



## In Case of Emergency guidance

1. In the event of an incident, first check if anyone is injured and if possible locate a first aider. It is advisable for at least one person to stay with the casualty, who should not be moved unless their location is immediately life threatening.
  - Sports First Aiders are listed on the Club website and should carry (or have access to) a first aid kit.
2. If appropriate, emergency services should be contacted using 999.
  - Coaches/run leaders should carry (or have access to) a mobile phone.
3. If appropriate, other people should be moved away from the casualty/incident.
  - Other coaches/run leaders/helpers can move the other athletes away to a safe place whilst the casualty/incident is managed.
4. If required, the casualty's emergency contact can be informed.
  - Junior coaches have list of emergency contacts for the junior members.
  - The Club Chairman, Secretary and Membership Secretary have access to all members emergency contacts.
5. All incidents or accidents should be formally recorded on the Accident/Incident Form which is available on the Club website.