

## RAMS/SAFETY ACTION PLAN

<b>Activity:</b>	NISSA
<b>Date(s):</b>	1-2 April 2023
<b>Location:</b>	Massey Athletics Track

What could go wrong?	What would cause it to go wrong?	How could we prevent it from going wrong?*	Whose responsibility is it?	When/where will it be done?	Emergency plans
<ol style="list-style-type: none"> <li>Physical injury sprains, abrasions, strains etc.</li> <li>Medical conditions; allergies</li> <li>Dehydration, Sunburn, Sunstroke</li> <li>Bathroom facilities</li> </ol>	<p>(People)</p> <ol style="list-style-type: none"> <li>No pre warm up</li> <li>Poor instructions</li> <li>Poor group control</li> <li>Inexperienced volunteers</li> </ol> <p>(Equipment)</p> <ol style="list-style-type: none"> <li>Faulty equipment</li> <li>Equipment not set up properly</li> <li>Danger with Hammer Throw</li> <li>Ground not properly maintained</li> <li>Sun</li> <li>Rain</li> <li>Lack of facilities</li> </ol>	<ol style="list-style-type: none"> <li>Athletes are responsible for own warm up, managers to provide first aid for teams. Ice, first aid, wheelchair, defibrillator provided on site.</li> <li>Experienced Officials to be briefed around their events re Health and Safety</li> <li>Officials to use group control systems</li> <li>Experienced officials to control events</li> <li>Equipment to be checked before use by Technical Manager</li> <li>Equipment set up by experienced officials</li> <li>Hammer to be held prior to or other all other events</li> <li>Ground check done prior to meet</li> <li>Sunblock and water hourse to be provided</li> <li>Athlete's to be prepared for all types of weather with appropriate clothing</li> <li>Teams need to supply own shelter</li> <li>Extra Portaloo's brought in for the event</li> </ol>	<ol style="list-style-type: none"> <li>Athletes/Team Managers/Meet Manager</li> <li>Meet Manager</li> <li>Officials</li> <li>Meet Manager</li> <li>Technical Manager</li> <li>Officials</li> <li>Meet Manager</li> <li>Massey Grounds Staff/Meet Manager</li> <li>Organising Committee</li> <li>Athletes and team managers</li> </ol>	<ol style="list-style-type: none"> <li>Designated warm up area for throws and all other events (top fields)</li> <li>Briefing pre-event, staff visit track before event, and briefing for all officials on April 1st</li> <li>During the Competition</li> <li>Officials to be confirmed 10 March</li> <li>Equipment to be checked prior to competition</li> <li>Set up 1<sup>st</sup> and 2<sup>nd</sup> April</li> <li>Amended programme to reflect venue limitations re Hammer</li> <li>Prior to meet</li> <li>Sunblock stands provided</li> <li>Notice given around clothing to team managers pre-event 15<sup>th</sup> of March</li> <li>On the day</li> <li>On the day</li> </ol>	<p>First Aid (DRABC) Rescue Evacuation Fatality</p> <p>Equipment/Resources: First aid kit kept on site</p>

**First Aid Plan (DRABCS-fast, ACHIEVE-slow, WRAPT)**

1. Approach the victim checking for *Danger* to you/group/patient and take charge of the situation
2. Check *Responsiveness*. Call out and talk to victim as you approach
3. Perform rapid initial assessment by checking: *Airway, Breathing, Circulation, Severe bleeding*
4. If necessary, treat to stabilise victim: open the airway, commence rescue breathing/CPR, control bleeding
5. Perform thorough secondary assessment: *Accident/illness details, Chief complaint/problem, History of medical details (Information gathering), Eat and drink- what and when, Vital signs, Examine- head to toe*
6. Act on what you find to make the victim comfortable: *Warmth, Reassurance, Assess again, Positioning, Treatment*
- 7. Ring St Johns or Ambulance in case of serious emergency**

**Rescue Plan- to rescue from further harm**

1. Take charge and look after yourself and the group
2. Assess the victim and your options
3. Set up the site
4. Stabilise the victim if required
5. Move the victim

**Evacuation Plan- to move patient to other care**

1. Assess patient mobility, personnel and equipment resources, and environmental conditions
2. If conditions are favourable prepare and assist patient to a pick-up point and/or medical care. Where patient transport is required this is best left to trained personnel. Contact Police for an evacuation. In absence of means of communication send out a written message (with 2 people preferably).
3. Care for the patient and group
4. In event of a helicopter rescue, prepare the landing site, attract attention of the helicopter crew

**Fatality Plan**

1. Stop the activity and look after group needs: shelter, fluids, food
2. Cover the body and create a no-go zone
3. Contact Police
4. Allow for grieving process
5. Activate school's own trauma plan

**Covid-19 Plan**

1. QR codes and hand sanitiser available at each entrance of the track.
2. Manual check ins available for those that can not scan QR code
3. Stay home if sick
4. Encourage physical distancing where possible
5. Comply with all restrictions for the level Manawatu is in at the time of this event