

## **Emergency Action Plan**

1. Stay calm, think rationally. The way you react at this point will influence the outcome.
2. Alert others to the emergency by the following methods;
  - \* 3 cries for "HELP!" in quick succession
  - \* 3 blasts of your car horn
  - \* 3 quick whistles
  - \* Flashing your car headlights
  - \* Waving both arms over your headAll of the above will attract attention that is your aim.
3. Think of your own safety; never put yourself at risk while trying to help others.
4. Ensure that no one else is in danger.
5. Ensure that all kites are secure and disabled by putting sand, buggies, bags, etc on it to hold it down. The best method is to stuff the kite in a bag if possible. Direct someone to do this if at all possible. (An Air Ambulance may be necessary for evacuation of the injured party)
6. First Response aides are to carry out first aid.
7. Assess the level of injury to the best of your knowledge and then act upon it.
8. As soon as First Responders have declared an emergency, contact the appropriate Emergency Services

### **DO NOT**

1. Put yourself at risk.
2. Move anyone with suspected neck and/or spinal injuries. (Unless in imminent danger i.e. blocked airway, tide about to cover patient, car about to explode, etc)