



## ASSOCIATION OF RUNNING CLUBS

### MEDICAL PROVISION AT ARC PERMITTED RACES

#### Introduction

The purpose of this document is to inform and promote best practice for organisers of ARC permitted races.

ARC requires a written Risk Assessment to be generated prior to the date of the race. The responsibility for carrying out an effective Risk Assessment, for all races, lies with the Race Director/Organiser

**The following document is an excellent reference point and should be studied and acted upon.**

The Home Office 'Good Practice Safety Guide - for Small and Sporting events taking place on the Highway, Roads and Public Places' 2006

See [www.runningclubs.org.uk/GoodPracticeGuideEvents.pdf](http://www.runningclubs.org.uk/GoodPracticeGuideEvents.pdf)

**NOTE** The Minimum Race Standards for an ARC permit are defined at: [www.runningclubs.org.uk](http://www.runningclubs.org.uk) > Races/Permits > ARC Minimum Standards forms ARC 004 (Road) and ARC 004 (Trail/XC)

ARC Minimum Standard - Medical Section reads:-

"The Organisers will ensure that their Risk Assessment (see conditions on first page of Permit Application Form) includes an assessment of medical support required and that suitably qualified and trained medical/first aid personnel will be present at the Race Finish and on course, according to the race nature and distance, number of entrants and weather conditions."

#### Medical Provision by Club Volunteers

For some small events it may be appropriate to use suitably trained, competent club and other volunteer first aiders.

No event should have fewer than two first aiders.

A suitably trained first aider is one who holds the standard certificate of first aid issued to people working as 'First Aiders' under the Health and Safety (First Aid) Regulations 1981 <http://www.hse.gov.uk/firstaid>

#### Competent

A person shall be regarded as occupationally competent where he or she has sufficient training and experience to meet the national occupational standards relevant to the tasks within their identified role. This includes knowing the limits of personal knowledge, skills and experience.

Recommended courses for sport club first aiders are:-

St John Ambulance ..... Sports First Aid

British Red Cross ..... Emergency First Aid at Work (different to First Aid at Work)

## **Medical Provider**

A Medical Provider could be employed, such as St John Ambulance or the British Red Cross. Although these are voluntary organisations, a charge is made for providing their services.

You should also be aware, because these organisations depend on volunteers, they may not be able to provide, on the day, the cover which had been previously agreed; reference should be made to the small print in the contract.

There are many other organisations which can provide professional guaranteed cover at reasonable rates. The race organiser must satisfy him/herself the Medical Provider has sufficient suitably qualified staff and appropriate equipment. Again read the contract.

It may be necessary to give at least six months notice, especially for events during peak times.

The Medical Provider should perform a Medical Risk Assessment in order to establish the level of medical cover required and make a recommendation of the number and qualification of personnel required and the equipment that he will provide. The race organiser should proceed in accordance with the Medical Provider's recommendations

The Medical Risk Assessment for an event should include levels of provision for spectators and public safety. The medical risk assessment should take account of the levels indicated in the Guidance for the Safety of Sporting Events (Green Guide). <http://www.hse.gov.uk/event-safety/running.htm>

## **Other Points for Consideration**

### **1. Access**

In case it is necessary to evacuate casualties from the race course, the event plan should identify and record the nearest access and evacuation points around the course. Remember the Medical Provider may not be familiar with the area, roads and access points. Also consider locked gates, off road vehicles.

### **2. Serious Casualties.**

The event plan should include procedures for dealing with a serious casualty. E.g. if vehicles cannot reach a casualty can a small team be released from their duties to assist with a removal of an injured person by stretcher?

Also, consider who will be responsible for contacting and communicating with relatives if a runner is hospitalised.

### **3. Communications**

Most people now have mobile phones which can be used for communicating back to the First Aid control point. Other less important communications can be directed to the Race Organiser.

If mobile phone coverage around the course is patchy consider RAYNET; the Radio Amateurs' Emergency Network is the UK's national voluntary communications service provided for the community by licensed radio amateurs.

4. NHS Ambulance Service

The event organiser should ensure their event does not place an undue burden on the NHS. However it may be prudent to communicate with the local ambulance authority informing the Emergency Planning Officer (or equivalent) the event is taking place, providing the following as a minimum:-

Date, time and place of the event

The name of the Medical Provider

Maps

Contact names and numbers

Map of marshal positions

Numbers expected at the event.

Risk Assessment

(The above may happen as a matter of course if a Safety Advisory Group has been involved)

5. Briefings

The marshals should be fully briefed with regards to communication procedures, knowing their marshal point number and be instructed to call 999 if they believe the situation is life threatening.

Consider giving a printed copy of the brief and any procedures. They just might read it before the lead runner reaches them and avoid delays later.