

First Aid at Orienteering Club Junior Sessions

The Clubmark self declaration assessment form requires clubs to have:

A qualified first aider and appropriate accident response kit is on hand at all activities

In determining what level of first aid is needed the club must decide what type of activity is taking place:

- Are the juniors left at the activity venue by their parent(s)/carer(s)?
- Is the 'activity' part of a club competition and where the parent/carers are still at the site?

At **junior coaching sessions** the Lead Coach must be at least a qualified Level 2 British Orienteering Coach with an Emergency First Aid certificate and s/he may be required to have a higher coaching qualification depending on the type of area which is being used (see British Orienteering Safety Guidelines for Coaching). The coach's 'Licence to practise' by British Orienteering must be up to date. It is advisable (Safety Guidelines for Coaching) that there is at least one responsible adult (preferably a qualified or trainee coach) helping the lead coach.

It is likely that young people are left by their parent(s), carer(s) or teacher(s) for coaching sessions and it is for this reason that the Lead Coach should have medical & consent forms for each child in the case of an incident. The Coach must be able to summon help by phone (check mobile coverage or the location of the nearest land line phone) and should also know the location of the nearest A&E department as well as having a First Aid kit available.

Club competitions are organised under the **British Orienteering Rules and Event Safety Appendix**.

Rule 1.7.3 states: *The Organiser shall ensure that appropriate first aid is easily available.*

The Event Safety Appendix states:

2.1 First Aid Cover

It is fairly routine for orienteering events to request cover by one of the voluntary organisations, e.g. St. Andrew, St. John and the Red Cross. If they can attend, then they will be able to judge how many helpers to bring along. They invariably perform an excellent service in dealing with competitors at or near to the finish area. Make a generous donation!

Smaller events (and, for example, training/coaching sessions) may not be able to justify calling in such support. As a minimum, appropriate First Aid shall be easily available. The nature of this will depend on factors such as the type of terrain, the time of year and the distance from outside assistance.

In more challenging terrain it may be helpful to ask whether a mountain rescue team can be available on the day. In an emergency the decision of whether to call them out is one for the police.

Organisers should know the location of the nearest accident hospital (is it open at weekends?) and be able to arrange the transfer of any casualty. A mobile phone can be helpful in summoning assistance without having to find a phone box, but coverage may be poor in remote areas.

As part of the event risk assessment, clubs must be satisfied that they have done everything reasonable to ensure that first aid is easily available. One or more of the following may be appropriate:

- A first aid box (contents should be checked frequently) is available for individuals and the parent/carers of young people to use. The location of the First Aid equipment should be advertised in some way NB at club events young people are not usually left in the sole charge of the club

- One or two first aiders are available at enquiries or the finish and have split starts so that they can take part in the competition – a basic emergency first aid qualification is the minimum requirement and it may be that the event organiser acts as the first aider.
- In the case of junior coaching taking place at the event which is lead by a suitably qualified coach that person will act as the first aider for that session. NB it is a requirement from 1.4.07 that all British Orienteering coaches have a current first aid qualification.