

# FIRST AID COVER



## BMXNZ First Aid Duty of Care

**Every year we have hundreds of riders going to race events across New Zealand.**

Many of us are part of the organisers making these events happen, BMX New Zealand (BMXNZ) advise clubs that there is a Duty of Care to the sport to minimise the medical risks and ensure riders get immediate medical attention if they need it. When using a medical service, you need to feel confident that your event is in safe hands and that the team can provide a seamless pre-hospital service.

**Negligence is the result when event organisers do not make the appropriate plans to provide a safe environment for everyone there. It is our Duty of Care to plan & provide appropriate services to meet the need of our sport.**

## The BMXNZ Regulations regarding First Aid

All clubs must deliver a level of care for their members during any club organised club event, training or gate session. It can be a club first aid person through to a full medical team. The need will be based on the scale of event. Following are regulations of the sport;

**1.001a** All non-sanctioned meetings run by any BMXNZ Affiliated Club should deliver a minimum level of management & care. In these non-sanctioned or off-calendar meetings, clauses 1.004 Race Commissaire & 1.007 First Aid Officials must be in effect at a level that suits said meeting. See the BMXNZ Event Matrix for detail. BMXNZ Health & Safety regulations are in effect at all times for ALL BMXNZ affiliated Club actions.

### First Aid Officials

At least one first aid unit and an adequate number of first aid staff shall be in attendance during all practice and race sessions. First aid personnel must be stationed in the infield and a clear exit route for the ambulance leading to a public thoroughfare must be provided and maintained throughout the progress of the event.

## Who should you use for medical services at your event?

### Qualified to NZ standards

Event staff that are fully qualified for their clinical practice level and have ongoing clinical training to keep their skills in line with current best medical practices.

### Reassurance

If a serious incident occurs can the supplier quickly scale up the intensity of medical support at your event and collaborate with other emergency services.

### Tailored assessment

Get an event advisor, who will work with you to understand your event and assess the event's medical risk.

### Event report

Make sure you are provided with a post event report and can attend debrief meetings (if any provided) to assist you with future event improvements

BMXNZ understand that the level of standards of differing providers will vary & the costs are growing, a consistency of process and supply can't be replicated across all of New Zealand. If the members of BMXNZ wish to plan & organise their own First Aid suppliers, then BMXNZ propose the following Duty of Care detail to mitigate the reaction to put costs ahead of the riders health & safety.

## Defining your First Aid cover

BMXNZ can supply a formula to determine the base time needs of a race meeting, this will be a shortest time cover of care that is acceptable to BMXNZ. The club can then add to this as they see fit. The base level of care should not be under supplied. Please contact BMXNZ for the calculation.

# FIRST AID COVER



## Types of medical service needed at your event

Based on the size, type & medical risk of your event BMXNZ recommends a team comprising of the correct number of medical staff with the right skill levels for your event. These are St John standards that any other supplier should match too, so that you can understand the service level delivery.

The qualified event medical staff can be broken down into the following categories.

- First Responders
- Emergency Medical Technicians
- Paramedics
- Intensive Care Paramedics

### First Responders

A First Responder can provide advanced first aid and support patients before more experienced help arrives. They are ideal for events that have a small or medium sized crowd and where there is a low likelihood of significant injury.

Skills include pre-hospital emergency care, patient assessment, management of minor wounds and burns, fractures, soft tissue injury. Also trained in resuscitation, use of an automated external defibrillator, oxygen therapy, CPR, airway management and can give inhaled pain relief to manage pain (on consultation with a clinical advisor).

### Emergency Medical Technicians / Basic Life Support (BLS)

These Emergency Medical Technicians are qualified medics who can administer inhaled pain relief without consultation and assess patients with a wide variety of medical and trauma conditions. Ideal for events where there is a small to medium risk of injury or illness, such as junior contact sports or intermediate endurance events. They can also lead a team of First Responders. In addition to the skills of a First Responder they can also practise:

Nebulised salbutamol (breathing problems), nebulised ipratropium (breathing problems), nebulised adrenaline (breathing problems and allergy), GTN (heart problems), IM glucagon (diabetic), oral ondansetron (nausea) and oral loratadine (minor allergy), insertion of nasopharyngeal and laryngeal airway adjuncts, PEEP valve (airway and breathing problems) and emergency tourniquet (blood loss).

### Paramedics / Intermediate Life Support (ILS)

Paramedics can administer a wide range of pain relief and have experience in the management of medical and trauma conditions, with additional knowledge in the recognition and management of heart problems. Paramedics are suited to medium to high risk events as they can stabilise and manage the majority of patients encountered. Paramedics can also lead a team of First Responders and Emergency Medical Technicians for larger events.

In addition to the skills of an Emergency Medical Technician, they can also practise:

IV cannulation (fluid replacement and drug administration), IV fluid administration, IV glucose (diabetic), lignocaine (pain relief), morphine (pain relief), fentanyl (pain relief), naloxone (drug overdose), IV and IM ondansetron (nausea), IV and IM adrenaline (major allergy), amiodarone (heart problems), ceftriaxone (systemic infection) and midazolam (stops seizures), manual defibrillation (cardiac arrest), synchronised cardioversion (heart problems) and 12 lead ECG (heart problems).

### Intensive Care Paramedics / Advanced Life Support (ALS)

Intensive Care Paramedics have advanced skills in patient assessment and management. Clinical skills are focused on complex medical and trauma cases, including advanced cardiac condition management, a wider range of pain relief and complex airway management techniques. They usually work as part of a team of Paramedics, Emergency Medical Technicians and First Responders and are suited to events where there is a high risk of serious injury.

In addition to the skills of a Paramedic, they can also practise:

laryngoscopy (major airway problems), endotracheal intubation (major airway problems), rapid sequence intubation (used for complicated major airway problems), capnography (major airway problems), cricothyrotomy (major airway problems), chest decompression (major trauma and lung problems), IO access (complicated drug administration), atropine (heart problems), adenosine (heart problems), ketamine (complicated pain relief) and external cardiac pacing (complicated heart problems).

Intensive Care Paramedics have advanced skills in patient assessment and management.

# FIRST AID COVER



## Medical and treatment facilities:

When planning First Aid for an event, you will need to work with a supplier who understands your event and location to assess the facilities needed. BMXNZ recommend three levels of onsite facilities as the base starting point.

**First aid post** - used at venues where it isn't suitable to use ambulances or at smaller meetings where an ambulance is on call. At larger events, multiple first aid posts may operate.

**Ambulance** - designed to provide advanced on site care and able should the need arise for the patient to be transported to hospital. They will be run by a team of experienced staff, which should include ILS or ALS staff. If large patient volumes are anticipated, those who require minor first aid are referred to an adjacent first aid post.

**Triage Tent** - is an extension of the ambulance and is usually deployed at very large events where large patient volumes are anticipated.

## Event assessment:

Use a supplier who understands or is experienced with BMX, they should work with you to understand your event and assess the event's medical risk.

Factors considered include:

- event type and associated risks
- event location and proximity to hospitals
- number of attendees and profile
- competitive levels of sports events
- time of year.

Once your supplier has assessed the event they will recommend a solution that is tailored specifically for your event. The proposal will include details such as the number of staff, their qualification levels and type of facilities or vehicles required.

BMXNZ recommend a First Responder (FR) and a Basic Life Support (BLS) with an support vehicle (e.g. Ambulance) at all race meetings. As the number of riders increase above 200, additional FRs and BLSs can be used, Intermediate Life Support (ILS) can also be added, for higher level support, along with additional treatment facilities.

## Event report:

After each event your supplier should provide you with a debrief report that includes details around:

- number of casualties
- details of any injuries/illness (concussions **MUST** be noted and advised to BMXNZ)
- number of patients taken to hospital.

The race meet organiser should also work together with the supplier to identify if any changes need to be made for future events. BMXNZ plan to record & supply detail of all injuries, in line with ACC needs to understand the needs of the sport & plan medical care to support the country's needs. All meeting reports are to be supplied back to BMXNZ.

All clubs are to send all confirmed arrangements of First Aid to BMXNZ, so these can be recorded against each meeting. We can then understand what is working & what is not, so the benefit can be pushed to all of the sport.

## Summary:

Any medical supplier may be used. But the duty of care must NOT be compromised by cost.

If clubs follow the above detail & ask BMXNZ for assistance to confirm event needs. Then the sport can be assured that due care is taken and a good service is delivered.

BMXNZ can & will continue to plan & arrange all First Aid for sanctioned calendared meets. As required by the Regions. This will be done through St John, the only Nationwide provider.