



## **First Aid**

You are here at Wildflower to help with communications. Fulfilling your communications duties require you to be in close proximity to race participants, some of whom may get hurt. Your medical help should not extend past giving participants water and/or band aids for small injuries. Any major injuries, including broken bones, massive bleeding, car-vs-bike accidents, etc, should be left to the professionals (Fire/EMT/Paramedic). When in doubt, call Control and they will help you with your situation.

You will be provided with a small first aid kit by the medical tent; make sure to get one before departing to your position on race day. The 2006 kit included gloves, tape, antibiotic ointment, gauze, and bandages. The 2007 kit will probably contain similar items. If you need to replenish your first aid supplies during the event, come to the Visitors Center, where there will be a box with more kits and extra supplies. Also make sure to bring extra water wherever you travel.

The vast majority of medical emergencies occurring at Wildflower are dehydration, heat exhaustion, and hypothermia. Obviously hypothermia and heat exhaustion do not usually occur during the same year because of different weather conditions, but dehydration occurs in any type of weather. Symptoms of dehydration include a dry mouth, rapid pulse, dry skin, confusion, and vomiting. Sit the person down in the shade and give them lots of water to drink. If the person is unable to drink any water, bring them to the medical tent or call an ambulance.

Remember, our primary objective at Wildflower is to provide communications, not first aid. If you think you have skills that are better utilized by Medical rather than Communications (such as EMT or advanced training), please let us know. We have a standing agreement with the Medical team that if a person comes from communications they will be dispatched by the Medical dispatcher back to communications to be paired with a communications volunteer. Once on scene, the EMT can perform EMT duties and the Communications volunteer can work the radios. This shuffling of people is required so that the Medical team knows who is qualified to do what and is positioned where on the course, and give them special instructions.

### **If You See an Accident:**

1. Before getting out of your car, alert Control using your tactical callsign. For example, say "Control, this is Rover 12 with emergency traffic." Tell the dispatcher your location is and what type of emergency it is.
2. Put on your sterile surgical gloves.
3. Get out of your car and asses the situation.
4. Report back to Control and let the dispatcher know what is happening. Request additional medical help if necessary.
5. Render any assistance. If the accident is severe, wait until qualified medical personnel arrive (see above). Remember, as soon as you touch a race participant, they are automatically disqualified from the race per USAT rules. You can't hand anything to participants either, but you can place bandages or water on the ground and have them pick it up.



**Things to Remember:**

- Know your limits! Provide treatment that you are comfortable with, and no more. Trained EMS professionals are only minutes away.
- In the case of a head, neck, or back injury (bicycle crash), keep the patient still to avoid aggravating their injuries.
- To treat for shock, elevate the patient's legs and cover them with a blanket.
- Don't give water to patients you think might be transported by ambulance. If they are dehydrated, the paramedics will give them fluids through an IV.
- If they're wearing a helmet and haven't removed it by the time you get there, encourage them to leave it on. Let the professionals determine whether or not it should be removed.
- To stop major bleeding, use the sterile gauze and apply direct pressure. Don't release the direct pressure until Fire/EMS arrives, and if the gauze soaks through, add more, don't replace what's already there.
- Always wear your gloves when dealing with bodily fluids. None of us want to come home from the weekend with a nasty disease.
- Get training before the event. Even a simple Red Cross first aid course is better than nothing. Advanced First Aid, First Responder, or EMT courses are even better!