

Medical and First Aid

The level of medical provision will depend upon the type and size of the activity being organised. As part of the activity/event risk assessment all organisers must identify the level of cover required.

This will take into consideration the following:

- ▶ The number and age of competitors
- ▶ The types of activity being undertaken
- ▶ The level of competition (based on level of difficulty)
- ▶ The complexity of the site layout
- ▶ Phone signal strength
- ▶ Potential time for the County ambulance to get to site
- ▶ Proximity of nearest hospital

This list is not exhaustive, other factors may also need to be considered.

Event organisers may find the matrix in Appendix B a useful starting point for their consideration of what level of first aid cover they need to provide. The matrix should not however be seen as determining the level of cover that it is appropriate to provide and the decision as to what level is to be provided should be determined in accordance with the Risk Assessment for the event.

At multi-sport events, where the phases are running concurrently, the appropriate cover is required for each phase. Where the phases are continuing in close proximity one first aid team may be able to cover both phases. If this is agreed, all phases must stop when the first aid team are attending a casualty or if they leave the ground to transport an injured person to hospital.

The type of 'ambulance' or 'medical response vehicle' to be used for an event should be risk assessed by the organisers. It may be that a 4-wheel drive vehicle, that has been specifically adapted to carry medical professionals (and their equipment) and/or a stretcher, may be more appropriate than a 'land ambulance' for certain types of events,

e.g. cross country/hunter trials where driving across rough terrain is a requirement. The advice of the medical professionals providing the service should be obtained.

| APPENDIX A1 - FIRST AID COVER AT PONY CLUB COMPETITIONS | | Appointed Person | First Aider | Paramedic | Doctor | Ambulance or equivalent | Pool Lifeguard |
|---|---|-------------------|-------------|-----------|----------|-------------------------|----------------|
| <p>This matrix is included as a guide to event organisers when deciding what level of First Aid cover to provide at Pony Club events. It should not be seen as determining the level of cover that it is appropriate to provide and the decision as to what level is to be provided (which may be greater or less than the level shown) should be determined in accordance with the Risk Assessment for the event. However, at the very minimum every event must have an Appointed Person and a Trained First Aider present</p> <p>Rec= Recommended for the event Consider= please consider for the event</p> | | | | | | | |
| All Rallies (including cross country) | | Y | Y | Consider | | Consider | |
| Fun / Sponsored Rides (including jumping) | | Y | Y | Consider | | Consider | |
| Mounted Games | Practices, Rallies & Training Days | Y | Y | | | | |
| | Branch Events & Area Competitions | Y | Y | Consider | | | |
| | Zones & National Finals | Y | Y | Rec | Consider | Consider | |
| Polo | Practices, Rallies & Training Days | Y | Y | | | | |
| | Competitions & Championships | Y | Y | Rec | Consider | Consider | |
| Polocrosse | Practices, Rallies & Training Days | Y | Y | | | | |
| | Tournaments | Y | Y | Rec | | | |
| | Championships | Y | Y | Rec | Consider | Consider | |
| Pony Racing | Rallies | Y | Y | | | | |
| | Pony Club Race Days | Y | Y | Rec | Consider | Rec | |
| Dressage | Practices & All Competitions (inc. Areas) | Y | Y | | | | |
| | Regional & National Championships | Y | Y | Rec | Consider | Consider | |
| Show Jumping | Practices, Rallies & Training Days | Y | Y | | | | |
| | Branch Event | Y | Y | | | | |
| | Open class equivalent to PC 100 (Intermediate) or greater | Y | Y | Consider | | | |
| | Area Competitions | Y | Y | Rec | | Consider | |
| | Regional Championships | Y | Y | Rec | | Consider | |
| | National Championships | Y | Y | Rec | Consider | Consider | |
| Cross Country (including hunter trials & arena eventing) | Practices, Rallies & Training Days | | Y | Y | | | |
| | Event- PC 70 or PC 80 | Training/ Rallies | Y | Y | | | |
| | | Competition | Y | Y | Rec | | Consider |
| | Event - PC 90 (Novice) | Training/ Rallies | Y | Y | | | |
| | | Competition | Y | Y | Rec | Consider | Consider |
| | Event -PC 100 (Intermediate) or PC Open | Training/ Rallies | Y | Y | | | |
| | | Competition | Y | Y | Rec | Consider | Consider |
| | Area Competitions | | Y | Y | Rec | Consider | Consider |
| Regional & National Championships | | Y | Y | Rec | Consider | Consider | |
| Tetrathlon* | Run* | | Y | Y | | | |
| | Swim | | Y | Y | | | Rec |
| | Shoot | | Y | Y | | | |
| Endurance* | Less than 10 km | | Y | Y | | | |
| | More than 10 km – at each vet gate | | Y | Y | | | |
| CAMP* - Please see corresponding note below for more info. | | Y | Y | Consider | | Consider | |

Notes:

1. The ambulance must be able to reach all parts of the ground where the activity is taking place. This may mean that a 4WD vehicle is required, particularly if there are any concerns around ground conditions. A 4WD vehicle must be capable of transporting an injured person on a stretcher that can be securely fastened to the vehicle i.e. the vehicle must be either purpose built or specially adapted for the purpose of transporting injured people. If the ambulance is required to leave the ground for any reason (e.g. to transport a seriously injured person to hospital) the type of activity that requires the presence of an ambulance must stop unless there is another ambulance with suitably qualified personnel on the ground. At large competitions (e.g. Area or nationals) organisers may wish to consider having two vehicles on the ground.
2. The doctor or paramedic must have access to a set of standard resuscitation drugs and analgesia that can be given without authorisation. The reason for having personnel present who are trained to a higher standard than an emergency medical technician is so that additional care can be provided that may be lifesaving. These personnel should also be capable of providing care and advice to members with a suspected concussion.

ADDITIONAL GUIDELINES FOR INDIVIDUAL SPORTS / ACTIVITIES

Fence Judges at Cross Country Events: Fence judges should also be asked to make a note of any unconsciousness, whether a patient is slow to get up or seems unsteady on their feet, as these may provide clues as to a concussion. If possible on the day, the Appointed Person or First Aid Provider could have the opportunity to talk to the fence judges at the briefing. At that briefing, the first aid provider should make fence judges aware of how to approach a patient and how to ask for help.

Tetrathlon, Swimming Phase: Details on Lifeguard qualifications are given in the Tetrathlon Rulebook.

Tetrathlon, Running Phase: It is recommended that the medical cover provided for the Cross Country phase be retained. Should this not be possible, a Trained First Aider should be in attendance.

vet gate.

Camp: The minimum first aid cover for Camps in the above table indicates the minimum cover required during the running of camps. Additional first aid cover will be required depending on the activities organised during camp. For more information, please refer to specific Sports for the minimum first aid cover required for each activity.