



FOLD



Harrogate Harriers & AC - ICE Card 	Harrogate Harriers & AC - ICE Card 
Name:	Significant allergy:
Contact number:	<u>Significant medical condition:</u>
<u>Emergency Contact Details:</u>	Details:
Name:	Other significant info:
Phone Number:	
Relationship:	

Guidance for completion (In Case of Emergency – ICE card):

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- Ideally please enter information electronically but if not possible, you can write clearly on a printout.
- Please try not to change the layout too much, but if the information is on the card and clear for others to read, this is acceptable.
- Ideally please laminate the card once you have cut it out. The club can provide lamination if you are unable to do this. Please ask your run leader.
- If you need assistance in completing or have concerns about what information is being requested
 - please contact: welfare@harrogate-harriers.co.uk
- Obviously, you can carry further medical information on you – this could be indicated on your ICE card (ie. I am carrying a medical wrist band). If you need to update the card because of a change to medical conditions or contact details, please do this before you join a session (an un laminated copy is acceptable in the interim).

Additional Guidance:

Harrogate Harriers are grateful for you reading this to help in completing your card information which is required for your safety and to assure the support and insurance provide by England Athletics (EA). It helps keep us safe and inclusive whilst operating within the standards required by EA.

FRONT CARD (left):

- **Name:** Please enter your full name as it would appear on your NHS record. If you use a different preferred name this can also be added in brackets or with inverted commas ie. "*preferred name*"
- **Emergency contact details:** Please enter **their** preferred name and your relationship to them so responders know who they are contacting. A phone number/s is also needed at which the contact will be available during training sessions.

REAR CARD (right):

Please note this information will NOT be used in planning any runs and will only be used in the **event of emergency**.

- The run leaders will not scrutinise this information as your name appears on the other side of the card but it is **visible**.
- As this information is visible it is up to you and your own personal responsibility to complete this as you are comfortable.

We will **NOT** be storing this information as it will remain your responsibility to keep this up to date, handing the card in/out for each session.

- **Significant allergy** – please include anything **you feel is significant**, usually this would include information regarding medication allergies that might be considered for use in an emergency or have resulted in anaphylaxis or substances/items that might be encountered – ie. Latex allergy. In addition, any instances of anaphylaxis that could be encountered whilst out running such as bee/wasp stings should be considered for inclusion.
- **Significant medical conditions:** This information will **not be used for planning runs/sessions** and it remains your personal responsibility to assess your fitness to take part in a session. The information is for emergency use only. Please indicate YES or NO. This information will be visible to run leaders who will simply store your card for the session then return this to you. If you mark a significant medical condition but choose not to record this on your card this will still give useful information to first responders/paramedics who can usually access medical records or contact your emergency contact.
- **Any other significant information:** Please record anything you feel medical personnel may require in an emergency such as specific medication or that you are holding medication during your session that might be required. This might include you are wearing a wristband or similar with further information, or you are carrying a medical device/medication.