

Eastern Cycling Club Accident and Injury Procedure

If you come across an accident, take the following actions;

- Secure the scene; send somebody up the road and somebody down the road to warn on-coming traffic of the situation. Ensure these individuals take appropriate precautions for their own safety.
- Assess the situation and call an ambulance if required (see below)
- **Do not** move the patient unless his/her location puts him/her in danger of further injury, or death.
- Do not allow the injured person to stand or sit up.
- **Do not give the patient anything to drink.**
- Stem major bleeding by applying direct pressure with a clean dressing over the wound site. Take care to avoid getting blood in eyes, mouth, nose or any open wounds.
- **Do not** splint any apparent breaks; let the ambulance officials do that.
- Keep talking to the injured person, assure them that help is on the way.

The following injuries / conditions after a fall or incident indicate that an ambulance should be called.

- Loss of consciousness, even if only momentary
- Altered conscious state - inappropriate response to questions or surrounds.
(maybe as a result of loss of consciousness, heat stroke, hypoglycaemia)
Questions like the following should be asked of the injured;
 - What day is it?
 - What is today's date?
 - Where are you?
 - What are you doing?
- Broken or cracked helmet - indicative of a severe head strike
- Blurred or distorted vision, light-headedness
- Cervical (neck) pain following a fall.
- Lower back pain following a fall.
- Any type of chest pain or irregular heartbeat.
- Any abnormal breathing difficulty.
- Any suspected significant bone fracture (possibly excludes fingers or toes)
- Any significant eye injury
- Deep lacerations that may require suturing.
- Penetrating injury to head, neck, chest, abdomen or groin.
- Or where the injured / afflicted person requests an ambulance

If any one of the above conditions is present an ambulance should be called regardless of the patient's wishes.

The insurance cover provided by a member's AC registration covers the cost of transportation to a hospital.

See <https://au.marsh.com/sport/auscycling/members.html>

for more detail.

See over for instructions on calling an ambulance.

Guidelines for calling an Ambulance

To call an ambulance dial 000

Having dialled the emergency services number, you will be asked the following two questions.

- What service do you require? (Ambulance)
- What state are you in? (Victoria)

Having replied to these you will be put through to the relevant state service where you will be asked more questions.

- What is the location of the emergency?
Provide the street name, suburb, and nearest major intersection
eg. METEC, Colchester Rd, Kilsyth, between Mt Dandenong and Canterbury roads
See table below for Eastern Cycling race circuit details.
- What is your contact number?
- What is the nature of the emergency?
(Cyclist has fallen and /is unconscious/has a broken leg/is bleeding from .../)
- How many people are involved?
- What are the ages of those requiring assistance?
- Are they conscious?
you may have stated this already but answer it again.
- Are they breathing?
you may have stated this already but answer it again.

As difficult as it may be, **answer these questions calmly and clearly**. The dispatch staff have a protocol to follow and complying with it speeds the process.

An ambulance will have been dispatched as soon as you stated the location, all subsequent questions are so the paramedics will know what they are facing.

Having answered the above questions you will be asked a series of further questions which you should answer as accurately and clearly as you can.

If there is no mobile coverage in the area where the incident occurred dial 112 (I can't promise that this will work but try it).

If this doesn't work send somebody (with appropriate understanding of the situation) to a neighbouring property or to an area that has mobile coverage and have them call from there.

Details of race circuit locations are overleaf.

AusCycling Policies and Forms must be followed as the governing body.

- [AusCycling Concussion Policy](#)
- [AusCycling Incident Report Form](#)
- [AusCycling Critical Incident & Fatality Framework](#)

Criterion circuit details for Ambulances

Circuit	Description
Casey Fields	Berwick-Cranbourne Rd, Cranbourne
	Emergency Marker: CAS108
	Nearest Intersection: Sladen St (Berwick-Cranbourne Rd) / South Gippsland Hwy
	Start/Finish: Criterion Circuit, Casey Fields, 2k east of South Gippsland Hwy
	Circuit: Criterion Circuit in the South-east corner of complex
Dunlop Road	Dunlop Road, Mulgrave
	Nearest Intersection: Dunlop Rd / Springvale Rd
	Start /Finish: Geddes Rd, 300m west of Springvale Rd
	Entire Circuit: Geddes Rd, Dunlop Rd, McDonalds Rd
METEC	METEC Driver Training Centre, Colchester Road, Kilsyth
	Nearest Intersection: METEC is in a private driveway off Colchester Road Colchester Rd / Canterbury Rd (800m south) Colchester Rd / Mount Dandenong Rd (1k north)
	Start /Finish: METEC
	Entire Circuit: METEC
Holloway Drive	Holloway Drive, Bayswater
	Nearest Intersection: McLellan and Barry Street. (off Dorset Road)
	Start/Finish: In between Holloway Drive and Reid Street.
	Entire Circuit: Holloway Drive, McLellan St, Barry Street
Teardrop / The Loop	The Teardrop, Kew
	Emergency Marker YBP504
	Nearest Intersection: Yarra Boulevard & Johnson St
	Start/Finish: TEARDROP, Kew
	Entire Circuit: The Teardrop, off Yarra Boulevard. (.97k loop)
Bazalgette	Bazalgette Drive, South Dandenong
	Nearest Intersection: Bazalgette Crescent & Logis Blvd
	Start/Finish: Bazalgette Crescent, South Dandenong
	Entire Circuit: Bazalgette Crescent, Oppenheim Way, Babbage Drive, Logis Boulevard
Rocco Drive	Rocco Drive, Scoresby
	Nearest Intersection: Rocco Drive and Jellico Drive, off Nyadale Drive Scoresby
	Start/Finish: Jellico Drive
	Entire Circuit: Rocco Drive and Jellico Drive
Broadford State Motorcycle Complex	Broadford Road -Race Track
	Nearest Intersection: Strath Creek Road, Broadford
	Start/Finish: Broadford Speedway (Road -Race Track)
	Entire Circuit: Broadford Speedway (Road-Race Track)

Road Race circuit details for Ambulances

Circuit	Description	
Thornton	Back Eildon Rd, Eildon	
	Nearest Intersection:	Corner of Goulburn Valley Road and Back Eildon Roads
	Start	Service Road, northern side of Goulburn Valley Highway at the corner of Back Eildon Road and GV Highway.
	Finish	Back Eildon Rd, 2k west of Eildon
	Entire Circuit:	Back Eildon Rd, Goulburn Valley Highway, Centre road & High Street
Jindivick	Jacksons Track (Kydd Park Reserve)	
	Nearest Intersection:	
	Start	Kydd Park Reserve, Jacksons Track
	Finish	Jacksons Track road, 200metres from intersection of JTR & Main Jindick Road.
	Entire Circuit:	Jacksons Track, Old Telegraph Track, Old Main Jindivick Road, Main Jindivick Road.
Yarra Glen	Glenview Rd, Yarra Glen (Yarra Glen Cemetery)	
	Nearest Intersection:	Yarraview Rd / King St
	Start	Opposite YG Cemetery
	Finish	Yarraview Road, 1.5k south west of King St
	Entire Circuit:	King St, Yarraview Rd, Glenview Rd.
Gruyere	Killara Road, Gruyere	
	Nearest Intersection:	Maroondah Hwy / Killara Rd, Coldstream
	Start:	Gruyere Oval, Killara & Cahilton Rd, 5k east of Maroondah Hwy
	Finish	Cahilton Road, 1k from corner of Killara and Cahilton Roads.
	Circuit:	Cahilton Rd, Medhurst Rd, Killara Rd.
Avenel - Seymour	Seymour-Avenel Road, Seymour	
	Nearest Intersection:	Seymour-Avenel Rd / Goulburn Valley Hwy
	Start/finish	Seymour-Avenel Rd, 1km north of Goulburn Valley Hwy
	Entire Circuit:	Up and back along Seymour-Avenel Rd (north of start)