

NYP Tri Club

EMERGENCY ACTION PROCEDURE (EAP)

RIPON RACECOURSE LAKE



COVID-19

Please note that NYP will adhere to the latest BTF Guidelines.

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	
<p>The Cows & Club Coaches are responsible for ensuring that all triathletes attending a club session are:</p> <ul style="list-style-type: none"> Club members – no swim no card Passed a <i>Swim Ability Assessment</i> if aged 16-18 Completed a <i>Parental swimming disclaimer form</i> if under 18 Are signed in to every session Bring <i>Emergency Contact Details</i> for every triathlete to every session All triathletes, coaches and volunteers abide by the CoVid 19 Procedures 	
WHAT TO DO IN AN INCIDENT	
Incident Management	
<p>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.</p>	
INJURIES	
<p>Minor injuries (e.g. a cut, graze, scratch or bruise) & serious injuries (e.g. sprain, minor fracture, a burn or hypothermia)</p> <p>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.</p>	
<p>Major injuries (e.g. loss of limb, crush, fracture, loss of consciousness) & fatality</p> <p>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.</p>	
NOTES	
After an incident	
<p>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.</p>	

ADDRESS (for emergency services)

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