

Emergency Response Plan

BENDIGO ORIENTEERING CLUB

It is a requirement of Parks Victoria that Bendigo Orienteering Club provide the following in response to Emergency Management as the event is being operated under the "SPORTCOVER" Public Liability insurance as cited in the event permit.

- All participants have received and signed a copy of the 'Bendigo Orienteering Club Safety Regulations" (attached).
- All participants are required to carry a compass and whistle. A safety bearing will be indicated on the clue sheet carried by all competitors.
- A first aid kit is always available at the start/finish of the event and is able to be taken on the course by the emergency vehicle.
- Local emergency contact details will be held by the event organisers (attached).
- If a participant comes across an injured competitor, they are required to stop and render assistance.
- Bendigo Orienteering Club has established written procedures for dealing with late/lost competitors and medical emergencies. These documents are held by the event organisers at the start/finish (attached).
- In case of wildfire, the event will be abandoned and fire emergency services will be contacted. The responsible forest management authority (Parks Victoria or DSE) will be notified.

IF SOMEONE IS INJURED

1. STOP. Remain calm.
2. Assess the casualty using DRABC
 - **Danger:** What are the dangers to you, other competitors and the casualty.
 - **Response:** Is the casualty responding to your voice? If not try rubbing your knuckles on the casualty's breastbone.
 - **Airway:** Is the casualty's mouth and throat clear. Is the tongue out of the way? Do not move on to "Breathing" if you cannot clear the airway.
 - **Breathing:** Is the casualty breathing? Look, listen and feel.
 - **Circulation:** Does the casualty have a pulse?
3. Control major bleeding.
4. Consider your location and the location of the casualty.
5. If the casualty can walk without risk of worsening the injury:
 - Consider continuing only if the injury is minor.
 - Consider walking to an area accessible by road for evacuation.
 - Avoid difficult or thick terrain. Don't make it harder to be rescued in case you have to stop.
6. If the casualty should not be moved, plan to seek help.
 - Identify your location on the map as precisely as possible.
 - If other competitors are present, send 2 for help. Ensure they are aware of your exact location and the condition of the casualty.
 - If no other competitors are present, use your whistle's distress call until help arrives. The emergency signal is 6 short blasts followed by a pause then continue to repeat procedure.
7. Make the casualty as comfortable as possible.
 - Protect them from sun, heat, cold and rain.
 - Continuously monitor the casualty to ensure their condition does not deteriorate.
8. Make it easy for rescuers to find you.
 - Stay where you are if safe.
 - Keep using your whistle to aid rescuers trying to locate you.
 - Only if it is safe to do so, consider lighting a small signal fire.

FIRST AID SHEET

ANKLE SPRAIN

Sprains and dislocations are often associated with fractures. If there is any doubt about the injury, treat as if there is a fracture present.

- Apply a firm compression bandage starting at the foot and progressively working up the leg to 5-10 cm above the ankle.
- Elevate the affected ankle.

BLISTERS OR 'HOT SPOTS'

To assist in prevention of blisters, apply tape (or similar) to susceptible areas before the event commences. If blisters form, apply tape directly over the blister. Do not burst the blister as this often leads to infection.

OPEN WOUNDS

- Control bleeding by applying immediate and direct pressure to the area.
- If possible, elevate the affected area.
- In the event of a deep laceration, apply a sterile dressing if possible, and apply a firm bandage over the top. If blood continues to soak through the bandage, apply another bandage over the top. Do not remove the original bandage.
- If significant blood loss occurs watch for signs of shock.
- Anyone with a deep wound should be immediately returned to the finish. Use your whistle's distress signal to alert help for assistance if required.

HYPOTHERMIA

Signs of hypothermia include confusion, behavioural changes, irritability, altered speech or vision, shivering, clumsiness, cold pale skin and apathy.

- Shelter from the wind, wet, and cold air where possible.
- Wear extra clothing and huddle for warmth.
- Snack on small amounts of high-energy food/ drink.
- Do not rub the skin or sit in front of a fire if hypothermia is severe.

DEHYDRATION

Warm temperatures, prolonged physical activity and inadequate fluid intake can lead to dehydration. Signs include pale clammy skin, profuse sweating, nausea, cramps (particularly calf muscles) and altered mental state. Severe dehydration can be life threatening; signs include hot, dry, flushed skin, visual disturbances, altered mental state, convulsions and coma.

- Seek shade.
- Encourage drinking of water unless conscious state is compromised.
- Cool the person by wetting clothing and fanning with maps.
- Send others to the finish for assistance.

EYE INJURY

If a wound to the eye is severe do not examine the eye as this may lead to the content of the eye herniating out of the wound.

- Lie casualty on their back and instruct casualty not to move their eyes.
- Wrap a bandage or apply eye pads to BOTH eyes and secure lightly.
- Ensure there is no pressure on the eye.
- Send others to obtain assistance from a qualified first aid attendant. Where possible avoid walking the casualty.

SNAKE BITE

Assume all bites are from venomous snakes.

- Immediately apply a firm bandage to the limb. Do not prevent blood supply to the limb.
Check there is still a blood supply to the limb.
- Splint the limb and advise the casualty to lie completely still.
- Send for assistance ASAP.
- Do not apply a tourniquet or walk the casualty back to the finish.

FRACTURES

A fractured limb may or may not be deformed.

- Send others to obtain assistance from a qualified first aid attendant.
- Immobilise the limb by bandaging a padded splint to the limb (or one leg where possible can be splinted to the other).
- For open fractures (where the bone has punctured the skin) treat as you would for wounds and then immobilise the limb.
- Watch for signs of shock developing (warm casualty and lie them down).

RECOMMENDED SEARCH PROCEDURE

Finish Officials

At an early stage in the event, when there is an indication that a competitor has been out too long. Begin by finding the competitors vehicle and making contact with family and/or friends. Try to determine the likelihood of a problem as early as possible.

Control Collector

Only after the course has been closed should control collectors start to pick up controls. They should travel in the general course direction and should be on the lookout for overdue competitors and assist them to return to the finish.

Track Patrol

Only after the control collectors have returned, should a track patrol be started. The map should be divided into sectors and vehicles allotted to patrol accessible tracks. Patrols should report back after a specified time.

Foot Search

The initial foot search should be of teams of at least two (preferably three) searching by sectors for a specific duration (eg 1 hour)

Alert Authorities

Depending on weather and time of year when the event is being conducted, consideration must be given to alerting the Police as early as possible. Preferably when the results of the initial track patrol are available. This may be as early as one hour after the close of the courses.

REFER TO APPENDICES FOR EMERGENCY PHONE LISTING

EMERGENCY CONTACT LIST

BENDIGO ORIENTEERING CLUB

Emergency Contact	Contact Number
Police/Ambulance/Fire	000
Bendigo police station	5440 2510
DSE - Fire	5430 4644
Bendigo hospital emergency	5454 8100
SES Bendigo	5442 4841
Parks Victoria Bendigo	54304444
DSE Bendigo/ Fire Emergency	54304444/54304644
Bendigo club members - emergency response	
Neil Barr	54421817 0427496422
Jim Russell	54426338 0411125178
Terry Davidson	54424905
Julie Flynn	54421817 0427496422
Craig Feuerherdt	54423104 0438050074
Colin Walker	54396427 0458509848