



First Aid - Guidance

Canoeing is a Water Sport, as such there is always present the danger of being capsized or in some other way getting into difficulty in the Water.

The prime danger from this is of Drowning. However, fortunately this is a very rare occurrence provided canoeist have practiced escape from a capsize situation and learnt self-rescue techniques.

All Participants should however learn and practice basic CPR techniques before joining Challenge. You may not need it yourself but you would then be able to help anyone else on the Challenge or another member of the Public in difficulty.

The main injuries which may be incurred during the event are:-

- Minor cuts, scratches or grazes
- Minor bruising
- Blisters (wear gloves when paddling!)
- Strains – in particular to wrist
- Exposure - either cold related or heat related
- Insect Sting / Bite – or Vegetation Rash

Each boat must carry a basic First Aid Kit:-

- plasters in a variety of different sizes and shapes
- small, medium and large sterile gauze dressings
- sterile eye dressing
- triangular bandage
- crêpe rolled bandage (suitable for wrist strain relief)
- safety pins
- disposable sterile gloves
- alcohol-free cleansing wipes

Make sure the kit is in a waterproof container.

The Challenge will arrange for more kit to be carried by support vehicles and at Accommodation.

The Challenge will advise who of their members is qualified in First Aid. It is expected that BB Staff members accompanying young people may also have First Aid qualification.

It is the responsibility of Minibus Drivers to ensure that their vehicle has appropriate First Aid Kit.