

Options to consider – In Case of Emergency

There have been many ideas discussed on email and television as well as at square dancing events about emergency contact information and how to get that information into the hands of the health care personnel that would be treating a victim. Here are a few ideas to help you be prepared in case of an emergency:

I.C.E. "In Case of Emergency"

EMTs and Paramedics are beginning to use a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE. ICE stands for In Case of Emergency.

What is I.C.E.?

Following the disaster in London... The Ambulance Service has launched a national "In case of Emergency (ICE)" campaign. The idea is that you store the word "ICE" in your cell phone address book, and against it enter the number of the person you would want to be contacted "In Case of Emergency". In an emergency situation health care personnel will then be able to quickly look at your mobile phone and find out who your first contact should be and be able to contact them. For more than one contact name use: ICE1, ICE2, ICE3, etc.

I.C.E. is a great idea but it is not enough...

- What if your cell phone is lost or damaged in an accident?
- What if you do not have a cell phone or have it with you at the time I.C.E. is needed?
- What if your emergency contacts are not available when health care personnel tries to call?
- What if the buttons are locked?
- Health care personnel need more than just I.C.E.

"In Case of Emergency" Card.

It is recommended that you carry some kind of Medical Alert Card in your wallet and the glove compartment of each vehicle you drive. It provides needed medical information to health care personnel in emergency situations. This card should contain emergency contact names and phone numbers as well as any health conditions, allergies and medications you are taking. Also, include the name and telephone number of your primary physician and if you have a living will. If you have a Health Care Directive, Medical Proxy, Health Care Proxy, or a Health Care Power of Attorney you should note this on the card and where the document can be located.

"In Case of Emergency" while Square Dancing

There have been a couple of suggestions for clubs and dancers to use in case of an emergency while square dancing.

AT THE CLUB LEVEL –

Have each dancer complete an Emergency Card and keep it on file with the Club President and/or the Club Treasurer. **PLEASE MAKE SURE THAT THE CARDS ARE BROUGHT TO ALL CLUB ACTIVITIES.** This card should contain emergency contact names and phone numbers as well as any health conditions, allergies and medications the dancer is taking. Also, include the name and telephone number of the dancer's primary physician and if they have a living will. If the dancer has a Health Care Directive, Medical Proxy, Health Care Proxy, or a Health Care Power of Attorney this should be noted on the card and where the document can be located.

FOR THE DANCER –

Have the dancer create a small emergency contact sheet and tape it to the back of their club badge (and any other badge they would be wearing). This sheet should contain one contact name and their telephone number as well as any health conditions and allergies the dancer may have.