



Snetterton Stage Rally 2025

Appendix K - First Competitor on Scene

If you are involved in an incident you **MUST** indicate to the marshals if you are OK by signalling with a thumbs-up. Marshals have been instructed to approach your vehicle from the front and check for the 'Thumbs Up', if this is not done by a crew when it should have been done, penalties may apply, especially if there is an unnecessary stage stoppage.

If you can safely exit your vehicle, do so and then stand in a safe location displaying *your* OK board, or SOS if appropriate.

COMPETITORS MUST CARRY HI-VIZ VESTS or CLOTHING AND PUT IT ON IMMEDIATELY AFTER GETTING OUT OF THEIR VEHICLE AT ANY INCIDENT.

Your safety is paramount, at all times ***constantly assess the risk to yourself and to others.***

You **MUST** stop if you do not see an OK Board, especially if there is no sign of movement from the crew or marshals on scene.

Marshals are instructed to seek assistance immediately if injuries are apparent or no OK board is displayed.

In the event of an incident requiring intervention or where there is no OK sign (thumbs up) from the crew, marshals equipped with appropriate PPE should adopt the current procedures to deal with the incident until additional support arrives. At which time the marshals' direct involvement may not be required, and they may only be needed to control the site.

Warn other cars, seek assistance, keep the scene yourselves safe. Operate the engine cut-out, only operate the fire extinguishers if the car is on fire.

If a competitor is still in a vehicle that is on fire GET THEM OUT IMMEDIATELY, if it is safe for you to do so.

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

- Do not enter the vehicle immediately.
- **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, monitor their condition.**
- **DO NOT MOVE THEM UNTIL PROFESSIONAL HELP ARRIVES.** ?

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

- Only enter the vehicle if you consider it immediately necessary and are wearing appropriate PPE.
- 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

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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, observing them..
- Once in a safe place, assess them for injuries, maintaining social distancing.
 - Are they aware of their surroundings?
 - Any signs of injury / are they experiencing pain?

DO NOT LET THEM WANDER AROUND, KEEP THEM UNDER OBSERVATION

When Marshals and/or the rescue unit arrive on scene, or if the vehicle has continued, please tell what you have seen and/or done. Please also make sure that you pass your details on to the marshals or paramedic/rescue unit. and assist with the making of a record of what has happened.

Being part of any incident can be upsetting and if you are in any way affected please speak to a member of the rescue crew and the Paramedic, if necessary, as they are also concerned about your welfare. Shock is an injury.

Protect yourself, Protect the Scene.