

GROUP RUNNING EMERGENCY ACTION PLAN

COVID 19

For the purposes of this plan it is assumed:

- There is a nominated Group Leader;
- All participants will carry with them minimum safety equipment in the form of a waterproof jacket, hat, gloves, whistle, headtorch and mobile phone. In colder months, or when running on higher ground, this should also include waterproof bottoms and a warm layer;
- The Group Leader will have the name and number of each participant's emergency contact;
- The Group leader will carry a basic first aid kit containing at least a bandage, safety pin, antiseptic wipes, adhesive plasters and aspirin;
- All participants will be familiar with the North Leeds Fell Runners Covid 19 Safety Guidelines on running in groups.

Minor Accident

Typically a sprain, cut or other minor injury in which the runner's mobility might be compromised.

- The Group Leader and no one else will examine the injury and administer any necessary first aid whilst observing social distancing as far as possible.
- If the runner is able to run after examination and any treatment, the group run to continue with the Group Leader responsible for making any decisions about the runner's continued safety.
- If the runner is unable to continue, the Group Leader will escort the runner back to the run start and assist in ensuring the runner safely returns home, or to a place for further treatment. The rest of the group can continue if there is a suitable replacement Group Leader in the group who can assume responsibility and take the first aid kit.

Serious Accident or Incident

This will cover any injury or medical incident in which the runner's mobility is sufficiently compromised to need immediate assistance. In this instance the injured runner's health is paramount and takes priority over any Covid 19 social distancing concerns.

- The run stops for all participants;
- Group Leader must assess whether the injured runner can return with assistance to the start to be taken for immediate treatment at the nearest hospital;
- If the answer to that is negative, an emergency assistance call on 999 (this will cover Mountain Rescue if needed) must be made without delay;
- The Group Leader will remain with the injured runner until emergency assistance arrives and ensure that the runner's emergency contact is informed of the incident.

Accident Report Form

In the event of either a minor or serious accident/incident involving the health of a participating runner, the Group Leader must as soon as is reasonably practical complete the Accident Report Form and file this with either Richard Foster or Dominic Nurse so that a record of the Club's reaction is maintained.

August 2020.