

SYDNEY TO SURFERS ROBBO'S RIDE - EMERGENCY PROCEDURES

(Distributed to Ride Marshal, Pack Captains and Sweeps, Pack Back Up and Support Vehicle Drivers)

Emergency situations may arise at any time during the cycle ride. Expedient action must be taken in order to provide the best possible care to the rider/riders in emergency and/or life threatening situations.

NB: On Day 1 - Pack Captains should identify any Pack members who are trained First Aiders and/or who can use Defibrillators.

The following key points are provided as a guide for Pack Captains should an emergency situation arise.

- Don't panic and take control of the situation.
- Secure the area and make it safe – **if it is safe to do so** - move anyone out of immediate danger –and determine the severity of the situation, apply first aid.
- Scene safety – Back up drivers should park in fend off position approx. 10 meters from casualties leaving room for an ambulance. If on freeway, send 2 persons back 50-100m to warn traffic – ensure they maintain a **SAFE** position to do so.
- Determine if emergency services back up is needed and if so, immediately call for support from the appropriate service provider i.e. **Ambulance, Police, Fire - 000** Time is the most critical factor under emergency conditions.
- If emergency services personnel back up is not required – apply first aid as appropriate.
- If an injured Rider(s) need to be transported to medical attention (where an ambulance is not required) - call the Ride Marshal who can assist to arrange for another vehicle to transport the Rider so that the Pack Support vehicle can continue with the Pack.
- Reassure all Riders and delegate tasks to Riders if appropriate and if assistance is needed. Tasks that can be delegated include - first aid, call for help, notify Ride Marshal, traffic control, first aid kit and defibrillator, pack supervision and reassurance.
- **If emergency services are requested, when able to do so, notify the Ride Personnel as indicated below.**
- Ensure that all riders and their and bikes are kept well away from the road in a safe position.

Ride Personnel Emergency contact numbers: (Note: Only one person needs to be contacted.)

1st - John Walters 0415 407 491

2nd – Peter Ashton 0425 889 559

❖ **A First Aid Kit is available in all Support/Back up vehicles and a Defibrillator is provided in most Support Vehicles.**

❖ **Defibrillators will have a voice prompt on how to use.**

EMERGENCY APP

It is recommended that Pack Captains, Sweeps and Support/Backup Drivers download the app 'emergency +' which will give accurate location as an address and coordinates. (Good for country roads.)

WHEN PROVIDING INFORMATION TO EMERGENCY PERSONNEL YOU WILL BE ASKED FOR DETAILS SUCH AS:

- Address of emergency.
- Nature of emergency.
- Number of Riders injured.
- Condition of Rider(s) eg breathing, not breathing, pulse, no pulse, bleeding, conscious, unconscious.
- Any know preexisting medical condition of injured Rider(s).
- First Aid treatment initiated at scene of accident (blood control, rescue breathing, CPR etc)
- Any specific directions needed to find the location of the injured Rider(s).

SEE REVERSE SIDE FOR BASIC LIFE SUPPORT CHART

RESUSCITATION CHART

D

DANGER

Use all senses to check for dangers to yourself, others and the patient. Ensure the area is safe. Move the patient only if the danger cannot be eliminated.



R

RESPONSE

Check for a normal response by talking to the patient, asking them their name and squeezing their shoulders
DO NOT move the patient if the injury is the result of a fall



S

SEND FOR HELP

Send a bystander to call for help and an Ambulance as soon as possible

DIAL 000 and ask for Ambulance attendance.



A

AIRWAY

Open mouth and check for foreign objects. If objects are present place in recovery position and clear airway with fingers.
DO NOT move patient if the injury is the result of a fall.



B

BREATHING

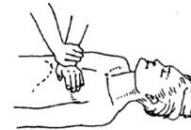
Check breathing. **Look** for rise and fall of chest. **Listen** for breathing sounds. **Feel** for breaths on the cheek and for ribcage movement. If breathing is present keep the patient in the recovery position and monitor.



C

CPR

If no breathing is present commence CPR.
Give **30 Chest Compressions to every 2 Breaths**
@ 100 Compressions/minute.



D

DEFIBRILLATION

Apply defibrillator (if available) and follow the voice prompts or instruction on the device.
AED - Automated External Defibrillator



Continue CPR until responsiveness or normal breathing returns

FIRE & SAFETY AUSTRALIA

www.fsaus.com.au | 1300 88 55 30

www.nasca.org.au | 1800 65 55 10

**NSCA**
National Safety Council of Australia

