

Response to Accident or Medical Emergency at Lakeside

It is some time, about 6 years, since we had an emergency during racing at Lakeside. Since then, some thought was given to the nature of our response, by the Club Committee and the Sail Committee, and this has changed over time.

The agreed Club policy is that this individual safety IS a personal responsibility, and not the Club's. However, in the event of an emergency when we are all together, we would want to be able to take correct and immediate reaction to support the individual in distress. That is why the Club has purchased two defibrillators, taking account of the age profile in the Club.

The initial reactions will depend on the situation, but will broadly be - Call 999 (give the gate as the location), give first aid, and open gate and meet first responder.

We recommend that members have a sealed emergency envelope containing their relevant medical documentation (anything helpful to the first responder paramedic), and important contact details, kept in their car glove compartment or rucksack. This is a sensible precaution anyway, for everyday life. This envelope should be clearly marked, such as, "Fred Bloggs - EMERGENCY & MEDICAL INFORMATION".

In addition, John Arrow (Sail Commodore) has a large first aid kit, plus a few military combat dressings for serious puncture wounds. These are his property, but there to be used. It is sensible to have you own first aid kit if possible.

John Arrow also carries one of the two Club owned defibrillators in his car. If he is away, he will pass the defibrillator to another sail member. There is also a Council defibrillator close to the Park gate.

If appropriate, someone will call a next of kin, or 'in case of emergency' number, if it is in the envelope, or if you have provided it when joining the Club