

# 2018 SYDNEY TO SURFERS - EMERGENCY PROCEDURES

(Distributed to Ride Marshal, Pack Captains, 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.
- 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.

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

**1st - John Walters- 0415 407 491**

**2<sup>nd</sup> - Kevin Stuart - 0408 221 701**

**3<sup>rd</sup> - Ron Camilleri - 0408 411 566**



### 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, no 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).

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