

# **Keswick Athletic Club : First Aid Protocol**

## **For Fell Race Marshals**

**1 Minor injuries : Where the Runner is able to continue.**

**-Use your first aid kit.**

**-Ensure that the runner has any support they need in continuing.**

**-Inform Race Control and other marshals about the runner.**

**2 Serious injuries, exhaustion, or other circumstances where the runner is unable to continue.**

**-Keep the runner warm, using your bivvie shelter.**

**-Administer first aid, or see if anyone with first aid training can assist, for example, another marshal, or runner.**

**-Contact the Police, and request Mountain Rescue assistance, giving your location-using a grid reference-and details of the runner's condition, and any other relevant information, notably any medical conditions.**

**-If you are unable to contact the Police, contact Race Control, giving the above information, and the runner's number, and request assistance.**

**NOTE : Race Control should be informed, and updated on progress throughout the incident, whether or not you can contact the Police.**

**-Keep the runner warm and reassured, and monitor their condition.**