



Guidelines for dealing with an incident/ accident

- Stay calm but act swiftly and observe the situation.
 - Is there danger of further injuries?
 - Listen to what the injured person is saying.
 - Alert the first-aider who should take appropriate action for minor injuries.
 - In the event of an injury requiring specialist treatment, call the emergency services.
 - Deal with the rest of the group and ensure that they are adequately supervised.
 - Do not move someone with major injuries. Wait for the emergency medics.
 - Contact the injured person's parent/carer/named relative if applicable.
 - Contact a member of the committee or a fellow runner.
 - Complete an incident/accident report form.
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