

# Norwich Dragons Hockey Club

## Safety Procedures

### Guidelines for Dealing with an Incident/Accident

- Stay calm but act swiftly and observe the situation. Is there danger of injury/further injuries?
- If necessary, evacuate the pitch in a calm and controlled manner and proceed to the car park, ensuring that the rest of the group, as well as the casualty, are adequately supervised.
- If there is an injury, listen to what the injured person is saying.
- Alert the First Aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services. A phone is available at reception and mobile phones will be available pitch side.
- Do not move someone with major injuries unless they are having difficulty breathing or are in serious danger of further injury. Wait for the emergency services.
- Contact the injured person's parent/guardian/next of kin. If telephone number not readily available, contact **Nat Beal** (for NDHC junior/youth members) on 07828 804518 or **Caroline Wolfe** (for NDHC adult members) on 07855838553. For opposition players, ensure appropriate contact being made.
- Complete an incident/accident report form and return to **Nat Beal** (juniors/youth) or **Caroline Wolfe** (adult members).
- First Aid kits are supplied to each team and will be at pitch side for matches and coaching sessions.
- At Hobart School help will be available via the Sports Hall Reception if we do not have a First Aider on the pitch or at pitch side. At Lionwood School this is available in reception.