

Eastern Veteran's Cycling Club

GUIDELINES FOR RACE OFFICIALS - ACCIDENT & INJURY

If you come across an accident take the following actions;

- Secure the scene; send somebody up the road and somebody down the road to warn on-coming traffic of the situation. Ensure these individuals take appropriate precautions for their own safety.
- Assess the situation and call an ambulance if required (see below)
- **Do not** move the patient unless his/her location puts him/her in danger of further injury, or death.
- Do not allow the injured person to stand or sit up.
- **Do not give the patient anything to drink.**
- Stem major bleeding by applying direct pressure with a clean dressing over the wound site.
Take care to avoid getting blood in eyes, mouth, nose or any open wounds
- **Do not** splint any apparent breaks; let the ambulance officials do that.
- Keep talking to the injured person, assure them that help is on the way.

The following injuries / conditions after a fall or incident indicate that an ambulance should be called;

- Loss of consciousness, even if only momentary
- Altered conscious state - inappropriate response to questions or surrounds.
(maybe as a result of loss of consciousness, heat stroke, hypoglycaemia)
Questions like the following should be asked of the injured;
 - What day is it?
 - What is today's date?
 - Where are you?
 - What are you doing?
- Broken helmet - indicative of a severe head strike
- Blurred or distorted vision, light-headedness
- Cervical (neck) pain following a fall
- Lower back pain following a fall
- Any type of chest pain or irregular heart beat
- Any abnormal breathing difficulty
- Any suspected significant bone fracture (possibly excludes fingers or toes)
- Any significant eye injury
- Deep lacerations that may require suturing
- Penetrating injury to head, neck, chest, abdomen or groin
- Or where the injured / afflicted person requests an ambulance

If any one of the above conditions is present an ambulance should be called regardless of the patient's wishes. The insurance cover provided by a member's AVCC registration covers 80% of the cost of ambulance attendance.

See over for instructions on calling an ambulance

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Guidelines for calling an Ambulance

To call an ambulance dial 000

Having dialled the emergency services number you will be asked the following two questions;

- What service do you require? (Ambulance)
- What state are you in? (Victoria)

Having replied to these you will be put through to the relevant state service where you will be asked more questions;

- What is the location of the emergency?
Provide the street name, suburb and nearest major intersection
eg. METEC, Colchester Rd, Kilsyth, between Mt Dandenong and Canterbury roads

See table below for Eastern Vets race circuit details.

- What is your contact number?
- What is the nature of the emergency?
(Cyclist has fallen and /is unconscious/has a broken leg/is bleeding from .../)
- How many people are involved?
- What are the ages of those requiring assistance?
- Are they conscious?
you may have stated this already but answer it again
- Are they breathing?
you may have stated this already but answer it again

As difficult as it may be, **answer these questions calmly and clearly.** The dispatch staff have a protocol to follow and your complying with it speeds the process. An ambulance will have been dispatched as soon as you stated the location, all subsequent questions are so the para-medics will know what they are facing. Having answered the above questions you will be asked a series of further questions which you should answer as accurately and clearly as you can.

If there is no mobile coverage in the area where the incident occurred dial 112 (I can't promise that this will work but try it).

If this doesn't work send somebody (with appropriate understanding of the situation) to a neighbouring property or to an area that has mobile coverage and have them call from there.

Details of race circuit locations are overleaf.

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Race circuit details for Ambulances.

Circuit	Description	Melways
Casey Fields	Berwick-Cranbourne Rd, Cranbourne Extension of Sladen St (intersects Sth Gippsland hiway). 1.5k east of Cameron St. (Crit circuit is in south-east corner of complex)	134 E8
Dunlop Road	Mulgrave, Race Control is in Geddes Rd, 300m west of Springvale Rd Circuit is Geddes Rd, Dunlop Rd, McDonalds Rd	71 A10
METEC	Colchester Road, Kilsyth	51 D8
Arthurs Creek	Cottles Bridge-Strathewen Road Circuit is (Arthurs Creek – Strathewen) (north of Nankervis Road, Arthurs Creek) Race control is in Greens Rd off Hurstbridge-Arthurs Creek Rd (by the CFA)	510 N12
Don Valley	Don Road, Don Valley (off Warburton Hiway, Launching Place)	287 H1
Kernot	Kernot-Loch Road, Kernot (5k inland from Grantville – Grantville-Glen Alvie Rd). Race Control is Kernot Community Centre (next to CFA) Circuit = Kernot-Loch Rd, StHellier-Woodleigh Rd, Gurdies-StHellier Rd, Stewart Rd, The Shutoff Rd, Grantville-Glen Alvie Rd, Kernot-Loch Rd	X912 R10
Killara Road	Killara Road, Gruyere (off Maroondah Hiway, Coldstream) Race Control is Gruyere Oval, cnr Killara Rd & Cahillton Rd	282 F10
Macclesfield	Macclesfield Road, Macclesfield (off Belgrave-Gembrook Road ~2.5k) - Race Control is 400m north of primary school, just past CFA	309 C5
Steels Creek	Steels Creek Rd, Yarra Glen (Yarra Glen Cemetery) Race Control 300m NE of Symonds Rd (cemetery)	266 J11
Yarra Junction	Yarra Junction – Noojee Rd (Little Yarra Rd) (off Warburton Hiway, Yarra Junction) Race Control is Upper Yarra Secondary College, on Yarra Junction-Noojee Rd	288 G10