

### FIRST COMPETITOR ON SCENE ADVICE

If you are confronted with an incident and you are the first competitor on scene, the best advice anyone can give is: **DON'T PANIC.....assistance will be with you very soon.**

There are a number of immediate actions that you need to take in order to provide the event's safety services with as much information as possible.

Firstly, you must make an assessment of what has happened:

- **STOP** - take a breath.
- **LOOK** - visually evaluate the situation.
- **LISTEN** - what can you hear?

Your priorities after that will be to:

- Ensure that your nearest radio operator is informed by the second vehicle on scene in rally direction so that they can update the Stage Commander and Rally Control.
- Keep people away from the incident.
- Ensure a lookout is positioned to warn those on scene of any approaching vehicle.
- Warn other competitors in advance of the incident. If marshals are available, send one further back up the stage to warn approaching vehicles that there is an incident ahead.
- Ensure the warning triangle is out and the OK / SOS board is displayed.

### WARNING TRIANGLE

To warn following competitors of a stationary vehicle ahead.

Position 100 M before the incident and clearly visible

### SOS

Indicates to following crews if further assistance is required - ensure the correct side is displayed.

- Where possible, approach the vehicle from the front.
- Deal with any fire if trained to do so.
- Identify both the electrical cut-off and extinguisher switch and activate as required.

Electrical cutoff **Blue** triangle with **Blue OFF** anticlockwise arrow

Fire Extinguisher **Red E** in red circle

- Keep assessing the situation.

**If the competitor is still in the vehicle and the vehicle is on fire - GET THEM OUT IMMEDIATELY**

**If the competitor is still in the vehicle, is responsive and there is no risk of fire:**

- Approach from the front, look them in the eyes - do they seem aware of their surroundings?
- Speak to them, ask their name - do they respond?
- Any pain or loss of feeling - if yes, keep them where they are!
- Keep them calm.
- Keep them talking.
- **DO NOT MOVE THEM UNTIL PROFESSIONAL HELP ARRIVES.**
- Do nothing else.

**If the competitor is still in the vehicle, is unresponsive and there is no risk of fire:**

- Check if they are breathing - if not try to ensure an airway.
- Stop any life-threatening bleeding by applying direct pressure.
- Immobilise the head and c-spine (neck) but

**DO NOT REMOVE THEIR HELMET UNLESS THERE IS NO OTHER WAY TO ENSURE AN OPEN AIRWAY.**

**If the competitor is out of the vehicle:**

- Do not grab hold of them - they might be unaware of what is happening and become combative. Guide them to a place of safety away from the incident
- Speak to them, ask if they are OK? Keep someone with them.
- Once in a safe place, assess them for injuries:
  - Are they aware of their surroundings?
  - Any signs of injury / are they experiencing pain?
- Do not let them wander around, but keep them under observation.

Once the area is secured ensure that Rally Control is updated / informed accordingly wherever possible.

**RALLY CONTROL 07876 754325**

For further guidance, look at the safety video on the MSA web site which is aimed primarily at competing crews [https://www.msauk.org/The-Sport/Rally-Future#prettyPhoto\[video\]/2/](https://www.msauk.org/The-Sport/Rally-Future#prettyPhoto[video]/2/) Thank you



# DCC Stages 2018

in association with



## THE COBBLE SHOP

Saturday 24<sup>th</sup> March 2018, Ingliston, Edinburgh

### ROAD BOOK & SCHEDULE

Stage No	Mileage	Bogey	Target	Due Time Car 1
SS 1	5.9 miles	4m 43s	12 mins	09:00
SS 2	5.9 miles	4m 43s	12 mins	09:55
SS 3	5.8 miles	4m 38s	12 mins	11:20
SS 4	5.8 miles	4m 38s	12 mins	12:10
SS 5	5.8 miles	4m 38s	12 mins	14:00
SS 6	5.8 miles	4m 38s	12 mins	14:45
SS 7	5.9 miles	4m 43s	12 mins	16:00
SS 8	5.9 miles	4m 43s	12 mins	16:45
<b>Total</b>	<b>46.8 miles</b>			

Please note that the above due times are for reference only  
Actual due times will be given at the end of the previous stage