all participants throughout the event. We have student trainers that will be onsite and be providing general first aid and taping services to all the participants as needed throughout the competition.

We are excited to have you at UFV during your competition and look forward to making this a memorable experience for all involved.

Yours in Good Health,

Grant Ammann, B.Kin, CAT(C)
Head Athletic Therapist

ROPE SKIPPING CANADA NATIONAL CHAMPIONSHIPS EMERGENCY ACTION PLAN: UFV ATHLETICS AND RECREATION CENTRE

Facility Address:

1395 McKenzie Road
Building E – UFV Athletics and Recreation

Emergency Signals

- **Signal – Hand in air = require assistance**
- **Signal – Hand on head = activate EAP**

Charge, Call, and Control Person:

- **Charge** person: Team medical personnel or NTC medical personnel
 - **Role:** Lead first aid
 - **Role:** Direct other first aid personnel
- **Call** person: Event director
 - **Role:** Call 911, Call UFV security to alert EAP activated, direct EHS to site as necessary
 - **Role:** UFV security will assist with directing EHS
- **Control** person: Event staff and UFV Security
 - **Role:** Control other athletes and crowd to allow **Charge** person to safely do their job
 - **Role:** Use sheets or towels to provide privacy to injury athlete from media and spectators

Location of Athletic Therapist:

- **UFV Student Trainers** will be located beside competition floor just inside the doors and within the first aid room. Student trainers are all certified in BLS and First Aid.
- **UFV Head Athletic Therapist:** will be onsite Friday during event and then reachable via phone for the remainder of the event.

Important Phone Numbers:

- **EHS Dispatch:** 9-1-1
- **UFV Security:** 1-855-239-7654
- **Grant Ammann, UFV Head Athletic Therapist:** 604-369-5776
- **Autumn Nesdoly, Tournament Committee Chair:** 250-896-6630

Location of Nearest Hospital:

- **Abbotsford Regional Hospital:** 32900 Marshall Road (3km away)
- **Surrey Memorial Hospital (Pediatrics):** 13750 – 96 Avenue, Surrey (47km away)

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Emergency Supplies:

- **AED:** Located on crash cart inside South gym along Northwest wall. Second AED will be inside first aid room.
- Sam splints, triangular bandages, and blood management located in medical kits at first aid room and competition floor with crash cart.
- Ice and Ice Bags located in first aid room outside North gym (Marshalling exit).

EHS Direction and Access:

- Enter parking lot 10 from McKenzie Road or Gillis Avenue
 - From McKenzie Road enter UFV campus through South entrance and head south (left turn) on Gillis Ave, enter parking lot on your right after resident building
 - From McCallum Road turn East on to Gillis Ave and head East, enter parking lot on your left through second entrance after stop sign
- Enter Building through main entrance on southeast side of the building
- Direct EHS to location of emergency



Medical Services Available

Injury Assessment and First Aid:

First aid service for minor injuries and wounds will be treated onsite by UFV student trainers with first aid training. Additionally, UFV student trainers will also be available during the event to provide injury assessment and care at each venue in the first aid room (E160). Please note medical services will be completing a medical form for all treatments and a parent/guardian signature will be required for some occasions.

Taping:

All venues will have kinesiology students from University of the Fraser Valley (UFV) that can provide prophylactic taping to any participants requiring taping. There will be no cost to the participants.

Ice:

All venues will have access to ice and ice bags throughout the competition. If you require ice during the event, please check-in with medical services at your venue.

Emergency Protocols:

All venues have emergency action plans (EAP) in place in case of serious injury or traumatic events. If the EAP needs to be activated, please alert medical and competition organizers and follow their guidance.

Medication:

Please note medical services cannot and will not be dispensing any medication through the event. All medication needs to come from a physician. If you or any participants require medication, please consult an Urgent and Primary Care Centre or walk-in clinic listed below.

If an athlete is on a prescribed medication, please make sure they have them in individual labeled bottles that clearly state their name, medication type, medication dosage, when and how to administer their medication. If a participant requires an

epi pen throughout the event, please make sure that it is always on them or with a team manager/coach that will travel with the individual.

Out of Province Coverage

If you are eligible for coverage while temporarily absent from your home province, majority of BC doctors will provide medical services to an unexpected medical event. Please check your provincial medical health plan for the most up to date information for your province.

Quebec Residents: BC doctors will not cover Quebec residents for medical services. Quebec residents must pay for their healthcare services and seek reimbursement from RAMQ.

Medical Care Facilities

Abbotsford:

Urgent and Primary Care Centre
100 – 2692 Clearbrook Road
Phone: 604-870-3325
Hours: 9-8pm, 7 days a week

123 Walk-in Clinic
108 – 2777 Gladwin Road
Phone: 604-755-4408
Hours: 9-4:30pm, Monday to Friday

Glenn Mountain Medical Clinic
104 – 2596 McMillan Road
Phone: 778-314-1194
Hours: 9-3pm, Monday to Friday
Note: Call to make appointment

Abbotsford Regional Hospital
32900 Marshall Road
Phone: 604-851-4700

Langley:

Urgent and Primary Care Centre
202 - 20434 64 Avenue
Phone: 604-514-7477
Hours: 9-8pm, 7 days a week

Langley Memorial Hospital
22051 Fraser Hwy
Phone: 604-514-6000

Mission:

Urgent and Primary Care Centre
304 – 32555 London Avenue
Phone: 604-814-5648
Hours: 9-4pm, Monday to Friday

Mission Memorial Hospital
7324 Hurd Street
Phone: 604-826-6261

Chilliwack:

Urgent and Primary Care Centre
104 – 7955 Evans Road
Phone: 778-704-6006
Hours: 12-8pm, Monday to Friday; 9-8pm, Saturday and Sunday

Chilliwack General Hospital
45600 Menholm Road
Phone: 604-795-4141