

21. EMERGENCY & FIRST AID (NOT APPLICABLE TO STADIUM RACING)

- (a) Each vehicle shall carry on board:
- (i) One standard warning triangle of 200mm sides, for use in case of breakdown or accident,
 - (ii) An OK/SOS sign (long course only)
 - (iii) An effective tow rope of at least 5m length
 - (iv) A commercially-available seat belt cutting device for each occupant that is securely mounted within reach of that occupant and of a design that poses no cutting risk to the occupants.
- (b) All vehicles are required to carry on board a weatherproof emergency kit, containing at least the following:

2 x extra-large universal accident dressings	1 x thermo accident blanket	1 x large burn dressing with a non-adhesive surface
2 x large open weave bandages	2 x medium combination pads	
2 x medium open weave bandages	6 x adhesive plaster strips	
1 x pair dressing scissors	1 x triangular bandage	
1 x roll adhesive tape	2 x sterile eye pads	
6 x safety pins	1 x First Aid manual	

NOTE:

- (i) These items may be purchased from St John Ambulance as a kit or from any reputable first aid supply company.
- (ii) This kit is no substitute for first aid training. It is recommended that all competitors should undertake a first aid training course.
- (iii) It is recommended that eyewash, burn cream and trauma shears are included in the pack.