

British Orienteering

First Aid & Safety Advice

Identification of who the first aiders are

- This can be a simple vest which is able to be worn over multiple layers of clothing.
- It has been common practice to locate these first aiders at events in the assembly area but often with Start/ finish locations a fair walk away it is best to spread them out with small kit bags (bum bags) at different locations.

Equipment

- More equipment does not always result in better provision.
- It is having what you need for the right occasion. For example a portable defibrillator is a great piece of kit and can save lives, however going by past incident reports it wouldn't have really made a difference.
- Something we do have a lot of in our sport is ankle injuries, so stocking up pre event on instant ice packs is a must.
- Also if your club can afford a foldable stretcher it would be a handy luxury.

Directions for Emergency services

- A very important piece of information that needs to be not only recorded on the risk assessment but for helpers/ first aiders to have a copy of is a clear postcode/ grid ref/ directions of the location of the start/ finish/ car park/assembly areas for ambulance control to ensure a rapid response if required.

Competitors own responsibility

- We can't plan for every eventuality and each competitor must take some responsibility for themselves.
- This can be done by taking own medication as prescribed prior to the event and carrying relevant medications on them during the course.
- It also doesn't hurt for us all to carry a sheet of paper on us with our name/ DOB/ next of kin/ allergies/ medications/ medical conditions on.

For example one club put the following in their final details:

Any competitor with a high risk medical condition is invited to download and complete the form available from our website.

Sample form available from the British Orienteering website.

(Thank you to BASOC for permission to copy their form)

Place this in a sealed envelope with your name on the outside, and leave it in the box at Registration.

Envelopes will only be opened if required for a medical emergency, and unopened envelopes will be destroyed immediately after the event.