

## First Aid

The assistance given to any person suffering a sudden 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 event's most **current** Risk Assessment.

When assessing the level of cover required consider:

### Obligations

- Fulfil statutory & legal requirements
- Fulfil Insurance requirements: TREC GB 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.
- Have reliable means of communications or directions to nearest accessible telephone i.e. not a shop that shuts for lunch or a house where no one may be in.
- Responsible parties must be identified, identifiable and dedicated solely to role
- Provide 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:

The First Aider has successfully completed, as a minimum, a one day "First Aid at Work" course run by an accredited agency, regulator or Voluntary Aid Society. An example might be a BHS first aid course presented by Skillbase and booked through the BHS.

- 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