



WELSH ATHLETICS  
ATHLETAU CYMRU

## Race Director Fact Sheet: Number 7 Road

### Race Medical Guidelines.

#### EA Road Race Medical Guidelines

##### Background

The guidelines can be downloaded from the RunEvents Resource Centre.

An abbreviated summary of the guidelines for smaller road races of under 500 competitors can be also be downloaded.

Organisers of planned public events, such as road races owe a clear legal duty of care to their competitors to provide an adequate level of medical cover at their event. Whilst fatalities and serious injuries at UK road races are thankfully rare, they are inherent in any endurance sport, and the medical incidents which do occur are often of a type which respond well to basic medical intervention at relatively minimal cost. Proportionate medical cover can save lives, and reputations.

In the event of a serious medical incident or fatality at a race, race organisers could be held personally accountable by the coroner, health & safety executive and next of kin for how they decided what was 'adequate' medical cover at their event.

These guidelines are intended to assist race organisers and their medical providers both by removing uncertainty and transferring much of the responsibility for determining appropriate medical cover from individual race organisers onto the governing body - for the long term benefit of the sport of road running as a whole. The guidelines have been prepared by a working group from the Medical Advisory Group. The group includes experienced race directors, medical directors and medical providers responsible for delivery of medical services at a wide variety of road races. The guidelines are subject to annual review, in response to feedback from race organisers and changes in medical knowledge and procedures.

##### Determining the initial 'Matrix' Cover

As a starting point the guidelines provides a simple 'matrix' to calculate an initial minimum level of medical cover for a road race - according to the race distance and competitor numbers - the matrix will recommend a minimum number of first aiders, first aid posts, paramedics, doctors, nurses etc (where appropriate).

##### Adjusting the 'Matrix' Cover

The initial 'matrix cover' is based on a number of assumed 'standard conditions' (described in the guidelines) - for instance a single lap course, no significant changes from previous years' staging of the race. To determine the actual medical cover required for any particular race this 'matrix' assessment will need to be adjusted:

- Firstly to ensure that sufficient mobile resources are provided to reach an injured runner at any point of the course within 8 minutes of report of an injury, and

- Secondly to suit the particular circumstances of each individual race, such as multiple laps, accessibility to reach and evacuate casualties, a new race etc.

### **Further Guidance**

The medical guidelines also include guidance on:

- How to conduct medical risk assessments, including templates and worked examples. • How to select and what to expect from your medical provider, specifications for staff, equipment and resources.
- Details of typical injuries and medical conditions, and their appropriate treatment.