

RED DIRT BACKYARD ULTRA 2026

Safety Briefing for Competitors and Volunteers

Ill/Injured Runner Response

At an Aid Station

1. Aid Station volunteer assesses the runner's condition and provides assistance.
2. For **serious injuries/illness** (unconsciousness, snake bite, breathing difficulties, uncontrolled bleeding, suspected internal issues, severe allergic reactions, or heat stress), call emergency services immediately. Provide first aid until help arrives. Emergency contact details will be available at all Aid Stations.
3. Notify the Race Director as soon as possible.
4. The Race Director will follow up on the casualty's condition and contact their family or emergency contact.
5. If the injury is **moderate** (controlled bleeding, fatigue, mild heat stress), provide first aid and contact the Race Director. The participant must be monitored until cleared to continue.
6. Record all details on an **Incident Report Form**: time, symptoms, first aid given, assistance times, and any other relevant information.
7. **Minor issues** (headache, stomach upset, muscle strain) may be managed by the runner or volunteer at the Aid Station.

Note: If the injury is severe and poses a wider risk, the Race Director may cancel the event and remove all participants from the course.

On the Trail

1. Stay with the casualty, provide assistance, and call the Race Director immediately. Keep the runner calm, comfortable, and still; maintain open airways; and control bleeding.
2. If out of mobile range, make the casualty safe and comfortable, then move to a point of coverage, call the Race Director, and return to the casualty. Provide detailed information (location, name/race number, symptoms, condition, and first aid given).
3. The Race Director will coordinate rescue and advise on next steps.
4. If another runner arrives, they must assist — one stays with the casualty, the other contacts the Race Director and provides updates.

5. Update the Race Director if the casualty's condition changes or if help is delayed.
 6. Once rescued, the Race Director will notify family/emergency contacts.
 7. The Race Director and the first responder will complete an **Incident Report Form**.
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Lost/Stranded Runner Response

1. If a runner fails to check in at an Aid Station, they are deemed **lost/stranded**.
 2. The Aid Station volunteer must notify the Race Director immediately.
 3. The Race Director will assess the severity (based on last sighting, experience, terrain, weather, and supplies) and determine whether emergency services are needed.
 4. Rescues will be conducted carefully to ensure no further risk.
 5. Once located, an **Incident Report Form** must be completed. Additional markings may be installed to prevent further issues.
 6. The incident will be reviewed during the **post-race debrief**.
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Ill/Injured Volunteer Response

1. The volunteer must contact the Race Director immediately with details of their condition.
 2. If a volunteer is severely ill, the next runner must stop, assist, contact the Race Director, and remain until help arrives.
 3. The Race Director will arrange medical support and ensure the Aid Station continues running.
 4. An **Incident Report Form** must be completed. The case will be discussed in the post-race debrief to reduce future risks.
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Bushfire Response

If on foot:

- Stay calm, stay together, and move toward cleared or burnt land.
- Prefer routes across slopes or downhill.

- Do **not** outrun the fire unless a safe refuge is close.
- Do **not** run through flames unless less than 1 metre high with safe ground visible beyond.
- Shelter in vehicles, caves, hollows, water, or dug-out refuges.
- Shield yourself with non-synthetic clothing (wool blanket, heavy coat).

If in a vehicle:

1. Stay inside; the vehicle shields against radiant heat.
2. Park away from fuel sources.
3. Keep engine running, headlights and hazards on.
4. Windows up, vents closed, A/C on.
5. Wear protective, non-flammable clothing.
6. Lie on the floor below window level.
7. Exit only once the fire has passed.

Damage to Environment or Property

1. Report any damage (caused or observed) immediately to the Race Director.
2. The Race Director will decide if Shire, stakeholders, or emergency services need to be notified.
3. Document the incident on an **Incident Report Form**, regardless of whether further action is taken.