

The most medical issues that arise during a meet are minor and can usually be handled right there at the finish area.

- Mosquito bites
- Wasp stings
- Cuts, scraps, and gouges
- Sprained ankles or wrists
- Slight dehydration or hypothermia

Even though minor, please fill out an incident report and turn it into the VP of Events. If first aid kit needs replenishing, please inform the VP of Equipment.

Major Injury or Other Medical Emergency

In the event of a major injury or other medical emergency (e.g. a heart attack or stroke), remain calm and assess the situation.

- How urgent is the emergency?
- Is the injured person near the finish area, or will they need to be rescued from the field?
- Do any volunteers or other participants have medical training?

Actions to be taken, may include:

- first aid on the scene to assess and stabilize;
- arrange transportation to hospital if needed;
- or call 911 in case of an emergency.

If 911 is called, you may need volunteers to help guide first responders to the start area or out into the field.

After the dust settles, please fill out an incident report and turn it into the VP of Events. If first aid kit needs replenishing, please inform the VP of Equipment.