# Policy for Medical Servicing – Reference Sheet

## Summary

- Mountain Biking is an extremely demanding sport that requires endurance, high power output, and technical ability.
- In Australia Mountain Biking is relatively safe regarding serious injury and fatalities when compared with other sports.
- Falling from a height, at speed or falling over the handlebars results in serious injuries such as head or neck injuries and fractures.
- Helmets may prevent skull fractures and lacerations, but do not prevent head injuries such as intracranial bleeding, intracerebral bleeding, or concussion.
- Frequency, volume and intensity of training and competition in children (under 17 years old) should be less than adults.
- First Aid at events depends on factors including:
  - Numbers of competitors.
  - Event type.
  - Course design.
  - Availability of Ambulance transport; proximity to nearest Hospital.
- Injury prevention is multifactorial and includes:
  - Course design
  - Riding fitness and skills of participants
  - Bicycle integrity and protective equipment
  - Environmental factors such as weather conditions.
- The most appropriate Medical Practitioner for event coverage is a Sports Physician (fully qualified or Registrar) or Emergency Physician.
- Rider safety should be paramount when organising MTB events.

## Contact and More Info

We are always happy to discuss any aspect of this document. We are only a phone call away. Contact:

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## First Aid at MTBA Events: *Use this summary as the basis for making medical servicing plans at your events.*

| Event type | Senior First Aider | Paramedic/ Registered Nurse | Medical Practitioner | Other |
|---|---|---|---|---|
| Club Races: XC and DH. | Minimum 2 for up to 50 riders, then one for every 150 competitors over 50. e.g. 3 required for up to 200 riders. | If Race Organisers deem necessary, such as Club Champs. | N/A | Spine board, First Aid kits. Radio communication. |
| 2 – 8hr circuit races. | Minimum 2 for up to 50 riders, then one for every 150 competitors over 50. E.g. Three for up to 200 riders. | At least one. | N/A | As above. Dedicated emergency vehicle with portable emergency kit, spine board, First Aid kits. Radio communication. |
| >8hr circuit and >80km races. | As above. | At least one. Recommend 1 per 500 competitors but depends on course layout. | Discretion of Race Organisers. | As above. Dedicated emergency vehicle with portable emergency kit, spine board, First Aid kits. Radio communication. |
| Races where single riders cover at least 100km; team and solo 24 hr. races. | As above. | Depends on course layout and number of competitors. | Doctor as Medical Director who liaises with Race Director. | As above. Composition and numbers of Medical Team at discretion of Medical Director. |
| National Races | As above. | At least one. | Doctor or Paramedic as Medical Director. | Spine board, First Aid kits. Radio communication. Dedicated emergency vehicle. Consider UCI recommendations. |

**For the full Policy see the "Policy for the Provision of Medical Services at MTBA Events" on the MTBA website.**