



EMERGENCY PROCEDURES

- Stay calm but act swiftly and observe the situation.
- Is there a danger of further injuries?
- Listen to what the injured person is saying.
- Alert the senior coach and first aider who should take appropriate action for minor injuries.
- In the event of injury requiring specialist treatment call the emergency services as shown below.
- **DO NOT MOVE SOMEONE WITH MAJOR INJURIES.**
- **WAIT FOR THE EMERGENCY MEDICS.**
- Deal with the rest of the group and ensure that they are adequately supervised.
- Contact the injured persons' parent/carer/guardian.
- Complete a personal injury report form.
- Notify the Club Welfare Officer [or nominated Deputy] – details are on the pavilion notice board.

EMERGENCY NUMBERS

Doctor's Surgeries

Linton Health Centre	-	01223 891456 / 01223 892555
Christmas Maltings (Haverhill)	-	01440 702010
Stourview Medical Centre (Haverhill)	-	01440 703105

Hospitals

Addenbrooke's Hospital Cambridge	-	01223 245151
West Suffolk Hospital (Bury St.Edmunds)	-	01284 713000 / 01284 712555

Other

Emergency Services	-	999
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Signed (Club Welfare Officer) Date