



## NAAS TRIATHLON CLUB EMERGENCY ACTION PLAN

Emergency situations may arise at any time during triathlon events. In order to facilitate appropriate, effective, and timely care this emergency action plan will be followed in the case of an emergency.

Date and time of session.	Sunday (weekly) @ 8:30am, 7.30/8am for hilly spins when offered
Name of Session Lead:	Varies weekly and per group. Always senior club member
Others involved in delivery:	Senior club members, tri-leaders
The person designated to take the lead responsibility in the plan.	Designated at the start of the spin – senior club member or tri-leader
The person designated to call for emergency help	Designated at the start of the spin – senior club member or tri-leader
The address details of the venue at which the event is being held, and in particular, any special directions that need to be conveyed to emergency response personnel.	K-Leisure Car park. Routes vary but are circulated to club members the previous day to provide adequate time for review and familiarisation. The emergency action plan could be required at any point during the route
Session type. If bike or run course, details of route.	Bike – varies weekly
Points of access and egress	N/A
The location of the nearest phone and a list of telephone numbers for ambulance, local hospital or local health professional/or who is designated to carry a phone	At least one member of each group will be confirmed as having a mobile phone K-doc (045) 848 701 Emergency 999 or 112 Kildare Town Garda 045 527730 Newbridge Garda 045 440180 Kilcullen Garda 045 481212 Athy Garda 059 8634210 Clane Garda 045 868262 Maynooth Garda 01 6292380
The location of any first aid and emergency equipment if required.	AED locator <a href="#">AED Locations - AED LOCATOR (rescue.ie)</a>
Contact details for parents, legal guardians or next of kin, notes of individual's medical conditions.	Club Secretary (Kieran Ryan 087 687 9566), Membership Officer (Triona Casey 086 832 9134) or Chairman (Barry Moran 087 2868514) have access to membership details on the TI website where emergency contacts and medical conditions can be checked



Do you have Incident /accident report forms and processes?

Incident report form available for download from TI website [Safeguarding Policy Documents - Triathlon Ireland](#)

The EAP should be activated immediately if the injured person:

- Is not breathing
- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck, or head
- Has a visible major trauma to a limb

## Roles and Responsibilities

### Lead Person

- Reduce the risk of further harm to the injured person by security the area and sheltering the injured person from the elements
- Designate who is in charge of the other group members / athletes. If nobody is available for this task, cease all activities and ensure that members are in a safe area
- Protect yourself where possible (wear gloves if in contact with body fluids such as blood)
- ABC (Airway, Breathing, Circulation)– Check that the airway is clear, breathing is present, a pulse is present and there is no major bleeding.
- Wait by the injured person until emergency services arrive and the injured person is transported
- Note all incident details and complete an accident report form

### Call Person

- Call for emergency help
  - Ambulance Service / Gardai 999 / 112
  - Naas Garda 045 884300
  - Kildare Town Garda 045 527730
  - Newbridge Garda 045 440180
  - Kilcullen Garda 045 481212
  - Athy Garda 059 8634210
  - Clane Garda 045 868262
  - Maynooth Garda 01 6292380
- Provide all necessary information to dispatch – eg
  - Phone number you are calling from
  - Location
  - Chief Complaint
  - Number of patients
  - Approximate age
  - Gender
  - Conscious



- Breathing normally
- Chest pain
- Severe bleeding
- Ensure sufficient access to incident site for ambulance
- Wait at the incident to direct and engage with the ambulance service when they arrive at the scene
- Call the emergency contact person listed on the injured person's membership (or Road iD if available)

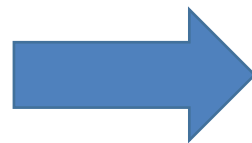
### Steps to Follow When an Injury Occurs

#### Step 1: Control the environment so that no further harm occurs

- Stop all athletes
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured athlete from the elements and from any traffic

#### Step 2: Do an initial assessment of the situation. If the athlete:

- Is not breathing
- Does not have a pulse
- Is bleeding profusely
- Has impaired consciousness
- Has injured the back, neck, or head
- Has a visible major trauma to a limb
- Cannot move his or her arms or legs or has lost feeling in them



Activate  
EAP

AVPU Scale can be used to measure and record an injured person's responsiveness as an indication of consciousness

- ALERT: Fully awake patient will have open eyes and should be able to answer name, location, day of the week
- VOICE: Person will respond when you speak to them and may respond with a grunt or moan when you move a limb
- PAIN: Person responds to pain – eg stimulus like pinching the back of their hand
- UNRESPONSIVE: Person does not respond to any stimulus

If the athlete does not show the signs above, proceed to Step 3

#### Step 3: Do a second assessment of the situation

- Gather the facts by talking to the injured athlete as well as anyone who witnessed the incident .
- Stay with the injured athlete and try to calm him or her; your tone of voice and body language are critical
- If possible, have the athlete move himself or herself to a safe place; do not attempt to move an injured athlete.

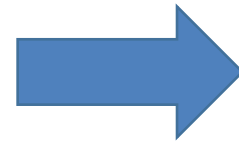
#### Step 4: Assess the injury



- Have someone with first-aid training complete an assessment of the injury and decide how to proceed.

- If the person trained in first aid is not sure of the severity of the injury or no one present has first-aid training, activate EAP.

- If the assessor is sure the injury is minor, proceed to Step 5.



**Activate  
EAP**

**Step 5: Control the return to activity.**

Allow an athlete to return to activity after a minor injury only if there is no:

- Swelling
- Deformity
- Continued bleeding
- Reduced range of motion
- Pain when using the injured part

**Step 6:** Record the injury on an accident report form and inform the parents/legal guardian if junior athlete was involved.