

Gwent Cross Country league

First Aid Cover

At all events



British Athletics Medical Considerations

The greatest influence upon the number of injuries and the ease with which they are traded, is the design and layout of the course.

For smaller events the start and finish can be in one place, with the medical care at that spot. For major events problems with changing areas, vehicular access and car and coach parking, dictate much of the course layout. Whilst the scale of the competition will determine certain aspects of the scale of medical provision, there are certain basic principles that are 'non-negotiable' as far as medical requirements are concerned. They are:

- The medical facility has to be at the finish and open onto the inside of the fenced off finishing funnel complex at the far end of that area from the finish line.
- The finishing area must not be enclosed with a loop of the course, such that an ambulance is unable to drive to and from the medical HQ without crossing the course.
- There must be a clear unobstructed exit from the medical HQ to the road leading to the local A&E Department.
- The distance from the start to the first corner shall be as long as is possible and the first corner as gradual a bend as possible.
- There shall be no barbed wire upon post, fences, gates or trees that the runners pass close to, or are likely to place their hands upon if the ground is slippery underfoot.
- There shall be no areas which are not readily and rapidly accessible to First Aiders.

The organising body has a duty of care to all participants but the weather is a variable that cannot be controlled. It will not be possible to forecast the weather conditions with any degree of certainty and it has been known for conditions to deteriorate rapidly during the course of an event. All athletes and especially younger are groups, may be vulnerable to hypothermia in severe cold and wet circumstances, especially if their clothing is inadequate.

If your course is on an exposed site or the weather conditions are likely to be severe, then you should attempt to advise athletes, coaches and team managers of the potential hazard and provide an area where runners can be taken to recover, possibly in addition to the medical facility.

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- **First Aid HQ i.e. Tent, Trailer, Caravan. (All first aiders must have a radio).**
- **First Aid at race HQ x 2 at all times.**



- **Ambulance x 1 (4by4)?**
- **First Aid at finish line x 2 at all times.**
- **First Aid out on the Course at First Aid posts (to be marked on Course Map) x 4 First Aiders.**

Safety Officer

Graham Finlayson BEM

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