



Forth Valley Orienteers

Orienteering at the Heart of Scotland

FVO Guidelines for Dealing with an Incident or Accident

Effective from 01 September 2004.

- Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
- Listen to what the injured person is saying.
- Alert the first aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Deal with the rest of the group and ensure that they are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency medics.
- Contact the injured person's parent/carer.
- Complete an [incident / accident report form](#).