



What to do if someone collapses

Would you know what to do if someone collapsed and was unresponsive? How can you prepare for this situation?

Someone who has collapsed, is unresponsive and not breathing normally, is likely to have no heartbeat. It is vital to summon help and start chest compressions immediately.

Expectations

Everyone is expected to:

- Read and understand notices displayed in your club showing:
- How to call 999 for an ambulance and provide directions so that the ambulance can
- Respond to your location quickly and easily.
- How to perform hands only Cardiopulmonary resuscitation (CPR).
- Where to find an Automatic External Defibrillator (AED), if there is one nearby.
- Watch the British Heart Foundation (BHF) videos that show what to do if someone collapses (these videos can also be found by searching YouTube for “cpr vinnie” and “cpr mini vinnie”).
- Download the BHF Pocket CPR app for Android and practice CPR.
- Complete the Lifesaver online learning.
- Attend CPR training if it is available and read the Safety Alerts on “What to do if someone collapses in a boat”.
- Study the Staying Alive Safety Alert
- Be aware that the casualty will need further assessment and advanced medical care and must be taken to hospital, even if they appear to have recovered.
- Ensure that all umpires and boating staff understand the rescue and medical facilities and how to use them.