



MEDICAL ASSISTANCE SITUATION

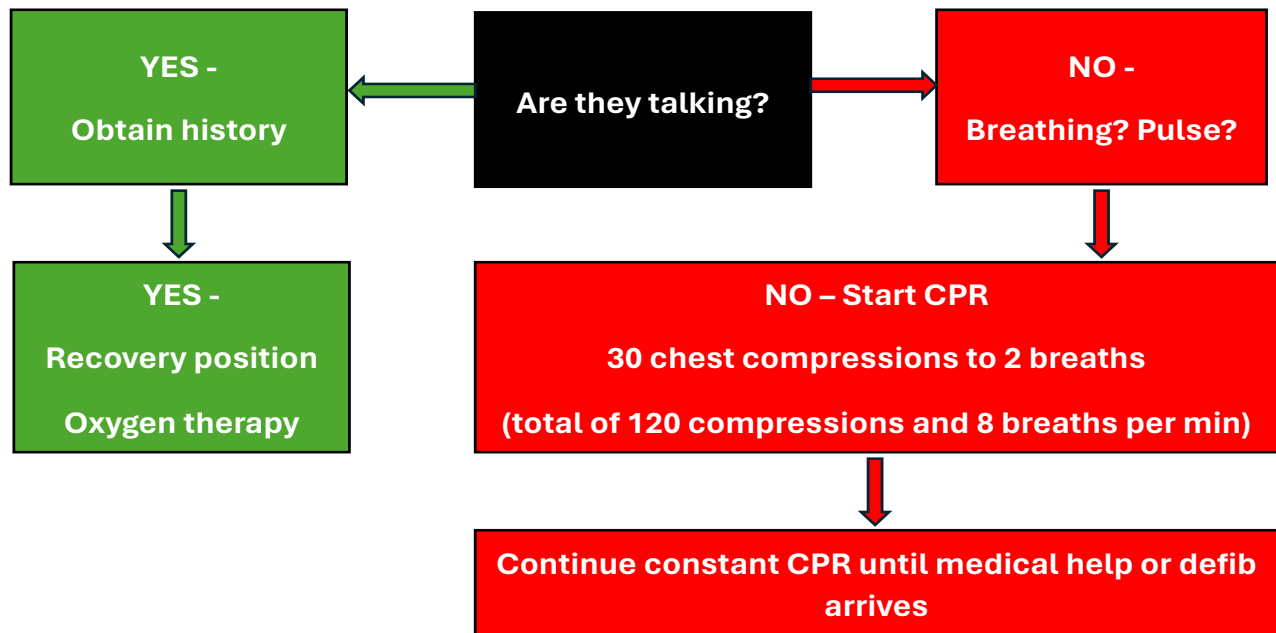
Race Director protocol

1. Provide mobile phone number to marshals/volunteers on course
2. Medical kit nearby and know where nearest defib is located
3. If incident reported locate a first aider/medical kit and, if necessary, contact emergency services
4. Record and report incident to [UKA](#) and [Club Secretary](#)

What to do in a medical situation

5. If urgent call 999 and then Race Director mobile/ If not urgent call Race Director mobile
6. Record/communicate participant name/number
7. Give exact location (what3words) including landmarks and best approach for access
8. Assess cause – if talking ask medical conditions and symptoms
9. Stay with participant until medical help arrives

Assess/Treat



Examples of when to call 999:

- **Unconscious and not breathing** – start CPR right away
- **Unconscious and breathing** – place in recovery position
- **Heart attack** – if conscious sit on floor knees bent and if possible angina meds or aspirin
- **Stroke** – perform CPR if necessary
- **Anaphylaxis** – while check if have medication/pre-loaded syringe
- **Fractures** – if suspect broken leg or back injury do not move and no food or drink (may need anaesthetic)
- **Heavy bleeding** - while trying stem bleeding

Recovery position

