KARRATHA TRAIL ADVENTURES 2024 SAFETY BRIEFING FOR COMPETITORS AND VOLUNTEERS ILL/INJURED RUNNER RESPONSE

*If a runner presents at an Aid Station with an illness or injury, the following applies:*

1. The Aid Station volunteer will render assistance and determine the severity of the illness/injury.

2. If the illness or injury is severe (i.e. involving unconsciousness, potential snake bite, breathing difficulties, uncontrolled bleeding, suspected internal complications, extreme allergic reactions or severe heat stress), the volunteer must call for emergency assistance immediately and render first aid until assistance arrives. Contact details for all emergency services and medical facilities will be available at the Aid Stations.

3. Once assistance arrives (or earlier, if possible without putting the safety of the casualty at risk) the Race Director must be notified.

4. The Race Director will be responsible for following up the condition of the casualty and coordinating contact with the family or other emergency contact.

NOTE: if the injury is severe and other participants safety are at risk from the incident re-occurring the Race Director may cancel the event and remove all participants from the course.

5. If the illness or injury is less severe (such as controlled bleeding, minor heat stress, extreme fatigue), the volunteer will administer first aid and contact the Race Director to discuss the condition of the participant. The casualty will be monitored until the Race Director has indicated the participant is fit to continue.

6. All details of illness or injury must be documented by the volunteer using the Incident Report Form, including the time of the incident, details of the injury/illness, symptoms, first aid given, time assistance arrived and any other relevant information.

7. Minor illness or injury (such as headaches, stomach upsets, muscle strains) can be managed at the Aid Station, either by the volunteer or the participant, and the runner may continue on with the race when they feel they are ready.

*If a runner discovers an ill or injured participant on the trail:*

1. The runner must stay with the casualty, render assistance to the best of their ability and contact the Race Director immediately by phone. The most important aspects to consider when treating an injured runner is to keep the casualty calm, reassure them, make them as comfortable as possible whilst keeping movement to a minimum, try to prevent any further harm, keep airways open if they lapse into unconsciousness, place the unconscious on their side to prevent vomiting obstructing airways, and stop any bleeding.

2. If the incident occurs out of mobile range, and no other runners are in the vicinity, the runner shall ensure the casualty is not in immediate danger, is comfortable, and quickly go to the nearest point where mobile coverage would be expected. The runner must then return to the casualty and render assistance until help arrives. It is critical the runner provides as much information to the Race Director as possible, including the exact location, the casualties name or race number, the symptoms, the condition of the casualty, and any first aid administered to date.

3. Once contacted, the Race Director will determine the best method for getting assistance to the casualty. This may or may not include contacting the police and/or ambulance. The Race Director will provide further instruction and an estimated time frame for assistance.

4. If another runner approaches they must also assist. The second runner can be used to contact the Race Director and provide updates to the casualty and to the Race Director. Continual communication during this period may be critical for treating the casualty and locating the accident scene quickly.

5. If the condition of the casualty deteriorates or changes considerably, and no other runners have come past, the runner will need to contact the Race Director again. Similarly if help has not arrived in a reasonable timeframe the runner will also need to contact the Race Director again.

6. Once the casualty has been rescued and is being treated at a facility appropriate for the level of injury, the Race Director will contact the family or other emergency contact.

NOTE: if the injury is severe and other participants safety are at risk from the incident re-occurring the Race Director may cancel the event and remove all participants from the course.

7. The Race Director and either the injured person or the runner first on the scene will complete the Incident Report Form, recording all information including the time of the incident, a description of the event, injuries sustained, action taken and aid administered.

*LOST/STRANDED RUNNER RESPONSE*

If a runner fails to register at an Aid Station, the runner will be deemed Lost/Stranded.

1. The volunteer at the Aid Station will contact the Race Director / Race Controller immediately and together the volunteer and Race Director will determine the appropriate course of action.

2. The severity of the situation will be assessed and an appropriate course of action instigated.

3. The Race Director will determine whether the emergency services will be contacted based on known information, such as the last sighting, the experience of the runner, the terrain, the weather conditions, and supplies carried by the runner.

4. The rescue will be conducted methodically and ensuring the rescue party are not put at risk.

5. Once located, an Incident Report Form will be completed by the Race Director and the lost/stranded runner to determine the root causes of the incident. If deemed appropriate additional route markings will be installed to prevent a re-occurrence of the incident with runners behind the lost/stranded runner.

6. The incident will be discussed during the post race de-briefing to minimise the risk of a similar incident occurring in future events.

*ILL/INJURED VOLUNTEER RESPONSE*

In the event of a volunteer becoming ill or injured:

1. The volunteer must contact the Race Director immediately, providing details of the nature of the injury or illness.

2. If a volunteer is severely ill, a runner coming through the Aid Station must stop, render assistance, contact the Race Director and wait with the ill volunteer until assistance arrives.

3. The Race Director will coordinate getting assistance to the volunteer and covering the Aid Station to continue to provide assistance for the race participants.

4. Once the volunteer has been treated an Incident Report Form must be completed by the volunteer and/or Race Director (and the runner first on the scene if necessary) to detail the event and identify root causes.

The Incident Report will be discussed during the post race debriefing to determine ways to minimise the risk of re-occurrence or ways to reduce the impact of such an incident on the event.

*SURVIVING A BUSH FIRE*

* Radiant heat is the main killer.
* Fires can be very noisy, smoky, hot and confusing.
* Staying calm is more important than ever.

**If caught on foot:**

1. Remain calm – do not panic.

2. Stay together if with others.

3. Choose the safest route to safety. If you have a choice the preference is to go across a slope rather than up a slope, and downhill rather than uphill.

**If possible move towards cleared or previously burnt land.**

4. DO NOT try and outrun the fire unless you know that a safe refuge is near by and you can reach it

5. DO NOT try and run through the flames unless they are low enough that they can see safe ground on the other side (flames up to 1 metre maximum)

6. Shelter in a vehicle (make sure it is not located next to fuels)

7. Shelter in refuges such as caves, sand hollows, running streams or other large bodies of water.

8. Dig or scrape out a refuge

9. Shield yourself with whatever is available, such as a woollen blanket or heavy coat etc, not synthetic fabrics.

**If caught in a vehicle:**

•You are usually safer to stay in the vehicle.

•The body of a vehicle will shield you from the radiant heat.

•Intact fuel tanks are not likely to explode due to the pressure venting system.

1. Park in an area with the least amount of combustible fuel

2. Leave the engine running with headlights and hazard lights ON

3. Wind up all windows and close all vents

4. Turn the air conditioner ON

5. Put on any protective, non-flammable clothing

6. Get down on the floor and try to keep below the window level to minimise radiant heat exposure

7. Wait until the fire passes then move out and away from the vehicle.

*DAMAGE TO ENVIRONMENT/PROPERTY*

In the event any damage to the environment or property:

1. Any form of environmental or property damage observed by runners, whether caused by their own action or not, must be immediately reported to the Race Director.

2. At the discretion of the Race Director, Shire, or stakeholder (and or police or emergency services) may be notified of the damage.

3. Whether action is taken or not, the event must be documented on an Incident Report Form.