



What if there's an Accident (Oct 2019)

Dear Ride Leader

Despite our attention to safety on the road, and considerate and disciplined riding by all our members, accidents can happen. It's important therefore to clarify the responsibilities of a ride leader in the event of an accident, and the legal position (i.e. ride leader insurance).

In practical terms, a ride leader has a duty to protect and care for an injured rider until professional help arrives, as summarised below:

In the event of an accident:

1. **Assess the situation for DANGER:** – protect yourself, the injured person and others from harm. Send someone up and down the road to slow down, and warn traffic of the situation.
2. **Check the Casualty:** we have 20 qualified first aiders in the club and other retired medical professionals. Shout for help – let a first aider take charge of the casualty (see below).
3. If advised by the first aider or **if the injury is serious** (e.g. a head strike) get someone to **Call 999 straight away and report back to you.** (Emergency services can locate your position via a mobile phone if you are unclear of location.)
4. Unless you are certain there are no neck or spinal injuries, **do not move the person**, and do not offer drinks. Keep talking and reassure the injured person. Make sure they are warm – use a foil blanket if available and needed. If there has been a head strike, keep the head stable.
5. **Arrange security** for the casualty's bike and other possessions (e.g. glasses, hearing aids, wallet)
6. **Reassure the rest of the group** – they may also be in shock. Appoint another ride leader to continue the ride with those not directly assisting at the scene of the accident. Take photographs, and witnesses' names and numbers. Fill in a Cycling UK Incident Report Form as soon as you get back.
7. **If you are a first aider**, and confident to assist – follow your training (DRAB) Assess for **DANGER**; Check the **R**ESPONSE of the casualty; Check & maintain the **A**IRWAY; Check **B**REATHING for 10 seconds. If the casualty is breathing, place in the recovery position whilst supporting the head and spine, if not breathing proceed with resuscitation. Severe bleeding should also be attended to urgently.
8. **Attending to lesser injuries.** The club is distributing first aid kits that have all the necessary items to attend to lesser injuries and minor wounds and scrapes. It is important though to decide if the rider can continue (shock may be a factor here). It may be necessary to arrange alternative transport for the rider and bicycle. If the rider continues, he/she should be monitored. Do not leave an injured cyclist without ensuring their safe return home.

Insurance

Ride Leaders and First Aiders are insured if they assist in an accident and there is a subsequent claim against them. Refer to

https://www.cyclinguk.org/sites/default/files/document/2019/10/organisers_liability_insurance_faqs_2019-2020_web.pdf