



Fingal Triathlon Club Emergency Action Plan

Emergency situations may arise at any time during triathlon events. In order to facilitate appropriate, effective, and timely care this emergency action plan will be followed in the case of an emergency.

Date and time of session.	Fingal Club Cycle, Every Saturday Morning
Name of Session Lead:	Cycle leader as per rota
Others involved in delivery:	N/A
The person designated to take the lead responsibility in the plan.	Cycle Lead
The person designated to call for emergency help	Nominated by Cycle Lead on each cycle
The address details of the venue at which the event is being held, and in any special directions that need to be conveyed to emergency response personnel.	Club Cycle will be on the road in North County Dublin. Directions on location will be provided by Cycle lead to the emergency services.
Session type. If bike or run course, details of route.	Cycle – See Club Cycle Guidelines for potential routes
Points of access and egress	Various
The location of the nearest phone and a list of telephone numbers for ambulance, local hospital or local health professional/or who is designated to carry a phone	Cycle Lead and attendees can carry a phone. 999 For Emergency Services Mater Hospital - (01) 803 2000 Beaumont Hospital - (01) 809 3000
The location of any first aid and emergency equipment if required.	AED Locator (rescue.ie) AED Defibrillator Mapping – OpenStreetMap Ireland
Contact details for parents, legal guardians or next of kin, notes of individual's medical conditions.	Stored in Website Form completed by cycle attendees. Form results are emailed to cycle leads.
Do you have Incident /accident report forms and processes?	Yes, we have an incident report form. Stored on the club website and the process is listed in the club cycle document.

The EAP should be activated immediately if the injured person:

- Is not breathing
- Does not have a pulse



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- Is bleeding profusely.
- Has impaired consciousness.
- Has injured the back, neck, or head.
- Has a visible major trauma to a limb.

Roles and Responsibilities

Lead Person

- Reduce the risk of further harm to the injured person by securing the area and sheltering the injured person from the elements.
- Designate who, is in charge of the other athletes. If nobody is available for this task, cease all activities and ensure that athletes are in a safe area.
- Protect yourself (wear gloves if in contact with body fluids such as blood)
- Assess ABCs (check that the airway is clear, breathing is present, a pulse is present, and there is no major bleeding)
- Wait by the injured person until EMS arrives and the injured person is transported.
- Fill in an incident report form

Call Person

- Call for emergency help
- Provide all necessary information to dispatch (e.g. facility location, nature of injury, description of first aid that has been done, allergies and other medical problems for that athlete)
- Clear any traffic from the entrance/access road before ambulance arrives
- Wait by the driveway entrance to the facility to direct the ambulance when it arrives
- Call the emergency contact person listed on the injured person's medical profile

Steps to Follow When an Injury Occurs

Step1: Control the environment so that no further harm occurs

- Stop all athletes
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured athlete from the elements and from any traffic

Step 2: Do an initial assessment of the situation. If the athlete:



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- Is not breathing
- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck, or head
- Has a visible major trauma to a limb
- Cannot move his or her arms or legs or has lost feeling in them



Activate
EAP

If the athlete does not show the signs above, proceed to Step 3

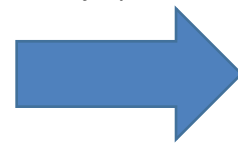
Step 3: Do a second assessment of the situation

- Gather the facts by talking to the injured athlete as well as anyone who witnessed the incident .
- Stay with the injured athlete and try to calm him or her; your tone of voice and body language are critical
- If possible, have the athlete move himself or herself to a safe place; do not attempt to move an injured athlete.

Step 4: Assess the injury

- Have someone with first-aid training complete an assessment of the injury and decide how to proceed.

- If the person trained in first aid is not sure of the severity of the injury or no one present has first-aid training, activate EAP.
- If the assessor is sure the injury is minor, proceed to Step 5.



Activate
EAP

Step 5: Control the return to activity.

Allow an athlete to return to activity after a minor injury only if there is no:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion
- Pain when using the injured part



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Step 6: Record the injury on an incident report form and inform the parents/legal guardian if junior athlete was involved.