

# Witham Running Club

## List of WRC First Aiders:

- Rachel O'Connor
- Brigid Wallen

Yvonne Chandler-Mortimer has volunteered to assist if required when Rachel and Brigid are not available.

## Guidelines for dealing with an Accident or Incident:

- Stay calm. Quickly check out the situation. Is there danger of any further injuries?
- Alert a first aider (see list above) who should take appropriate action for minor injuries.
- Listen carefully to what the injured person is saying.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Do not move someone with major injuries. Wait for the emergency medics.
- If appropriate, contact the injured person's parent/partner.
- Decide whether the runner can continue or needs to return to base/home. If the runner needs to return, decide whether they need transport for this. If so, arrange for somebody in the group to run back and return with a vehicle to take the injured runner back.
- Deal with the rest of the group and ensure that they are adequately supervised. If necessary, get a leader or coach to either continue the run or return to base. Ensure at least one other person stays with the first aider and the injured person .
- Complete an Incident Report form and forward it to the Club Secretary.