



First Aid Checks:

Team Name:.....

As a responsible participant in Adventure Races and any outdoor pursuit it is essential you have a knowledge of first aid. The following questions aim to refresh your memory as to the actions to take in the event of an accident. Feel free to use the books provided to look up answers.

1). What does DRABC stand for?
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D.....
R.....
A.....
B.....
C.....

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2). How should you position an unconscious person?
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5). Describe the signs, symptoms, possible causes and treatment of Septicaemia
Signs:
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3). How do you stop bleeding?
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6). Describe the sign, symptoms and treatment of a snake bite
Signs:
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4). Describe the signs, symptoms and treatment of Heat Exhaustion
Signs:
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Treatment:.....
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Treatment:.....
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First Aid Qualification Pre-Requirement

A minimum of two members of the team must have at the time of the race a first aid qualification appropriate for the activities undertaken in the event or other appropriate and relevant training and/or experience in first aid. Senior first aid certificate with resuscitation is acceptable.

Team Member:

Name:

Details of Qualification/ and or Experience:

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Signature:.....

Team Member:

Name:

Details of Qualification/ and or Experience:

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Signature:.....