

## Sheralee Mitchell-MacEwan

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**Subject:** FW: Safety Equipment at Sportsplex

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**From:** Walter Tingley  
**Sent:** January 3, 2026 4:29 PM  
**To:** 'Heidi MacDonald'; Craig Merriam <[cmerriam@easthants.ca](mailto:cmerriam@easthants.ca)>  
**Subject:** RE: Safety Equipment at Sportsplex

Hello Heidi,

Thank you for bringing this situation to our attention.

I am in District 7, Lantz South, where the Sportsplex is located. A resident can report an issue relating to a municipal property to their own municipal councillor or any councillor.

Can you send me a copy of your email to the Recreation Department?

I will arrange for your email to be shared on a confidential document site where all of council and municipal staff can review.

It was indeed fortunate that there was a nurse and medic in your group, who were able to assist.

I will ask staff to investigate the adequacy of the First Aid equipment and Procedures followed at the Sportsplex and report back to council and yourself as soon as possible.

Sincerely,



Walter Tingley  
Councillor, Lantz South -  
District 7  
Municipality of East Hants  
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**From:** Heidi MacDonald  
**Sent:** January 3, 2026 2:50 PM  
**To:** Walter Tingley <[wtingley@easthants.ca](mailto:wtingley@easthants.ca)>; Craig Merriam <[cmerriam@easthants.ca](mailto:cmerriam@easthants.ca)>  
**Subject:** Safety Equipment at Sportsplex

Hello Craig and Wayne,

My name is Heidi MacDonald and I live in Nine Mile River. I am writing to you about the lack of safety/first aid equipment we have at the East Hants Sportsplex. I'm not sure where your District areas fall within for Lantz so I thought I would loop you both in just in case!

I have already sent a similar email to the Recreation Department at our Municipality but have yet to hear back from them.

Over the holidays a group of friends and family rented Ice Pad B for a recreational skate. A friend sustained a serious knee injury when his knee dislocated on the ice. Emergency services (911) were contacted multiple times but unable to physically respond. As a result, those present were required to manage the situation independently. Thankfully among our group was a nurse and medic, who did what they could with what we had- which resulted in fashioning a splint out of broken hockey sticks found in a corner, and securing the sticks with a roll of gauze out of their personal first aid kits they keep in their vehicle. We used a broken chair and personal blankets to lift him into the back of the SUV, and he was transported to Dartmouth General Hospital, where medical staff were waiting for him.

During all of this, two arena staff were tracked down and able to move the Zamboni to allow one of our vehicles to back into the Ice Pad B arena to get him lifted in. But that was the extent of resources available to us.

The first aid kit provided at the front desk was wholly inadequate, consisting of no more than basic bandages and a small wad of gauze. Not nearly enough to temporarily attach the broken sticks to his leg. There was no backboard, no splints, and no appropriate equipment to safely stabilize or move an injured person. This was extremely concerning given the nature and volume of activity at this facility.

With two ice surfaces and significant daily traffic, injuries are not unexpected in a sports environment. Given current pressures on emergency services, it is also clear that immediate ambulance response cannot always be relied upon, as demonstrated in this incident. At an absolute minimum, a properly stocked first aid kit and a backboard should be permanently available on site.

We were fortunate that the injury was not more severe and that appropriate care was received upon arrival at the hospital.

However, this incident raises an important question: if emergency services and the local fire department are unable to respond in the future, what proactive measures will be in place to ensure the safety of facility users?

Could this issue please be brought to council?

I thank you for your attention and time. There are two large hockey tournaments coming to Lantz in February and March with over 400 children participating in each, and as much as we would hate for someone to get hurt, the facility needs to be more prepared.

Sincerely,  
Heidi MacDonald

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