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**NYP Tri Club**

**EMERGENCY ACTION PROCEDURE (EAP)**

**RIPON RACECOURSE LAKE**

CoVid-19

Please note that NYP will adhere to the latest BTF Guidelines

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| Location of the nearest telephone:  | **Mobiles with COWS** |
| Location of the nearest first aid qualified person:  | **N/A - swimmers swim at their own risk** |
| Location of first aid equipment:  | **First Aid Area next to the COWS** |
| Location of nearest A&E: | **Harrogate District Hospital**Lancaster Park Road, Harrogate, North Yorkshire, HG2 7SX**Tel:** 01423 885959**Ripon Minor Injury Unit: 01765 602 546** |
| COWS, COACHES & LIFEGUARD RESPONSIBILITIES |
| TheCows & Club Coaches are responsible for ensuring that all triathletes attending a club session are:* Club members – no swim no card
* Passed a *Swim Ability Assessment* if aged 16-18
* Completed a *Parental swimming disclaimer form* if under 18
* Are signed into every session
* Bring *Emergency Contact Details* for every triathlete to every session
* All triathletes, coaches and volunteers abide by the CoVid 19 Procedures
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| **WHAT TO DO IN AN INCIDENT** |
| **Incident Management**We have a Duty of Care responsibility to everyone at the session, so before dealing with any incident, we must ensure that there is no further risk to spectators, triathletes, coaches or the injured person(s).   Once safe to do so, manage the incident.  For injuries, see below. |
| **INJURIES** |
| **Minor injuries**  (e.g. a cut, graze, scratch or bruise) **&** **serious injury** (e.g. sprain, minor fracture, a burn or hypothermia)There is a first aid box within the COWS Box for use by the COWS or the injured parties/their parents/guardians.  Refer to their GP, A&E or 999 as required.   |
| **Major injuries** (e.g. loss of limb, crush, fracture, loss of consciousness) **& fatality**Call the emergency services on 999 and state the nature of the incident, your address and directions (below).  Where possible, delegate a responsible person to go down to main road entrance to direct emergency vehicles to the location of incident.  Give First Aid as appropriate, obtain the defibrillator and proceed as necessary in the event of cardiac arrest. |
| **NOTES** |
| **After an incident**Complete an accident report form and give to a member of the committee. Reports kept in the COWS box. After any incident, inform the Club Head Coach to review what happened and revisit Risk Assessment and EAP procedures if necessary.  This should include near misses. |

**ADDRESS (for emergency services)**

The Lake at Ripon Racecourse, Boroughbridge Road, Ripon, North Yorkshire HG4 1UG