

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, loss of feeling - if yes keep them where they are!
- **Keep them calm and 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:

- Stop any life-threatening bleeding by applying direct pressure/ plugging the wound
- Ensure an open airway
- Immobilise the head and c-spine (neck)
- Check if they are breathing
- Treat any non-life threatening bleeding

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 and other competitors.
- 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

Afterwards please write a short report for the organisers and either hand it to the first control official that you reach or to the Competitor Relations Officer. This report should cover the facts as you know them and include times of the incident starting and when you left the scene; always include your own details so that the organisers can, if necessary, contact you.