



## **UKRO Challenge 2023**

### **CAPTAIN'S BRIEFING – Rope rescue**

- 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 Lins 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.
- A supply of water will be made available throughout the event.
- Technical Rescue PPE must be worn at all times 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 consider hand hygiene and cleaning of kit after use.
- 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. access routes, protruding objects etc.
- Any hazards/risks identified must be brought to the attention of Challenge officials.
- Any participant, who feels unwell at any point during a scenario, must inform a Challenge official. 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 Rope lead.