* Stay calm but act swiftly and observe the situation. Is there a danger of further injuries? If so take appropriate action.
* Listen to what the injured person is saying.
* Is a First Aider available? If so ask them to assist (first aid kits are available in the home changing room and main club bar).
* Do not move someone with serious injuries (if in any doubt treat as serious). In this event, call the emergency services by ringing 999.
* Reassure the patient and wait for the paramedics to arrive.
* Deal with the rest of the group and ensure that they are adequately supervised.
* Contact the injured person's parent/carer.
* Complete an incident/accident report form

March 2022