

## **UKA ROAD RUNNING: LEVELS OF MEDICAL COVER**

Event organisers must be able to demonstrate that sufficient consideration to duty of care, and any risks that may be associated with the event, including medical requirements, have been appraised and planned accordingly within the risk assessment.

Suitably qualified First Aid/ Medical personnel must be available at the Start, the Finish and on the Course according to the severity, nature of the course, distance, size of field and likely temperature.

NB. All First Aid/Medical provision must be compliant with any statutory requirements that may be in force at the time of the Risk Assessment being undertaken.

**The following Levels are part of a voluntary system of medical grading to be introduced in 2006**

*A provision equivalent to Level 1 is the minimum required for the issue of a UK Athletics Road Race Permit.*

### **LEVEL 1 (Basic "1 star" level)**

- Personnel - first aiders. The number to be determined by the race organisers.
- Lead first aider - nominated person who liaises with race organiser
- Ability to contact emergency services for medical support
- Communication between on site first aid team and with race marshals
- Ambulance - not required but may be present
- ALS - defibrillator not required but may be present

### **LEVEL 2 (Standard "2 star" level)**

- Personnel – Level 1 standards plus a mix of appropriately skilled paramedics and/or doctors and/or nurses. The exact number and mix to be determined by event circumstances.
- Nominated person - person from within the medical team who has the necessary competencies for the organisation and deployment of medical resources
- lead clinician - doctor or paramedic or nurse from within the medical team who takes charge of clinical care.
- Ambulance - ambulance cover on site. Number and site determined by the nominated person according to race requirements and conditions.
- ALS - automated defibrillators available. Number and site determined by nominated person.
- Communications - Control centre with equipment for communication between race officials, medical personnel, nominated person, lead clinician and other agencies.
- Treatment Centre(s) - Site and number dependent on the local circumstances and number of runners.
- Physiotherapists - not compulsory but welcome
- Podiatrists - not compulsory but welcome

### **LEVEL 3 (Enhanced "3 star" level)**

- Personnel – Level 2 standards plus first aiders, nurses, other paramedical clinicians with ALS/ATLS/BASICS training.
- Medical Director - the medical director will be responsible for the strategic planning of the medical support services. They would determine overall policy and Level of resources for the event but not be responsible for the tactical implementation of the strategy. Reporting to the race medical director would be another medical officer who implements the strategy and ensures that the resources are most effectively deployed. There may be more than one of these medical officers dependent upon the complexity and size of the event.
- Reporting to this (these) medical officer(s) would be medical team personnel deployed in locations within the event. In the event of an emergency this medical officer would manage the incident but keep the other medical officers informed as necessary. There may also be other specialist expertise deployed with certain equipment that could respond to specific incidents. (This principle is based upon a typical St John Ambulance command structure for such an event).
- Ambulance - ambulance cover on site. Number and site determined \*by the medical director according to race requirements and conditions.
- ALS - automated defibrillators available. Number and site determined by medical director.
- Communications - Control centre with equipment for communication between race officials, medical personnel, nominated person, lead clinician and other agencies.
- Treatment Centre(s) - Site and number dependent on the local circumstances and number of runners.
- Physiotherapists - recommended but not compulsory
- Podiatrists - recommended but not compulsory
- Sports Medicine doctors - recommended but not compulsory