

Guidelines for Dealing with an Incident/Accident

SWALEDALE RUNNERS

In the event of an incident or accident happening while on a club run, you should:

- 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 – dial 999.
 - Deal with the rest of the group and ensure that they are adequately supervised.
 - Do not move someone with major injuries. Wait with the injured person while the emergency services arrive.
 - Contact the injured person's next of kin.
 - Complete an incident/accident report form.
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