

Quantock Orienteers First Aid Policy

1. Quantock Orienteers recognises and accepts that Orienteering involves risk of injury. Although competitors take part at their own risk, Quantock Orienteers takes health and safety seriously and therefore intends to provide first aid cover at its events, subject to the limitations that a sports club with limited resources and run by volunteers can reasonably provide.
2. Quantock Orienteers is a member of British Orienteering and has developed this policy to comply with British Orienteering Rules and Guidance as current at the time of writing, the relevant parts of which are quoted in Annex A.
3. Quantock Orienteers owns a first aid kit. The contents of this kit should be reviewed at least annually by a qualified first aider to ensure that the kit is in serviceable condition, that the contents are appropriate and that life expired items are replaced. A record should be kept of these reviews. A typical contents list is in Annex B.
4. While anyone may assist in providing first aid, treatment should preferably be administered by, or under the supervision of, someone with a current First Aid at Work or First Aid Appointed Persons certificate. A record of any treatment should be kept.
5. In view of the fact that serious injuries are uncommon, that attendances at Quantock Orienteers' are generally fairly small and that all areas used by Quantock Orienteers are around only 30 minutes drive from the nearest hospital, it is not considered appropriate to engage the expense of a specialist organisation such as St John's or the Red Cross at events.
6. Organisers are to decide the appropriate first aid provision at events. As a guide the following guidelines should be considered:
 - a. Events for Schools and Youth Organisations
The School or Youth Organisation should take responsibility for providing appropriate first aid. The Organiser should agree arrangements with the School or Youth Group in advance.
 - b. Public Events with expected attendance up to 50
A first aid kit should be available, preferably the club kit.
 - c. Public Events with expected attendance between 50 and 150
The club first aid kit should be available near registration with a sign identifying that this is a first aid point.
 - d. Public Events with expected attendance over 150
The Organiser should, if sufficiently qualified volunteers are available, arrange that at least one person with a current First Aid at Work or First Aid Appointed Persons certificate is available near registration. The club first aid kit should be with the first aider with a sign identifying that this is a first aid point.
7. Quantock Orienteers' committee should consider first aid at least annually to check that this policy remains appropriate, that appropriate first aid is being provided at club events, that the first aid kit is being maintained and to decide from the records of treatment given whether any action needs to be taken to avoid the risks of accidents.

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ANNEX A

EXTRACTS FROM BRITISH ORIENTEERING RULES AND GUIDANCE

British Orienteering Rules (dated January 2007):

- 1.7.1 *All competitors in any event take part entirely at their own risk.*
- 1.7.3 *The Organiser shall ensure that appropriate first aid is easily available.*

Rules Appendix E Event Safety (dated January 2007)

2.1 *First Aid Cover*

It is fairly routine for orienteering events to request cover by one of the voluntary organisations, e.g. St. Andrew, St. John and the Red Cross

Smaller events may not be able to justify calling in such support. As a minimum, appropriate First Aid shall be easily available. The nature of this will depend on factors such as the type of terrain, the time of year and the distance from outside assistance

Organisers should know the location of the nearest accident hospital

Event Guidelines Appendix A - District Events (dated January 2007):

- 2.2. *District Events should normally provide a clearly signed First Aid point*

Event Guidelines Appendix B - Regional Events (dated January 2007):

- 3 *Regional Events should normally provide a clearly signed First Aid point*

There is also a reference in Event Guidelines Appendix J - British Night Championships, but this is of little relevance to QO.

ANNEX B

FIRST AID KIT CHECKLIST

Date checked

	Recommended minimum no	No in kit	Expiry date
Gloves medium size	3 pairs		
Gloves large size	3 pairs		
Face shield	1		
Cleaning wipes	6		
Skin closures (Steri-strip)	1 pack		
Sticking plasters	20		
Large sterile wound dressing (18cm x 18cm)	2		
Medium sterile wound dressing (12cm x 12cm)	2		
Medium sterile first aid dressing (7.5cm x 10cm)	6		
Large crepe bandage (7.5cm wide)	1		
Medium crepe bandage (5cm wide)	1		
Adhesive tape	1 roll		
Triangular bandage	6		
Safety pins	6		
Sterile eye pad dressings	2		
Eye wash bottle	1		
Instant cool pack	1		
Blizzard bag	1		
Foil blanket	1		
Tweezers	1		
Scissors	1		
Accident book	1		
Pencil	1		
Torch	1		
Whistle	1		
Clinical waste bags	1		