

First Aid

There are first aiders on hand should you require first aid during the event. At all times there will be two first aiders working, First Aid 1 at the top of the course and First Aid 2 at the bottom of the course. They will be carrying blue first aid kits and hi-vis jackets, so should be easy to spot. Below is a list of who is working when, along with contact numbers for. If you require first aid, and cannot see a first aider, please ring the appropriate person from the list.

As well as first aiders, the rescue team is first aid trained. For any serious incidents please come to control (bear in mind that control is likely to be busy, and if all you need is a plaster you will probably be sent on your way...)

Benedict Durrant – First Aid Co-ordinator
07910 127 229

Saturday

	First Aid 1		First Aid 2	
0800-0900	Benedict Durrant	07910 127 229	Peter Haynes	07706 993 342
0900-1000	Jon Fuller	07903 600 461	Nicola Underhill	07837 356 241
1000-1100	Alice Klenk	07906 264 682	Chris Merriman	07708 051 002
1100-1200	Matt Haydock	07786 196 720	Ben Straughan	07871 507 209
1200-1300	Ross MacLeod	07837 180 615	Sarah Wallace	07989 815 349
1300-1400	Rob Brown	07742 231 784	Katy Somerville	07783 683 099
1400-1500	Sabina Delcassian	07925 127 547	Niamh Stack	07846 108 055
1500-1600	Derfogail Delcassian	07951 496 289	Beth Morgan	07912 440 511
1600-1700	Darragh McCambridge	07933 830 759	Jethro House	07800 545 622
1700-1800	Benedict Durrant	07910 127 229	Peter Haynes	07706 993 342

Sunday

	First Aid 1		First Aid 2	
0900-1000	Benedict Durrant	07910 127 229	Jethro House	07800 545 622
1000-1100	Nicola Underhill	07837 356 241	Peter Haynes	07706 993 342
1100-1200	Darragh McCambridge	07933 830 759	Ben Straughan	07871 507 209
1200-1300	Sarah Wallace	07898 815 349	Katy Somerville	07783 683 099
1300-1400	Matt Haydock	07786 196 720	Chris Merriman	07708 051 002
1400-1500	Ross MacLeod	07837 180 615	Beth Morgan	07912 440 511
1500-1600	Rob Brown	07742 231 784	Jon Fuller	07903 600 461