

FIRST AID

If you have a need for first aid when on a Tuesday training sessions based at the Edge assistance can always be sought from reception. The reception staff will be able to summon first aiders or trained staff who are necessarily on the premises and basic equipment and supplies.

First aid equipment is also carried in the vehicles of several senior members of the club. Ask your group leader and they will assist you in securing the help you need.

Group leaders and others have received basic first aid training paid for by the club. Several doctors, nurses and first aiders run with the club and are a further source of assistance.

If out and about call 999 or 112 from a mobile as it will record your location.

First Aid Guidelines should be read in conjunction with "Guidelines for dealing with an incident/accident", "Guidelines for Group Running" and "Risk Assessment – Running"

Contents of our field First Aid boxes should be similar to the list below;

- **Information** - First aid guide or manual.
- **General** - Matches, scissors, travel toilet paper, anti-diarrheal, antiseptic wipes, tweezers, needle (for splinters), thermometer, safety pins, flashlight, disposable gloves, mouthpiece (in case of using CPR), blanket, plastic ziplock bags (to keep supplies dry), tissues.
- **Emergencies** - Cellular phone, whistle, personal alarm, pepper spray, emergency phone numbers, maps (with directions to nearest first aid).
- **Pain and swelling** - Cold pack, ibuprofen.
- **For cuts, scrapes, blisters** - Bandages of different sizes, antibiotic cream or hydrocortisone cream, mole skin dressing kit, sterile gauze, adhesive tape, antiseptic solution, non-stick gauze pads.
- **Sun protection / Heat exhaustion** - Misting water bottle, cold pack, sunscreen, lip balm, aloe vera lotion.
- **Fractures, strains, sprains, pulled muscles** - Neoprene joint braces, compression bandage / ice wrap, cold pack, two triangle shaped pieces of cloth for a sling or tourniquet.
- **Dehydration** - Filled water bottle, sports drink.
- **Allergic reactions** - Calamine lotion, epinephrine (for bee stings), antihistamine, recommended medications.
- **Insect bites** - Epinephrine (for bee stings), insect repellent, cold pack (reduces swelling of bug bites).