



First Aid, Accident and Emergency Procedures

Saffron Striders Running Club (SSRC) organises non-competitive and competitive runs and activities within Saffron Walden and in the surrounding area. SSRC does not own any property or land. SSRC makes use of facilities operated by others, most often but not always Lord Butler Leisure Centre and Carver Barracks

Black type represents 'normal' procedures. **Additional procedures because of COVID 19 issues are in purple type.**

First Aid Kits

In the following sections, reference is made to a Guide Runners and Coaches First Aid Kit. This will include:-

Gloves, plasters, antiseptic wipes, space blanket and plastic bags. **While COVID 19 is an issue the kits will also include disposable aprons, hand sanitiser and face mask.**

When taking part in an outdoor competitive licensed event

SSRC members will follow the procedures of the event organiser, utilising any first aid facilities provided at the event. It is expected that in case of serious injury, loss of consciousness or similar, the event organiser will call 999. If an SSRC runner is in any doubt that 999 has been called, they should make the call themselves.

SSRC recommends that all participants fix ICE tags to their shoes, which include emergency contact names and numbers and health issues.

The Welfare Officers (Male and Female) and Membership Officer of Saffron Striders hold details of emergency names and numbers and health issues. See bottom of page for contact details.

Accident books are held by both Welfare Officers. Any and all accidents should be reported to a Welfare Officer.

The Welfare Officer should investigate any accident to determine what action might be taken to reduce the risk of re-occurrence.

When taking part in a non-coached outdoor club activity

Guide runners will wear Hi-Vis tops and carry a small first aid kit and a mobile phone. Within the first aid kits are contact phone numbers for the Welfare Office (WO) and Membership Officer (MO)

Any SSRC member can give first aid in the event of an accident (EA insurance covers members who administer first aid for "Injury caused as a result of incidental first aid administered") though most Guide runners have had some first aid training (plan is for all to have training) and should use this to assess the accident.



The Guide Runner should put on **mask and disposable apron and gloves** before close contact with the injured person.

If the injured person is conscious and the injury is minor, the Guide Runner can carry out treatment (such as covering a graze with a plaster) to avoid the injury worsening.

If the injured person is unconscious or the injury is serious, the Guide Runner should make the injured person safe and then call 999. The Guide Runner can then carry out treatment they are comfortable with, such as with a defibrillator. **No mouth to mouth resuscitation should be used while COVID is an issue.**

The Guide Runner should then contact a WO or MO to find emergency contact details and let them know of the accident.

Accident books are held by both Welfare Officers. Any and all accidents should be reported to a Welfare Officer.

The Welfare Officer should investigate any accident to determine what action might be taken to reduce the risk of re-occurrence.

When taking part in a coached outdoor club activity

Coaches will wear Coaching tops for identification and have a small first aid kit available and a mobile phone. Within the first aid kits are contact phone numbers for the Welfare Office (WO) and Membership Officer (MO)

Any SSRC member can give first aid in the event of an accident (EA insurance covers members who administer first aid for "Injury caused as a result of incidental first aid administered") though most Coaches have had some first aid training (plan is for all to have training) and should use this to assess the accident.

The Coach should put on **mask and disposable apron and gloves** before close contact with the injured person.

If the injured person is conscious and the injury is minor, the Coach can carry out treatment (such as covering a graze with a plaster) to avoid the injury worsening.

If the injured person is unconscious or the injury is serious, the Coach should make the injured person safe and then call 999. The Coach can then carry out treatment they are comfortable with, such as with a defibrillator. **No mouth to mouth resuscitation should be used while COVID is an issue**

The Coach should then contact a WO or MO to find emergency contact details and let them know of the accident.

Accident books are held by both Welfare Officers. Any and all accidents should be reported to a Welfare Officer.



The Welfare Officer should investigate any accident to determine what action might be taken to reduce the risk of re-occurrence.

When taking part in a coached indoor club activity

Coaches will wear Coaching tops and have a small first aid kit and a mobile phone nearby. Within the first aid kits are contact phone numbers for the Welfare Office (WO) and Membership Officer (MO)

Any SSRC member can give first aid in the event of an accident (EA insurance covers members who administer first aid for "Injury caused as a result of incidental first aid administered") though most Coaches have had some first aid training (plan is for all to have training) and should use this to assess the accident.

The Coach should put on **mask and disposable apron and gloves** before close contact with the injured person.

If the injured person is conscious and the injury is minor, the Coach can carry out treatment (such as covering a graze with a plaster) to avoid the injury worsening.

If the injured person is unconscious or the injury is serious, the Coach should make the injured person safe and then call 999. The Coach can then carry out treatment they are comfortable with, such as with a defibrillator. **No mouth to mouth resuscitation should be used while COVID is an issue**

The Coach should then contact a WO or MO to find emergency contact details and let them know of the accident.

Accident books are held by both Welfare Officers. Any and all accidents should be reported to a Welfare Officer.

The Welfare Officer should investigate any accident to determine what action might be taken to reduce the risk of re-occurrence.

If a participant shows symptoms of COVID 19

The most common symptoms are a new:

- continuous cough (have a new cough that's lasted for an hour/ have had 3 or more episodes of coughing in 24 hours / are coughing more than usual)
- fever/high temperature (37.8C or greater. A high temperature is feeling hot to the touch on your chest or back (you don't need to measure your temperature). You may feel warm, cold or shivery.)
- loss of, or change in, sense of smell or taste (anosmia)

The participant should be distanced at least 2m away from everyone and advised to return home directly and then seek advice using 111.

A Striders Welfare Officer should be advised by phone immediately.