

Team UK Advanced

RIDER EMERGENCY ACTION

NAME

DATE OF BIRTH

ADDRESS

MEDICAL CONDITIONS

ALLERGIES

CONTACT

Team UK Advanced

EMERGENCY ACTION

STAY CALM

SEEK HELP

MAKE SCENE SAFE

MANAGE TRAFFIC

LOCATION/ROAD NO'S

CALL EMERGENCY SERVICES

ATTEND INJURED

BASIC 1ST AID

KEEP INJURED WARM

A AIRWAYS

B BREATHING

C CIRCULATION

SEEK ADVICE FROM EMERGENCY SERVICES IF NECESSARY