

TUNBRIDGE WELLS HOCKEY CLUB

Founded 1898



Emergency Procedures

Contacts and Equipment

- Always have with you a copy of the latest membership list giving contact phone numbers
- Make sure you know the location and are aware of the nearest Accident and Emergency department
- When travelling to away fixtures, team captains and managers must take with them copies of parental consent forms for every player under 14 together with health declarations of ALL PLAYERS. Ensure that contact numbers are correct for that day
- All Team Captains and Managers should carry with them a fully stocked first aid kit including clean water and an ice pack for minor injuries to any venue away from the Tunbridge Wells Hockey Club

Dealing with a major incident or accident

- If an accident or incident occurs remain calm but act swiftly and observe the situation
- Listen to what the injured person is telling you
- If the injury is a life threatening situation, remember your ABC (Airway, Breathing, Circulation). Attention to these 3 factors will Preserve Life, Prevent Worsening, Promote Recovery
- In the event of an injury requiring specialist treatment, call for the emergency services (999), ensuring you know your exact location.
- Do not move someone with major injuries, wait for professional assistance
- Do not leave the patient until medical assistance arrives
- Do Not Give anything to eat or drink in case hospital treatment is necessary

- Anyone that falls unconscious (even momentarily) must be checked by medical personnel
- In the event of an incident or accident the team captain or manager must accompany the injured player to hospital. Hospitals can only treat children under 14 if a parent or guardian is present or a parental consent form is produced.
- Never admit liability of any sort
- An Accident Report should be filled out no longer than 24 hours after the event has occurred. The form should be sent to the Junior Co-Ordinator.