

Fraser Valley Ringette Association Emergency Action Plan

(Record names and phone/cell numbers below)

Division: _____ Level: _____ Team: _____

Head Coach: _____ Home: _____ Cell: _____

Assistant Coach: _____ Home: _____ Cell: _____

Assistant Coach: _____ Home: _____ Cell: _____

First Aid/Trainer: _____ Home: _____ Cell: _____

Manager: _____ Home: _____ Cell: _____

FVRA President

Jeaneen Briner

Home: 604-514-4789

Cell: 778-554-2033

Email: jeaneenbriner@telus.net

In case of emergency/player injury

*Player/Team Staff Medical forms in medical kit plus copies with Manager or Head Coach

*Codes of Conduct Forms with Manager – copies with Head Coach

*Attending Team Staff Member to be: _____ (name)

* _____ (name) OR _____ (name) to contact 911 in case of emergency/serious injury as determined by Trainer

*Head Coach: _____ (name) to file accident report with BCRA if necessary

*All team staff members to carry charged cell phones on bench in case of emergency situation – contact numbers listed above

Please report injuries on the BC Ringette website
at www.bcringette.org go to the online forms page.

Fraser Valley Ringette Association
Emergency Action Plan

George Preston Recreation Center

20699-42 Avenue

Langley, BC

Phone: 604-533-0423

Closest Intersection: 208th Street & 42nd Avenue

Nearest Hospital

Langley Memorial Hospital
22051 Fraser Highway
Langley, BC V3A 4H4
Phone: 604-534-4121

Directions to Hospital

From George Preston Recreation Center
Exit parking lot onto 42nd Avenue East (left)
Turn left onto 208 St
Turn right on Fraser Highway
Turn left onto 216th Street
Turn right onto 52nd Avenue
Turn right on 221A St.
Hospital is on your right hand side – street signs indicate location

Optional Medical Walk in Clinics for Minor Injuries

Glover Medical Clinic Inc, 101 - 5796 Glover Road, Langley, BC V3A 4H9 Phone: 604-530-3233
Please note – this clinic will do stitches

Avecina Medical Clinic, 101 – 20644 Fraser Hwy, Langley BC, Phone: 604-539-1744

Willoughby Medical Centre, B1A - 20202 66 Ave, Langley, Phone: 604-514-8800

Care Place Medical Center, 202 - 6339-200 Street, Langley, BC, Phone: 604-530-4489

Grove Medica Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Fraser Hwy Medical Clinic, 27109 Fraser Highway, Aldergrove, BC Phone: (604) 856-1717

Fraser Valley Ringette Association
Emergency Action Plan

Canlan Ice Sports - Langley Twin Rinks

5700 Langley Bypass

Langley, BC

Phone: 604-532-8946 Fax: 604-532-8942

Closest intersection: 56th Avenue & Langley Bypass

Nearest Hospital

Langley Memorial Hospital
22051 Fraser Highway
Langley, BC V3A 4H4
Phone: 604-534-4121

Directions to Hospital

From Twin Rinks

Turn right onto Langley Bypass (right turn only)

Do immediate u-turn so you are heading south when safe. Kwantlan college is a good spot.

Turn left @ 56th Avenue

Turn right @ 216th Avenue

Turn left @ 52nd Avenue

Turn right on 221A St.

Hospital is on your right hand side – street signs indicate location

Optional Medical Walk in Clinics for Minor Injuries

Glover Medical Clinic Inc, 101 - 5796 Glover Road, Langley, BC V3A 4H9 Phone: 604-530-3233
Please note – this clinic will do stitches

Avecina Medical Clinic, 101 – 20644 Fraser Hwy, Langley BC, Phone: 604-539-1744

Willoughby Medical Centre, B1A - 20202 66 Ave, Langley, Phone: 604-514-8800

Care Place Medical Center, 202 - 6339-200 Street, Langley, BC, Phone: 604-530-4489

Grove Medica Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Fraser Hwy Medical Clinic, 27109 Fraser Highway, Aldergrove, BC Phone: (604) 856-1717

Fraser Valley Ringette Association
Emergency Action Plan

Aldergrove Community Arena

2882 – 272 Street

Aldergrove, BC

Phone: 604-530-1323

Closest Intersection: 272nd Street & 28A Avenue

Nearest Hospital

Langley Memorial Hospital
22051 Fraser Highway
Langley, BC V3A 4H4
Phone: 604-534-4121

Directions to Hospital

From Aldergrove Arena
Turn right onto 272nd Street
Turn left onto Fraser Hwy
Turn right @ hospital approx. 220 Street.
Nearest intersection: 222nd Street & Fraser Highway

Optional Medical Walk in Clinics for Minor Injuries

Fraser Hwy Medical Clinic, 27109 Fraser Highway, Aldergrove, BC Phone: (604) 856-1717

Glover Medical Clinic Inc, 101 - 5796 Glover Road, Langley, BC V3A 4H9 Phone: 604-530-3233
Please note – this clinic will do stitches

Care Place Medical Center, 202 - 6339-200 Street, Langley, BC, Phone: 604-530-4489

Avecina Medical Clinic, 101 – 20644 Fraser Hwy, Langley BC, Phone: 604-539-1744

Grove Medica Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Willoughby Medical Centre, B1A - 20202 66 Ave, Langley, Phone: 604-514-8800

Fraser Valley Ringette Association
Emergency Action Plan

Walnut Grove Sportsplex

(West Coast Roller and Ice)

20165 – 91A Avenue

Langley, BC V1M 3A2

Phone: 604-882-1611

Closest Intersection: 200 Street & 91A Avenue

Nearest Hospital

Langley Memorial Hospital

22051 Fraser Highway

Langley, BC V3A 4H4

Phone: 604-534-4121

Directions to Hospital

From Walnut Grove Sportsplex

Exit parking lot onto 202 Street

Turn left onto 88th Avenue

Turn right onto 208th Avenue

Turn left @ 72nd Avenue

Cross Glover Rd at light, curves to the right and turns into 216th Street

Turn left @ 52nd Avenue

Turn right on 221A St.

Hospital is on your right hand side – street signs indicate location

Optional Medical Walk in Clinics for Minor Injuries

Grove Medical Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Glover Medical Clinic Inc, 101 - 5796 Glover Road, Langley, BC V3A 4H9 Phone: 604-530-3233

Please note – this clinic will do stitches

Avecina Medical Clinic, 101 – 20644 Fraser Hwy, Langley BC, Phone: 604-539-1744

Willoughby Medical Centre, B1A - 20202 66 Ave, Langley, Phone: 604-514-8800

Care Place Medical Center, 202 - 6339-200 Street, Langley, BC, Phone: 604-530-4489

Grove Medica Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Fraser Valley Ringette Association
Emergency Action Plan

Langley Events Center

7888 - 200th Street

Langley, BC, V2Y 3J4

Phone: 604-882-8800

Closest Intersection: 200th Street & 80th Avenue

Nearest Hospital

Langley Memorial Hospital
22051 Fraser Highway
Langley, BC V3A 4H4
Phone: 604-534-4121

Directions to Hospital

From Langley Events Center
Easiest access to ice surface, use one of the North West Entrances
(Gymnasium Entrance or Community Arena Entrance)
Exit parking lot onto 80th Avenue East (right)
Turn right onto 208 St
Turn left on 72nd Ave.
Cross Glover Rd at Light – curves to the right and turns into 216th Street.
Turn left onto 52nd Avenue
Turn right on 221A St.
Hospital is on your right hand side – street signs indicate location

Optional Medical Walk in Clinics for Minor Injuries

Glover Medical Clinic Inc, 101 - 5796 Glover Road, Langley, BC V3A 4H9 Phone: 604-530-3233
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Avecina Medical Clinic, 101 – 20644 Fraser Hwy, Langley BC, Phone: 604-539-1744

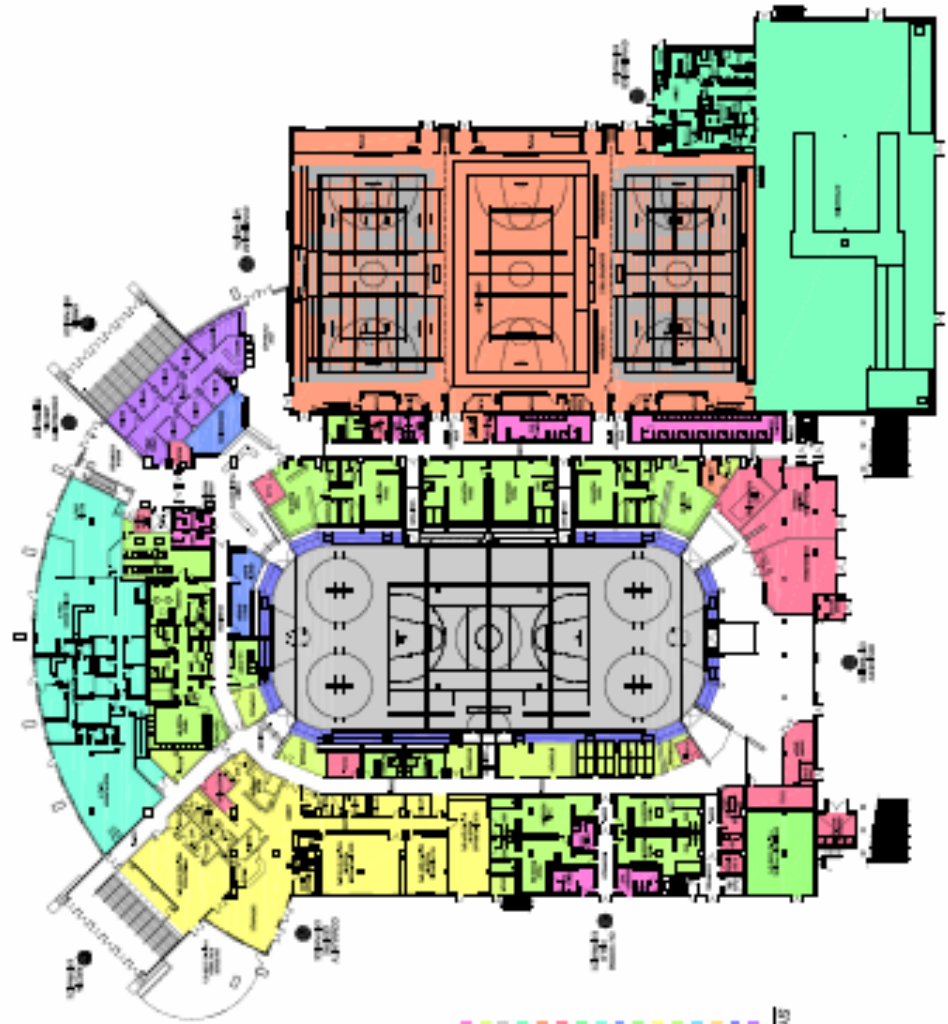
Willoughby Medical Centre, B1A - 20202 66 Ave, Langley, Phone: 604-514-8800

Care Place Medical Center, 202 - 6339-200 Street, Langley, BC, Phone: 604-530-4489

Grove Medica Centre, 401 – 21183 88th Ave, Walnut Grove, Phone: 604-882-1250

Fraser Hwy Medical Clinic, 27109 Fraser Highway, Aldergrove, BC Phone: (604) 856-1717

See Floor Plan below.



SYMBOL LEGEND

- | | |
|-----------------|-----------------|
| ■ Reception | ■ Reception |
| ■ Ball Room | ■ Ball Room |
| ■ Basketball | ■ Basketball |
| ■ Pool | ■ Pool |
| ■ Office | ■ Office |
| ■ Shop | ■ Shop |
| ■ Multi-Purpose | ■ Multi-Purpose |
| ■ Bar | ■ Bar |
| ■ Kitchen | ■ Kitchen |
| ■ Storage | ■ Storage |
| ■ Restroom | ■ Restroom |
| ■ Elevator | ■ Elevator |
| ■ Stair | ■ Stair |
| ■ Entrance | ■ Entrance |
| ■ Exit | ■ Exit |
| ■ Window | ■ Window |
| ■ Door | ■ Door |