

First Aid

The assistance given to any person suffering an injury or illness, to preserve life, prevent the condition from worsening, and/or promote recovery, prior to professional medical help being available.

Organisers of TREC, or other club events, must provide an appropriate level of First Aid subject to the findings of the events most **current** Risk Assessment.

When assessing the level of cover required consider:

Obligations

- Fulfil statutory & legal requirements
- Fulfil Insurance requirements: TRECGB clubs' insurance policy states "The insured shall keep adequate first aid/ medical facilities for use at all times"
- Fulfil Venue or others [eg Pony Club] requirements

Requirements

- Clearly display address and grid reference for each of the venue & other locations in use eg PTV /MA judges & CPs must be given their location, grid reference & emergency contact details.
- Reliable means of communications or directions to nearest assessable telephone i.e. not a shop that shuts for lunch or a house where no one may be in.
- Responsible parties must be named, identifiable and their priority be to the first aid role.
- Provision of a clearly designated HSE approved First Aid Kit of appropriate size & suitability.
- Accident / Incident Record Book in existence.

Considerations

- Proximity of venue for official emergency services
- Size and type of event
- Number of participants include riders, their attendants, event volunteers, spectators and the public [POR]
- That First Aid providers are appropriately trained and experienced ie:
First Aid provider has successfully completed a **certificated** one day "First Aid at Work" course run by an accredited Voluntary Aid Society or an accredited Training Organisation for example the BHS first aid course delivered by Skillbase.
- Accessibility to area of need and time taken to attend & appropriate transport
- Provision of alternate cover when the First Aider or Medical cover provider is occupied
- Other internal & external influences

Suggestions

- A minimum requirement for any event should be the presence of one qualified First Aider.
- 1 certificated first aider may be deemed adequate when the event is within the confines of a single area, providing the RA shows no extenuating circumstances or conditions.
- 1 certified first aider per area of competition, eg 1 person responsible for the POR, another for the PTV providing the RA shows no extenuating circumstances or conditions.
- If it normally takes more than thirty minutes for an ambulance to arrive, then there should perhaps be one on site.
- Consider the cover you would expect to be in place if you were visiting the event yourself.

Reporting

A written record should be made using an accident book / reports forms, include written statements and contact details for those involved including any witnesses.

- All reports should be retained by the initiating club for a period of not less than 3 years.
- Every incident/accident must be recorded by the organiser/first aider at the time of the incident; then formally via a TREC GB Incident / Accident report form which must be completed on the day and returned to TREC GB within 48 hours after the competition has finished.