



## **Knutsford Triathlon Club cycling Events Emergency Response Plan**

Cycling is statistically a safe activity, however rarely, situations arise that demand quick thinking and a clear mind. Having an agreed Emergency response plan makes sure that we are well prepared and will know what to do.

1. Think of yourself first and make sure you are safe. Count to 10 before acting.
2. Get other people off the road and to a safe place away from danger.
3. Make the area safe. Designate other riders to stop traffic if needed
4. Do NOT move any casualties (people tend to put themselves in the most comfortable position if able to do so). If able to, start any required first aid (stop bleeding for instance).  
*Note: do move the casualty if there is a clear and direct threat to life i.e. drowning*
5. Call for the emergency services, if required, by dialing 999 or 112, be prepared with Location, number of casualties, details of any injuries and personal details of casualties.
6. Send people to guide the Emergency services if necessary
7. Stay with the casualty and reassure, if possible ask who they would like to be contacted, check their ICE (In Case of Emergency) details (Phone or band)
8. Reassure the group, keep an eye out for anyone suffering from shock, consider splitting the group if safe to do so. Those not needed to support ride directly home by the shortest, safest route.
9. When the ambulance arrives, confirm the destination location so this can be shared with the casualties Emergency contact. Make sure their help goes with them (to support assessment at the hospital) Do not go with the casualty unless specifically requested and all riders left behind have adequate support.
10. Make a note of any witnesses and collect details, record briefly what happened, photos and ride data can be very helpful
11. Secure the casualties bike and arrange for return.
12. Consider if it is safe to continue the ride. People may appreciate a chance to sit down quietly and discuss what has happened over a coffee or feel able to continue as planned.
13. Complete a club incident report and send onto the club committee for further action and investigation.
14. Do not post anything on social media or share any details/photographs, do not respond to or contact the media. Direct any enquiries to the Club Secretary and Chair.