

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	134 E8	
	Emergency Marker: CAS108		
	Nearest Intersection:		Sladen St (Berwick-Cranbourne Rd) / South Gippsland Hwy
	Race Control:		Criterium Circuit, Casey Fields, 2k east of South Gippsland Hwy
	Circuit:		South-east corner of complex
Dunlop Road	Dunlop Road, Mulgrave	71 A10	
	Nearest Intersection:		Dunlop Rd / Springvale Rd
	Race Control:		Geddes Rd, 300m west of Springvale Rd
	Circuit:		Geddes Rd, Dunlop Rd, McDonalds Rd
METEC	METEC Driver Training Centre, Colchester Road, Kilsyth	51 D8	
	Nearest Intersection:		Colchester Rd / Canterbury Rd (800m south) Colchester Rd / Mount Dandenong Rd (1k north)
	Race Control:		METEC
	Circuit:		METEC
Arthurs Creek	Cottles Bridge-Strathewen Road , Arthurs Creek	510 N12	
	Nearest Intersection:		Arthurs Creek Rd / Hurstbridge-Arthurs Creek Rd / Greens Rd
	Race Control:		Greens Rd, Arthurs Creek Rd end
	Circuit:		Cottles Bridge-Strathewen Rd (north of Greens Rd)
Avenel - Seymour	Seymour-Avenel Road, Seymour	910 M5	
	Nearest Intersection:		Seymour-Avenel Rd / Goulburn Valley Hwy
	Race Control:		Seymour-Avenel Rd, 1km north of Goulburn Valley Hwy
	Circuit:		Seymour-Avenel Rd (north of race control)
Don Valley	Don Road, Don Valley	287 H1	
	Nearest Intersection:		Don Rd / Warburton Hwy, Launching Place
	Race Control:		Don Valley, 2k north of Warburton Hwy
	Circuit:		Don Rd (north of Don Valley)
Eildon	Back Eildon Rd, Eildon	610 U8	
	Nearest Intersection:		
	Race Control:		Back Eildon Rd, 2k west of Eildon
	Circuit:		Back Eildon Rd, Goulburn Valley Hiway
Gruyere	Killara Road, Gruyere	282 F10	
	Nearest Intersection:		Maroondah Hwy / Killara Rd, Coldstream
	Race Control:		Gruyere Oval, Killara & Cahilton Rd, 5k east of Maroondah Hwy
	Circuit:		Cahilton Rd, Medhurst Rd, Killara Rd.
Macclesfield	Macclesfield Road, Macclesfield	309 C5	
	Nearest Intersection:		Belgrave-Gembrook Rd / Macclesfield Rd
	Race Control:		Macclesfield Rd, 400m north of primary school, just past CFA
	Circuit:		Macclesfield Road
Newham	Woodend-Lancefield Rd, Newham	609 H9	
	Nearest Intersection:		Woodend-Lancefield/Don's Rd, Newham
	Race Control:		Woodend-Lancefield Rd, 200m east of Dons Rd
	Circuit:		Woodend-Lancefield Rd, Three Chain Rd, Dons Rd
Yarra Glen	Glenview Rd, Yarra Glen (Yarra Glen Cemetery)	266 J11	
	Nearest Intersection:		Yarraview Rd / King St
	Race Control:		Yarraview Road, 1.5k south west of King St
	Circuit:		King St, Yarraview Rd, Glenview Rd.
Yarra Junction	Yarra Junction – Noojee Rd, Yarra Junction	288 G10	
	Nearest Intersection:		Warburton Hwy / Yarra Junction-Noojee Rd
	Race Control:		Upper Yarra Secondary College, Yarra Junction-Noojee Rd
	Circuit:		Yarra Junction-Noojee Rd