

Accident and Emergency Guidelines

- Stay calm but act swiftly and observe the situation. Is there any danger of further injuries?
- Listen to what the injured person is saying
- If the injury is minor, alert a first aider to take appropriate action
- If the injury requires specialist treatment, call the emergency services
- If the injury has occurred during a junior group session, ensure the rest of the group are adequately supervised
- Do not move someone with major injuries – wait for the emergency services
- Contact the injured person's parent/carer (if appropriate)
- Download an Accident/Incident Report Form from our website, complete and pass to a committee member.

First aid equipment is stored in the Sports Pavilion in the kitchen cupboard under the sink

Our coaches hold up to date first aid certificates, first aid kits and mobile phones

Nearest Accident and Emergency Department

Norfolk & Norwich University Hospital,
Colney Lane, Norwich, NR4 7UY

Club Location

Cringleford Playing Fields, Oakfields Road, Cringleford, NR4 6XF

