

East Pennine Orienteering Club – First Aid at Events

Organiser to ensure there is a designated, Qualified First Aider available, preferably two so they can both have a run.

Checklist for First Aiders and Safety Officers at EPOC orienteering events

Nearest Hospitals:-

- Bradford Royal Infirmary, Duckworth Lane, Bradford, BD9 6RJ
- Calderdale Royal Hospital, Salterhebble, Halifax, HX3 0PW
- Dewsbury and District Hospital, Halifax Road, Dewsbury, WF13 4HS
- Huddersfield Royal Infirmary, Acre Street, Huddersfield, HD3 3EA
- Pinderfields Hospital, Aberford Road, Wakefield, WF1 4DG

Calder Valley Mountain Rescue

In an emergency: Dial 999 or 112 and ask for the Police, then Mountain Rescue. Be ready to give details of your location, number of casualties, any injuries and your telephone number. Keep the telephone free - we will want to contact you.

If an injured person has no buddy and is unable to drive, how do we get them to Hospital?
Probably by spare EPOC person or Ambulance or Mountain Rescue depending on the severity of the injury and location of incident (Organiser to sort?)

The EPOC First Aid kit should be in the store and available at all events (Organiser to check the kit is fully stocked and items are in date?). It contains a log book and incident sheets. Also requires First Aider to sign.

Where is First Aid situated at the event?

What time is the First Aider required to be in position?

Handy to have a list of mobile numbers of event officials.

Take a mobile phone.

If I want a run, who does the First Aid?

Is the event in an exposed area? Is someone else in charge of Safety?

Do I have any expenses to claim from the Organiser?

Updated October 2020