

# AAC COMMITTEE MEETING

**3<sup>rd</sup> September, Travellers Rest**

London Marathon club entries: the club gets one guaranteed entry, which has been allocated to Selwyn for next year. Anyone interested for 2021, please enter for the public marathon ballot then if unsuccessful AAC will consider your request. Contact Paul in summer 2020.

Fairfield Race organizer needed 2020: Jon Deegan will do most of the pre-race organization but cannot be there on the day, but will offer as much support as possible, and will continue as RO afterwards. This RO vacancy will be posted on Facebook etc.

Arnison Crag as an AAC race? Tom Simpson was keen to take this race on. It is part of a show day and requires minimum help (2 or 3 people on the day). As long as Tom is happy to be RO the club can support this.

Junior Youth cup update: Saturday 20<sup>th</sup> June 2020. Nikki has just visited this year's event, and is excited at what will be a big occasion for the club and Ambleside as a town next year. There are about 15 U18 teams. Junior athletes will stay at the YHA and there will be a procession through town on Friday night. There will be an open uphill Wansfell race on Friday evening, the national junior championships race on Saturday morning, then the World Cup races are at lunchtime. On Saturday evening they have a cruise. Sponsors are partially agreed. There has already been a feature on Border TV.

Rugby Club winter training. We will re-book the clubhouse for Tuesday night training.

Club vests update. Cath is busy tracking down samples, which she will bring to the Wilfs supper evening. Nikki said that the juniors use WASP suppliers and are pleased with them.

Prize equality at races. Most AAC races have fairly equal Male & Female top prizes. If ROs then allocate prizes roughly in proportion to the number of M & F competitors this seems fair. Eg if there are 100 men, then maybe prizes for

the top 10. If there are 50 women, prizes for the first 5. There was a suggestion that guidelines would be useful.

First Aid course for juniors: Ben is arranging a short course, available to juniors and their parents, with LAMRT.

Club Kit: audit, upkeep, storage etc. Dan and Michelle have had a good sort out and tidy up of the club kit, and will purchase stackable tubs that will be clearly labelled. Someone has some club walkie talkies – please have a look!

Christmas Do: Probably Friday 13<sup>th</sup> December at the Golf Club in Windermere.

Paul Tierney's Wainwright talk: Thursday 26<sup>th</sup> September, Parish Centre.

Wilf's end of season do: Tuesday 15<sup>th</sup> October. 2 courses £12. Payment in advance is essential.

First Aid provision. The FRA has no guidelines on provision at races, so it is up to ROs to decide what cover they will provide. It seems that our traditional provider, St Johns Ambulance, are becoming more professional and thus more expensive. The cost of professional first aid cover is around £500-£700 for a day. In practice, suggests Dan, all that is needed is basic cuts and bruises first aid cover, that can be provided by volunteers within the club, in return for expenses. Any more serious incidents necessitate calling either mountain rescue or an ambulance, and this is what a more expensive provider would do in that situation. An ex-Paramedic, Dave Higson, has suggested he is happy to provide a volunteer first aid role at several AAC races.

Should the club buy a Defibrillator?

Although there was a discussion at the previous club meeting, this issue has aroused a lot of debate and perhaps is not as simple and clear-cut as initially thought. A number of people contributed at the meeting and in writing. Several RO's stated they would be happy to have one at their races, but there were also concerns about whether it is appropriate and practical for the club to purchase and use a defib.

It was stated that, in general, it is a good idea to have as many defibs as possible around the country, especially where crowds gather. As an event organizer, sometimes in remote locations, then there is a strong argument for having a defib at race HQ. Heart attacks are more likely amongst spectators perhaps than amongst athletes, and positioning a defib on the fells is unlikely to help a casualty, given the very limited window of time (less than 10 minutes) within which the defib can be used effectively. It was agreed that purchasing a defib for use at race HQ was a good idea, providing

there is a named person who can store and maintain it and is trained to use it. This could be our first aid provider.

- 5 AAC race organisers (Dan, Carolyn, Ben, Paul, Michelle) expressed a wish for the club to buy one for use at their race (but Eleanor as Todd Crag junior race organiser had concerns)
- Michelle and Paul T as organisers of Loughrigg and Wansfell said they would position one on the summit if one was available
- Dan stated that he felt that we have a duty of care to participants in our races and that having a defibrillator at the event centre (and with our shortest races, on the course) was another measure we could/should take alongside others: providing mountain shelters, radios, first aid provision, runners carrying kit, providing water at the finish etc, to make our races safer

A defib was actually used on the finish line of a Lakeland Trails race this year, and if this is possible why should the club resist getting one?

Some club members expressed serious concerns about the expectation that they would be responsible for providing emergency first aid with the defib. This stress would deter some people from marshalling. Expert medical opinion from GP Jon Rylance stressed that if we as a club provided medical equipment the expectation would be that we would have procedures in place for maintaining it, servicing it and that all users would be trained in its use. We might feel this is appropriate, but it is a serious undertaking that needs to be properly thought through. He also said that defibs are not generally useful with children.

Eleanor made many comments, amongst them: Has there been any new suggestion, recommendation or research by one of our umbrella bodies or a linked body (for example England Athletics etc) that shows that a defib is the most effective investment of money for local clubs in view to reduce risk of injury and death in our sport?

There were also concerns about the domino effect of unforeseen consequences:

Do we as a club set a precedent for providing healthcare? If we have a defib in one location and there is a casualty in a different location, why did we not provide one there as well? Relatives of casualties are unlikely to be understanding or supportive of a small volunteer run club which is seen to provide healthcare then seemingly fails to help their loved ones. Legal advice about the issues would be useful here.

Would other clubs feel that they have to follow our example?

Action: AAC to purchase a defib for use at races, primarily at race HQ, but also to be available on the course if ROs would like it. Also, we would ask 1<sup>st</sup> aid volunteer Dave Higson if he was willing to do first aid cover at our 'big 4' races (Langdale, Shires, Fairfield and Gt Lakes) and look after the defib if he was to have it at the event start/finish of the races he covered for the club.

Regarding maintenance, the club could ask Mountain Rescue if they would be willing to service ours when they do theirs annually.

