



EMERGENCY REPOSE

Key Steps

Emergency Response - Key Steps in the event of an emergency or life-threatening injury

1. Render assistance

2. Call for Help & Emergency Medical Attention:

- 999 (112)
- Dover Harbour Board Police: 01304 216084
- Dover Harbour Board: 01304 206063

Be prepared to tell 999:

- Who you are, your name and call back number
- Current location of injured person:

Dover Rowing Club, Esplanade, Dover CT17 9FS

What3Words (weights machine location) **worm.conjured.merge**

Or agree a meeting point (outside **Hythe Bay Restaurant**) and send someone to meet/ direct Emergency Services

- Age/gender/number of injured people
- Type of injury/situation

3. Monitor and administer first aid

- Defibrillator location – In the bottom locker with the first aid sign on - next to the leg press machine

4. Transfer injured to care of Emergency Team

5. Inform key people

- Captain: Tony Burrows 07867 665505
- Vice-Captain: Maria West-Burrows 07788 455298
- Safety Officer: Jo Johnston 07454 339863
- Welfare Officer: Jacky Silk 07557 193798

6. Complete an incident report

Minor injuries unit

Buckland Hospital
Coombe Valley Road
Dover, Kent
CT17 0HD
Tel: 01304 222621