

RAC policy for managing medical conditions in Adults and Children during training.

All participants should wear their wristband which will detail medical conditions and emergency contact information. If a wristband is not available or has been lost, then the diary on the desk in the shed must be completed with the person's name, emergency contact information and details of any medical condition.

Any adult or the parents/carers of any child who has a medical condition that could affect training, such as diabetes, asthma, epilepsy etc. or who has a severe allergy and carries an EpiPen **MUST** inform RAC of the condition **and provide a typed medical care plan** which details the exact symptoms of the condition, the treatment and the location of any medication. This will give RAC a clear idea of the medical requirements.

This medical care plan will be stored in a file, placed on the same shelf as the first aid equipment and defibrillator in the equipment room, so that it is easily accessible in case of an emergency. The equipment room is locked after each training session.

All participants must carry any emergency medication they may require for their condition (e.g., inhalers) during all RAC training sessions. This information should be in the care plan.

If any medication, such as an EpiPen, is required for an allergic reaction during a training session 999 **MUST** also be called immediately as the participant will require assessment by medical personnel. It is vital to be aware that EpiPen is not a definitive treatment for an allergic reaction but is merely First Aid until medical/paramedical support arrives. The person listed as the participant's emergency contact will be informed and given a copy of the incident which will be documented in the incident book.

All coaches must ensure that they complete a first aid course every 3 years.