



---

## **ACCIDENT AND EMERGENCY INFORMATION**

Emergency first aid at Southfields lawn Tennis Club, depending on availability, can be provided by:

- 1) Our coaches who hold a recognised first aid certificate**
- 2) Members who are medical doctors**

**There is one first aid box located in the kitchen wall cupboard**

### **NEAREST ACCIDENT AND EMERGENCY DEPARTMENTS:**

St George's Hospital Tooting (2.25 miles)  
Blackshaw Road  
SW17 0QT  
020 8672 1255

**Or**

Charing Cross Hospital (2.44 miles)  
Fulham Palace Road  
W6 8RF  
020 3311 1234

**For advice about injuries or accidents of a less severe nature,  
please call: **111** (NHS 111 service)**

**If you need to provide emergency first aid then the following guidelines should be Considered**

- 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 your first aider to take appropriate action
- If the injury requires specialist treatment, call the emergency services
- Deal with the rest of the group and ensure that they are adequately supervised
- Do not move someone with major injuries – wait for the emergency services
- Contact the injured person's parent/carer
- Complete an incident/accident report form

**Don't forget** to record any accident/incident in an accident/incident report form, which can be found on the notice board. This should be completed in full and then passed on to a member of the committee, to ensure it is officially recorded and any necessary action is taken.