



TRIATHLON CLUB
EMERGENCY ACTION PROCEDURE (EAP)
 RIPON RACECOURSE LAKE

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| Location of the nearest telephone: | Mobiles with COWS |
| Location of the nearest first aid qualified person: | At the Swim Entry Point (COWS) |
| Location of first aid equipment: | Held by COWS and transferable to <u>evacuation points</u> |
| Location of nearest A&E: | Harrogate District Hospital Lancaster Park Road, Harrogate, North Yorkshire, HG2 7SX Tel: 01423 885959 Ripon Minor Injury Unit: 01765 602 546 |
| COWS, COACHES AND SAFETY TEAM RESPONSIBILITIES | |
| <p>The Cows & Club Coaches are responsible for ensuring that all triathletes attending a club session are:</p> <ul style="list-style-type: none"> • Club members – members list will also be provided to the COWS. • Passed a <i>Swim Ability Assessment</i> if aged 12+ • Completed a <i>Parental swimming disclaimer form</i> if under 18. • Are signed into every session. • <i>Emergency Contact Details</i> are available for all members in the Spond App. | |
| WHAT TO DO IN AN INCIDENT | |
| <p>Incident Management We have a Duty of Care responsibility to everyone at the session, so before dealing with any incident, we must ensure that there is no further risk to spectators, triathletes, coaches, or the injured person(s). Once safe to do so, manage the incident. For injuries, see below.</p> | |
| INJURIES | |
| <p>Minor injuries (e.g. a cut, graze, scratch, or bruise) & serious injury (e.g. sprain, minor fracture, a burn, or hypothermia). There is a first aid box within the COWS Box for use by the COWS or the injured parties/their parents/guardians. Refer to their GP, A&E or 999 as required.</p> | |
| <p>Major injuries (e.g. loss of limb, crush, fracture, loss of consciousness) & fatality The distressed swimmer must be reached within 1 minute Paddle Boarder. The distressed swimmer must be helped onto day land within a further 2 minutes. Call the emergency services on 999 and state the nature of the incident, the address & what3words. Where possible, delegate a responsible person to go down to main road entrance to direct emergency vehicles to the location of incident. Attend emergency exit with First Aid kit and defib and Give First Aid as appropriate.</p> | |
| NOTES | |
| <p>After an incident Complete an accident report form and give to a member of the committee. Reports kept in the COWS box. After any incident, inform the Club Head Coach to review what happened and revisit Risk Assessment and EAP procedures if necessary. This should include near misses.</p> | |

ADDRESS (for emergency services)

The Lake at Ripon Racecourse, Boroughbridge Road, Ripon, North Yorkshire HG4 1UG

Entrance to the lake; What3Words: [spared.cuddling.culling](https://www.what3words.com/spared.cuddling.culling)