



BC Athletics Recommended Event First Aid/Medical Planning Guidelines

It is the responsibility of an event organizer to ensure a safely run event. Safety includes a safe environment for participants, spectators, officials and volunteers, and in the event of an incident requiring first aid/medical attention that there is a plan to respond in a timely manner with qualified first aid/medical personnel.

All event organizers must undertake a risk assessment of their event; they must apply risk management to minimize identifiable risk; and they must have qualified first aid/medical personnel present to respond if the need arises.

The necessary scale of first aid/medical support will be determined during the risk assessment and should include consideration of the following:

- The number of people expected to attend (including participants, officials, spectators, volunteers, etc.)
- The number of people competing concurrently
- The age of participants
- The experience and fitness level of participants
- The duration of the event
- Anticipated weather conditions
- Risks inherent in the activity
- The size of the field of play/competition area
- Accessibility to the field of play//competition area
- Communications capabilities

Communications are a key component of the first aid/medical plan. Event volunteers must be instructed in how and when to call for assistance; and first aid/medical personnel must be able to respond in a timely manner. For large or geographically dispersed events this may require employing mobile first aid/medical units or dedicated first aid/medical facilities.

First Aid/Medical personnel must be dedicated exclusively to first aid/medical support.

The number and required qualifications of the first aid/medical team will be determined by the risk assessment. A recommended minimum for any event is 2 dedicated first aid/medical personnel holding current certification in Standard First Aid. Standard First Aid Certification is a recognized qualification based on a Health Canada review and approval of a training organization's curriculum / syllabus, standards and other factors.

Several national organizations including the Red Cross, the Lifesaving Society and St. John Ambulance award such certificates, as well as local organizations. Such qualification should provide knowledge to handle the following:

- Emergency Scene Management
- Shock, Unconsciousness & Fainting
- Choking
- Cardiovascular Emergencies
- One Rescuer CPR
- Severe Bleeding
- Medical Conditions
- Bone and Joint Injuries
- Eye Injuries
- Dental Emergencies
- Burns
- Poisons, Bites, and Stings
- Heat and Cold Emergencies
- Rescue Carries

Note: First-aid certification should meet the standards of the Canadian Red Cross Standard First Aid & CPR Course.