

FIRST AID REQUIREMENTS



BMX
New Zealand

Version 27/05/22

FIRST AID STARTS WITH YOUR CLUB

As a club, your members health and safety is a prime concern, and there are some minimum actions each club are required do as part of your duty of care.

To ensure there is adequate First Aid cover for club nights, training, and other club events, it is BMXNZ's recommendation that each club appoints a Health & Safety manager and puts at least another two members through an accredited First Aid course.

Whichever course provider the Club chooses to put members through, request they focus on cycle type injuries such as grazes, fractures, and concussion. Another very important skill to learn is to safely remove a helmet from an injured or unconscious rider.

FIRST AID AWARENESS

Involve the whole club in First Aid awareness, this can be done by having several short sessions before the start of club night racing during the season. Involve the riders and parents in what to do following different incident scenarios. The added awareness will help all to understand what to do or not do when a rider is injured.

Where possible, have more in depth sessions and stage scenarios such as an unconscious rider, a suspected broken arm or neck injury. Greater awareness of BMX incident scenarios will go a long way towards ensuring better outcomes for our riders following an incident within the club.

CLUB FIRST AID KIT – MANAGEMENT/MEDICAL LEAD

It is important to have someone responsible for maintaining the First Aid kit. This could come under the duties of the Health and Safety manager or another person in charge that holds an accredited First Aid certificate. The important things are that the kit is always in ready condition and that there is someone at the track that knows how to use it.

FIRST AID KIT - MINIMUM CONTENTS REQUIREMENTS

Inside your first aid kit there is to be an itemised inventory, listing all the contents, and ensures the first aid kit is kept supplied and is always ready for the next event.

- First Aid manual
- CPR mask
- Slings (triangular bandage)
- Bandages – crepe or cohesive, several sizes
- Non-stick dressings – melolin, several sizes
- Adhesive tape – tearable
- Plasters – fabric, several sizes
- Steri strips
- Splints – arm/leg, neck, child and adult sizes (readily available on site)
- Neck Brace – Child and adult sizes (readily available on site)
- Gamage dressings
- Gloves – Nitrile, surgical, to be easily located for quick use.
- Mefix dressings
- Opsite dressings – waterproof, several sizes
- Eye pad
- Sterile wipes – alcohol based
- Sodium Chloride (NaCl) pods
- Water – unopened bottle
- Tweezers
- Scissors – for cutting dressings and clothing
- Ice packs – to be available on site
- Tissues
- Gladwrap (or similar)
- Rubbish bags - small

The Club First Aid kit must be regularly checked updated or re-stocked and signed off by the person in charge. A first aid kit inspection tag could be used

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[illegible]

CLUB FIRST AID KIT – OTHER REQUIREMENTS

The contents of your Club First Aid Kit should be in an easily carried large bag/box, so when it is opened, nothing falls out, and all items are easy to locate.



The Club First Aid Kit must be able to sustain a potentially seriously injured rider for **20 to 30 minutes**, or more. This covers the time of response by the local ambulance service, which can depend on service availability and travel time.

The first thing that should be visible when the kit is opened, is a first aid action checklist with prompts such as:

- ABC – priority over all else
- Should rider be moved – yes/no
- Should helmet be removed – yes/no
- Location details/track location, to speed 111 centre call.
- Non-urgent 0800 number for St John assistance (0800 426 285) check this is correct for your area.

CLUB FIRST AID REQUIREMENTS

BMXNZ requires, as a minimum, a competent First Aider to be on site during any organised club event. For all official calendared events/meets St John will be contracted to provide the necessary level of first aid.

The following event list and corresponding medical cover is a BMXNZ best practice guide for medical cover at BMX gatherings and events.

CATEGORY 9 & 10 event - non-calendared events/meets, including Club nights/days, training and at any organised Club sanctioned BMX based event is held.

- 1x Club First Aider (qualified)
- 1x Club First Aid Kit

Calendar Event – less than 250 Riders

St John

- 1x Emergency Medical Technician (EMT) experienced in cycle trauma (grazes, fractures, concussion)
- 1x First Responder (FR)
- On site Ambulance - Medical Base

Events - over 250 Riders

St John

- 1x Emergency Medical Technician (EMT) experienced in cycle trauma (grazes, fractures, concussion)
- 1x or 2x First Responder (FR)
- On site Ambulance - Medical Base
- Further staff resource customised to the event, generally an additional First Responder to bolster cover.

BMXNZ Major Events - Custom delivery dependant on rider numbers/location/event status