



Event medical response plan

This document is part of the “Safety Plan” for Monmouth RC events, avoiding unhelpful proliferation of such planning documents. The on-site risks of rowing at Monmouth are very largely covered by the club risk assessment which is referenced in the Safety Plan for Events circulated to all competitors. However due to the larger number of people on site for a rowing event than normal rowing activities, the possibility of an incident is greater hence the greater need for clarity on a Medical/First Aid response.

Key details:

- Approximately 500-600 are expected at the event at any one time.
- The event has no history of significant medical needs which need particular account taken
- The competitors range from approximately 12 – 75 years old

According to the Purple Guide for Event Management, MRC events are “Tier 2” as follows:

Tier 2 events are somewhat larger events which often fall within the scope of local authority licensing.

Indicators that an event is in Tier 2 include any one of the following:

- more than 500 but fewer than 2,000 attendees
- social drinking of alcohol
- no more than isolated drug use
- low risk of any injury from activities
- hospital referrals unlikely
- duration no longer than a day

If any of these indicators do NOT apply, the event is in a higher tier

Cover level

Tier 2 events will normally need a dedicated first aid resource, led by a healthcare professional.

Provision should include:

- a clinical lead, often a healthcare professional (such as a paramedic) supported by first responders
- one or more ambulances with suitably qualified crew, where indicated by the medical risk assessment



Key event incidents requiring medical response

Assessment of casualty is the first part of any response. Knowing your limits and when to seek more expertise is key.

All incidents are classified into potential Major or Minor Casualty outcomes as described below:

Minor casualty – needs a basic first aid response. Can be provided by a person with Emergency First Aider

Major casualty – a more severe casualty response. May include an unconscious person and would require a higher level of qualification

What action can Marshalls avoid/take for a Major Casualty, once help is summoned:

- (i) In the event of any collapse which is NOT the result of a collision or trauma, or in the event of severe chest pain, assume worst case scenario of an MI (heart attack) or CVA (stroke). **Rapid extraction is the priority, involving whatever manhandling is necessary.**
- (ii) In the (unlikely) event of collapse following a collision or trauma, or any suspected head/neck injury, **DO NOT** attempt rapid extraction from the boat. **The priority is to get competent people to that location ASAP.**



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Hazard	Barriers	Hazardous Events	Controls/ Incident response	Medical expertise needed
Heat exposure, heat stroke, dehydration	<p>Good availability of drinking water from catering.</p> <p>Good availability of shelter from tea tent and/or the boat house and changing rooms</p>	Heatstroke	<p>Cool space to attend to the incident (first aid room)</p> <p>First aid personnel to monitor incident and seek ambulance attendance if improvement is not observed.</p>	<p>Typically a minor casualty response. Assessment needed to know whether to escalate to major casualty</p>
Hypothermia from immersion/capsize/poor weather	<p>Minimise the potential for collisions (see point on collisions)</p> <p>Visual awareness from marshalls to identify rowers before boating with insufficient clothing.</p> <p>Visual awareness from marshalls to identify rowers on the water exhibiting possible symptoms</p>	Hypothermia	<p>On the water; remove rower from the boat, add clothing/headwear and return to the boathouse swiftly and safely for warm drinks/shower etc.</p>	<p>Typically a minor casualty response. Awareness of rapid escalation and the need to stabilise the environment. Assessment needed to know whether to escalate to major casualty</p>



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Hazard	Barriers	Hazardous Events	Controls/ Incident response	Medical expertise needed
Scrapes/broken bones from trips/falls/water collisions, etc.	Slippy areas (possibly due to poor weather) to be cordoned off Minimise the number of people in the boating areas. Good marshalling and river buoy marking to minimise collisions	Infection Bleeding Broken bones	Attend first aid room, clean and bandage. Stabilise broken bones and transport to hospital.	Suspected minor casualty unless long bone/pelvic/vertebrae injury (or the mechanism of injury increases the possibility of these) and then a major casualty response required.
Head injury/concussion from collisions/trips/falls	Slippy areas (possibly due to poor weather) to be cordoned off Minimise the number of people in the boating areas. Good marshalling and river buoy marking to minimise collisions	Concussion	On site concussion assessment and moved to hospital if not clear. Extreme care in moving/extracting in the event of an incident on the water.	Minor casualty to be assessed for conscious level, nausea, dizziness, poor vision. Referred as a major casualty for any sign of concern.



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<p>Cardiac/stroke (CVA) events from high exertion levels or other cause</p>	<p>Visual awareness from marshalls to identify rowers looking unwell.</p>	<p>Cardiac/stroke event requiring urgent medical attention</p>	<p>Stop racing to avoid collisions, using radio network to identify the location of the incident. ONLY race control and the marshall on site to use the radio.</p> <p>First aid response notified of nature and location. Defibrillator & other CPR equipment mobilised. Urgent relocation of casualty to responders/equipment or of responders/equipment to casualty as appropriate.</p> <p>Marshalls to direct all other crews away from the incident (ideally off the water but NOT to block access for to the boat concerned).</p>	<p>Major casualty & 999 called asap.</p> <p>Worst case scenario...need for multiple Defibrillators. MRC have one on site and the health care provider to have a second defibrillator</p>
<p>Hayfever from pollen levels</p>	<p>Participants self awareness of their condition and being suitably medicated.</p>	<p>Breathing difficulty</p>	<p>Shelter away from pollen</p> <p>Over the counter anti-histamine medication may need to be administered by suitable personnel..</p>	<p>Minor casualty</p>



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Allergic reactions from catering provision/ insect stings	Availability of ingredient information upon request	Anaphylaxis	Immediate referral of anybody feeling unwell or any rash/swelling to medical professional on site for assessment.	Minor casualty in many cases but potential for anaphylaxis means assessment/management by a medical professional advised if in any doubt.
Excess alcohol consumption	Don't serve people who appear inebriated	May increase the likelihood of the instances above, e.g. trips/falls	As for other instances as noted left.	See responses above
Burns from catering/launch engine petrol	Provision and use of appropriate catering tools	Burns	Burns kit available in the kitchen	Minor casualty pending assessment to major casualty status.
Capsize/water immersion from the bank	Good marshalling to minimise the chance of collision which would make an immersion more likely. Vegetation on the bank making slipping in unlikely	Drowning	Launches driven by RYA qualified drivers to attend to an incident. Launches on radios	Minor casualty pending assessment to major casualty status.

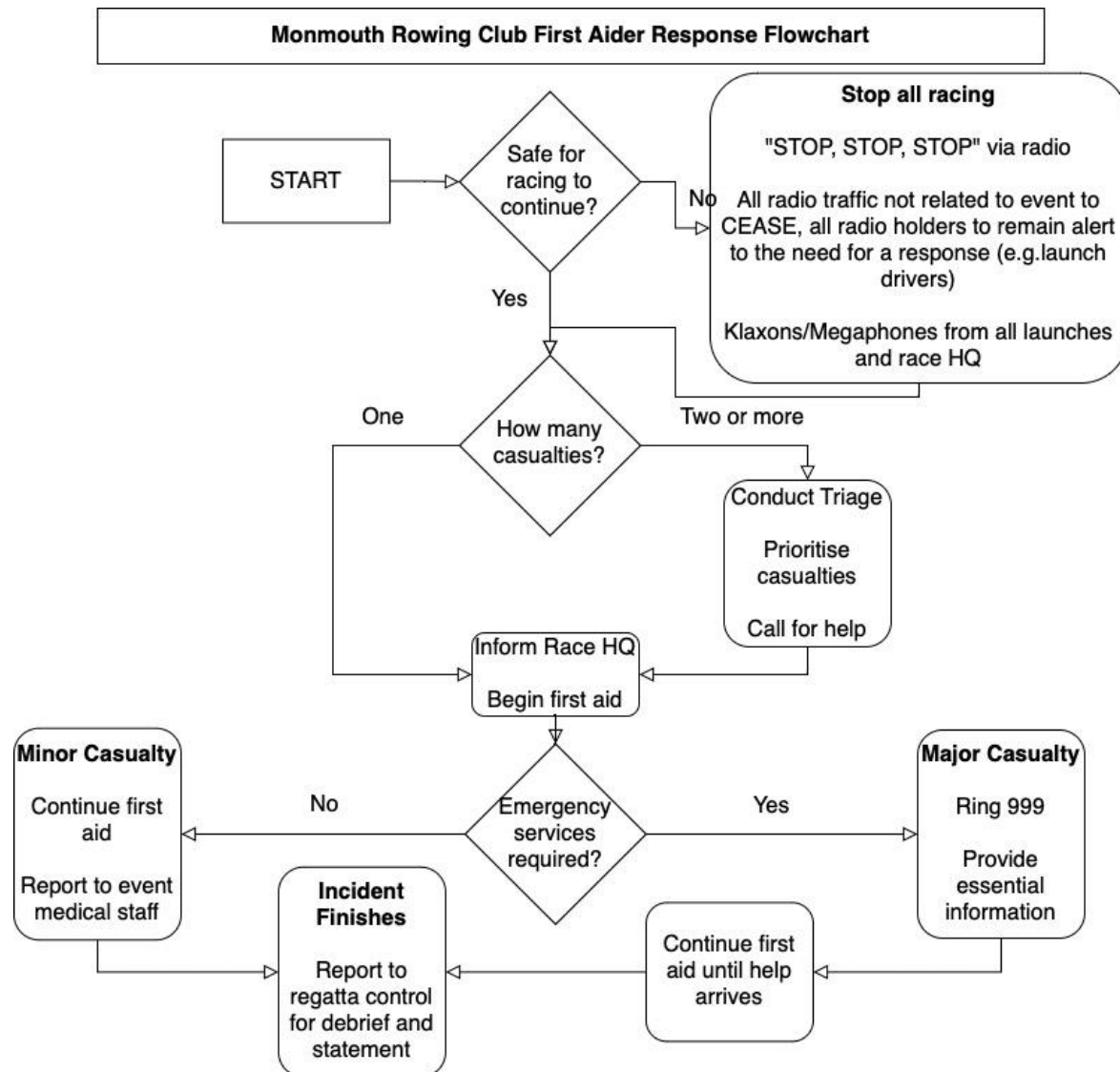


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Incident Response Flowcharts

Original available [here](#).



When ringing 999, give:

- The number of casualties
- Their most serious injuries
- The location where the ambulance will be met (see left)
- Helicopters can land on various fields by the course
- Any other information the operator requests

Defibrillator Locations:

- In Monmouth Rowing Club (top of ramp above water tap)
- ... located at START for events
- Medical support ambulance at base of club ramp

Contact Details:

Regatta Control: 07966 390349 (Dan Cowton) or radio
Head first aider: on site radio

Location Details for extraction points:

Club:
The John Hartland Boathouse
Old Dixon Road
Monmouth
NP25 3DP
What3Words: //salary.childcare.doors

Church:
What3Words: //earlobes.woven.agenda

Boys' School Boathouse:
What3Words: //shoulders.chair.curable

1500m beach is possible but there is no vehicle access)