



UKRO Challenge 2023

CAPTAIN'S BRIEFING – Trauma Cadet Challenge

- All competitors taking part in the UKRO Challenge must be passed fit to compete by their individual Service.
- Any competitor will be required to divulge if they are on any form of medication that may affect them during the Challenge, or require a specialist response.
- Any injury must be reported immediately to a Challenge official who will take the appropriate actions regarding first aid and welfare. They must report all injuries to UKRO Command, who will ensure Lincs FRS Command is aware.
- All competitors are reminded of the importance of maintaining their own fluid levels, and to monitor the wellbeing of other team members, reporting any concerns to the Challenge officials or their Cadet Instructor who can pass this on.
- A supply of water will be made available throughout the event.
- Fire PPE/Technical Rescue garments must be worn when requested, to include gloves and helmets. It is the wearer's responsibility to ensure the PPE they are wearing is in good order.
- All jewellery must be removed. Any items that cannot be removed must be taped up.
- All smoking materials must be removed prior to commencement of the scenarios.
- All mobile phones must be removed and left with your personal kit before a scenario is commenced. No unofficial photographs are to be taken during scenarios.
- You will be given a safety briefing prior to each scenario starting.
- Please also remember hand hygiene and the cleaning of kit.
- Lifting and handling must be carried out in accordance with how you have been trained.
- A Dynamic Risk Assessment must be carried out prior to/and during each scenario to identify any evolving hazards i.e. protruding objects, spillages etc.
- Any hazards/risks identified must be brought to the attention of Challenge officials or Cadet Instructor who must pass this on.
- Any participant, who feels unwell at any point during a scenario, must inform a Challenge official or Cadet Instructor. The scenario can then be stopped whilst they are removed and provided with first aid care.
- First Aid if required will be available on site throughout the Challenge.
- If evacuation is required during any point of the challenge the evacuation signal will be sounded. Challenge officials will coordinate the evacuation.
- Competitors must comply with all instructions given by Challenge Officials immediately.
- Any questions/concerns are to be brought to the attention of UKRO Health and Safety Lead/UKRO Trauma lead.