

# Dealing with Emergencies, Accidents and Incidents

Reviewed January 2020

## Immediate Action

- Stay calm and ensure there is no danger of further injuries
- Do not leave the injured member alone
- Calm the injured person and listen to what they are saying
- Try to ascertain the extent of the injuries
- Call the emergency services on 999 if you consider this to be necessary. If in doubt err on the side of caution
- Do not move someone with major injuries, cover them to keep them warm and wait for the emergency services

## Secondary Action

- Alert a member of the Committee
- If necessary, call the emergency services on 999
- Deal with the remainder of the group and ensure that they are adequately supervised
- Assess the situation if the injured member cannot make it back to the Rugby Club
- Ensure someone is with the injured person at all times

## Reporting Action

- If the emergency services have taken control, they will be responsible for making contact with the injured person's next of kin
- For junior riders, the adult responsible will have access to emergency contact phone numbers
- For senior members emergency contact phone numbers are accessible by all members of the committee
- The majority of members will have an ICE tag containing their emergency contact details