

CRASH Cards

Remembering what to do in the event of an accident can be very hard and therefore WBCC has developed a Crash Card template to enable you to print them out and keep them available for your use. These can be found on the WBCC website on the 'Rules & Guidelines page', a sub-page of the FAQ page.



Caution – If you are involved in an accident, if possible immediately take yourself and others to a safe place away from the hazard. Use other members of the group to ensure that other road users are aware of the accident scene. This will ensure no further accidents occur. Make sure that all injured parties are safe from any further harm.

Road – Be prepared to give the emergency services the exact details of your location, for remote locations refer to a map or a mobile device to obtain a six figure grid reference of your location and any information about the terrain that may be relevant to the rescue services.

Accident – Take note of all of the accident details.

Scene - date, time, location, weather conditions, traffic, road markings, signals, signage? Take approximate measurements of the road or any other hazards (1 large stride = approx. 1 metre). Wherever possible obtain witness statements. If you have a pen and paper draw a simple sketch to show the accident scene.

Vehicles - make, model, registration number, colour, speed, direction, indicators, number of passengers? Make a note of the speed of the accident and also the riding/driving actions of others involved. Any Strava data may help you with the speed information.

Damage - description of the damage to vehicles/property and any injuries to people? Take photos of the injured party and any damage to the bike and riding equipment. This is especially important with regards to the cycling helmet. Ensure the cycling helmet stays with the rider; this is most important should the rider need to attend hospital for treatment.

Pictures - take photos of the accident scene, they will give you an accurate record of the incident and reduces the need to write notes. Give clear instructions to others who are taking photos on your behalf.

Take pictures of the road leading up to the accident, line of sight, any obstacles that obscured the rider(s). Record the final position of vehicles and any casualties or witnesses.

Take photos of the road signage and road markings leading up to the incident; you may need to go back a few hundred yards to record the road conditions.

Take photos of any general injuries (being aware of taking images of a sensitive nature (exposed wounds/body parts, females and children). You must obtain permission from the injured person before taking photos of a potentially sensitive nature.

If possible take a number of short videos. Check the images & footage are saved before leaving the scene.

Serious – Find out if anyone in your group or at the scene has any first aid qualifications and follow their instructions or, if you hold a qualification, follow the procedures you learned. If you are concerned about the condition of the casualty and no-one has any first aid knowledge, the emergency telephone operator will be able to talk you through what to do. Make the casualty as comfortable as possible until the emergency services arrive and ensure they are kept warm.

Help – do not move the casualty if the accident is of a serious nature, if in doubt obtain guidance from the emergency services beforehand. Contact the relevant emergency services on 999 or 112.

Reporting the Accident

As soon as practically possible report the accident to a member of the WBCC committee, either by phone, messages or email. The committee will provide the necessary support depending on the severity of the accident.

Ride Leaders should download the Accident/Incident Form available from the WBCC web site and complete the document to the best of your ability. Members of the committee should be able to assist you further if you need assistance.

Email the completed form to wildbikesclub@gmail.com

All evidence recorded at the scene of an accident whether written or electronic is strictly confidential and should not be shared with any other party without the written approval from the committee.

Do not publish any accident or personal details onto any social media forum without the written approval from the committee.



Dealing with a Cycling Accident

Email Us: wildbikesclub@gmail.com

Web: <http://wild-bikes.org.uk/>

Social Media

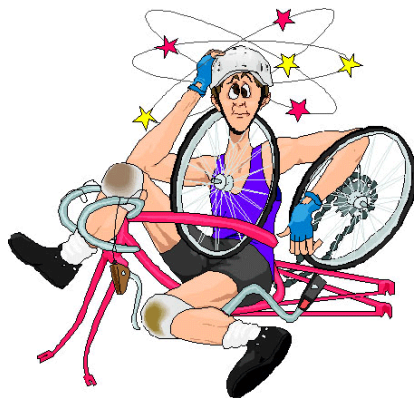
Wild Bikes is active on Facebook and Strava. Follow us as it's worth keeping an eye on for news, pictures and more.

Facebook: <https://www.facebook.com/wildbikescc/>

Strava: www.strava.com/clubs/wildbikes

If you are involved in cycling accident, whether on the road or on the trails, do you know what to do and how to get help?

On Road



If you're riding on your own, carry some form of ID and an unlocked mobile phone with an ICE (In Case of Emergency) number stored in the contacts. Apply stickers to your bike and helmet of your ICE details. These will significantly assist the emergency services or anyone stopping to assist should you have an accident and lose consciousness or are seriously injured.

If you have an accident but don't think you're seriously injured, first make sure that you and your bike are clear of the road and any other hazards.

If there is a vehicle involved, and the driver has stopped or there were any witnesses, exchange details, including registration numbers, in the same way as if you had been involved in any road traffic accident.

Use a camera or a phone to take photos, gather any information or evidence from the accident scene. If possible also take some short videos and ensure they are saved before leaving the scene.

If you have any doubts about whether you've been injured, especially if you hit your head, go to your nearest Accident and Emergency or Minor Injuries department to get checked out. If you suspect you may have suffered a head injury, call an ambulance straight away and do not attempt to cycle any further.

Report the accident to the police as soon as possible. Any delay is likely to lessen your case if a claim of prosecution is to be made. If you or your bike, have been damaged and you're a British Cycling Member, contact British Cycling for legal support.

If you're riding with a group and someone has an accident and is injured, or you witness another cyclist getting injured, follow the next simple steps:

Firstly, consider your own safety, the safety of other members of your group, the on-going safety of the casualty and the safety of other road users as you don't want to make the situation worse. Use other members of the group to ensure that other road users are aware of the accident scene. This will ensure no further accidents occur. Make sure that all injured parties are safe from any further harm. If you suspect any injury to the spine, try your utmost not to move them.

Find out if anyone in your group or at the scene has any first aid qualifications and follow their instructions or, if you hold a qualification, follow the procedures you learned.

Contact the emergency services. Dial 999 or 112. Even if your network hasn't got coverage, you still may be able to make a 999 call. Be prepared to give them details of your location, what happened and any information you're able to provide on the casualty. If you are concerned about the condition of the casualty and no-one has any first aid knowledge, the emergency telephone operator will be able to talk you through what to do. Make the casualty as comfortable as possible until the emergency services arrive and ensure they are kept warm.

Off-Road



If you're mountain biking, you're more likely to be in a location where it could take a significant amount of time for the emergency services to reach you. This means that carrying the appropriate kit, having a working knowledge of first aid and how to call for help is even more important than on the road.

Whether you're riding on your own or in a group, it is good practice to always leave someone information about approximately when you expect to return from your ride and details of where you intend to go. That way, if you do not return at the expected time, they will be able to alert the emergency services.

If you're on your own and are unable to move, make yourself as comfortable as possible using your first aid kit, spare clothing and foil survival blanket. If you have a mobile telephone, keep it switched on.

If you have a mobile phone call 999 or 112, ask for the police and then for Mountain Rescue. Do not ask for an ambulance as this will delay help getting to you. Remember, even if you don't have a mobile phone signal on your network, you can often still make an emergency call as it automatically connects to other networks in range.

Have the following information ready:

- A six-figure grid reference of your location and any information about the terrain that may be relevant to a rescue team.
- Details of your injury.

Register your mobile to be able to text message the emergency services as, in remote areas, there sometimes won't be a strong enough signal to make a call but a text will often go.

If you are unable to make any sort of contact using your phone, three blasts on a whistle is an internationally recognised signal for assistance. Pause for one minute and repeat the signal until you get a response. Many rucksacks have a whistle as part of their chest strap or carry one separately. If you haven't got a whistle, follow the same protocol but with shouts or, if at night, flashes with a torch.

If you're riding in a group and someone has an accident or you come across a casualty on the trail, first ensure you're not endangering yourself or others by approaching them.

Find out if anyone in your group or on the scene has a first aid qualification and follow their instructions or, if you hold a qualification, follow the procedures you learned. A number of first aid courses are specifically tailored towards outdoors and adventure activities. If you ride regularly, you should seriously consider attending one.

Follow the advice above for calling for help, making sure you have the necessary information about your location and the casualty. You may decide if you're unable to make contact with the emergency services and are near to a trailhead, road or village, that sending someone for help is the best course of action. Be aware though that you don't want to create additional casualties and it may be better for your group to stay together.

General riding alone

Whether you are riding on or off road, register your mobile telephone with a locating service such as: find my iPhone, find my Samsung etc.

Let others at home know the details and login. This way, if you're not back, they will be able to log in to a computer and try to locate you. This may well prove crucial in getting help to you in those important first few hours.

Even during daylight hours, ride with a rear light on your bike. This will maximise the opportunity for other road users seeing you well in advance.