



Section 3.4.1 & Section 3.4.3 Health and Safety

Cross in Hand Tennis Club takes the welfare of its members very seriously and will ensure that its facilities are maintained in a safe condition for use. The club will not take any responsibility for any injuries incurred where the club has publicly stated or indicated that a facility has been withdrawn from use for whatever reason.

Guidelines for dealing with an incident/accident

- 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. A well maintained first aid box is located within the club house adjacent to the entrance to the bar area.
- If the injury requires specialist treatment, call the emergency services by **calling 999 via a mobile (generally very strong signal)**.

The address of the club is :- Cross in Hand Tennis Club, Hardy Roberts Playing Field, Cross in Hand, Near Heathfield, East Sussex TN21 0SN.

- A **defibrillator** is located on the Rugby Club decking and the key code for the defibrillator cabinet is in the envelope on the Committee Notice Board.
- 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 located within the clubhouse.
- The nearest Doctors Surgeries are at:-
 1. The Heathfield Surgery, 96 High Street , Town Centre, Heathfield TN21 8JD - **01435-862192**
 2. The Firs, Little London Road, Cross in Hand, TN21 0LT - **01435-862021**
- The nearest Minor Injuries Clinic is at:-

Minor Injury Unit, Uckfield Community Hospital, Framfield Road, Uckfield, TN22 5AW - **01825-769999**