

Deeside Orienteering Club

Guidelines for dealing with an accident

Effective from 1st November 2006.

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.
- Deal with the rest of the group and ensure they are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency medics.
- Contact the injured person's parent/carer.
- Complete an Accident Report Form and send this immediately to British Orienteering. (The BOF Accident Report Form available to be downloaded from the BOF website.

Reviewed and Approved at the Committee Meeting held on 17th January 2012 at Frodsham Community Centre, Fluin Lane, Frodsham

Signed

P Owens
Chairman