

## Getting Better Prepared

Tragically, a much-loved member of our community collapsed at the courts after a pickleball game and, despite immediate, competent and compassionate care by the people present, passed away. We will never know if he could have been saved; however, the club has committed to being better prepared for any future emergencies. Thought we'd share our process in case its of any use to another club.

### Step 1: Purchase an AED

**Why?** According to a Health Canada, "Early access to cardiopulmonary resuscitation (CPR) and defibrillation (1 to 3 minutes after cardiac arrest) is vital. These actions may increase the chance of survival by 75% or more."

**How Much?** For \$2000 we have purchased an AED that has visual and voice prompts that guide an untrained rescuer through CPR and the application of a shock, if necessary. With the addition of a pelican case, the unit can be stored in an outside metal box in the high humidity of the Coast and in temperatures between 0 C and 170C. That means we can keep it courtside during our May to October playing season. Our mistake in the past was thinking we'd need to spend thousands more on a climate-controlled box.

**Who Can use It?** Until we have a better idea, the AED will be accessible to players during all hosted playing times and during public times while any club hosts are at the courts (as they know the combo lock code.) We have posted signs indicating where the AED is located at our courts and at the neighbouring tennis courts and are considering adding signage with a phone number to allow for public access.

**Paying For It?** We hope to benefit from the local municipal grant program designed to help local organizations purchase AED's. Our offers to partner with the local Parks department and tennis clubs have been rejected. Luckily, we are a large club with the funds, but frankly, before this incident, people were already willing to donate towards an AED.

### Step 2: Get Members Trained in CPR/AED

The local Red Cross regularly offers a 4-6 hour course for \$85. We have offered to pay the fee for up to 10 members (at our 2 locations). After experiencing this loss, many members are motivated to get the training and this should make the use of the AED more effective.

### Step 3: Upgrade the First Aid Kits

We had a paramedic and pharmacist make suggestions on "must-haves" and "wish list" items. They recommended this kit and actually donated one to the club.

<https://www.canadiansafetysupplies.com/EMT-Sports-Trauma-First-Aid-Kit-p/emspt-cssx.htm>

The CPR mask with one-way valve was an important addition and we have also added aspirin and Benadryl (to be available but not administered).

If we are lucky it will never happen again, but then, *"Thorough preparation makes its own luck."*

Estha Parg Murenbeeld, President

On Behalf of the North Shore Pickleball Club

***We Promote Pickleball for People of All Ages and Abilities***

*A pickleball court is a place of community.*

*We are 900+ strong!*

<https://northshorepickleballclub.com/>

August 19, 2023