



EMERGENCY RESPONSE

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 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)

Or agree a meeting point (outside the **Bella Italia restaurant**) and send someone to meet/direct Emergency Services

- Age/Sex/Number of injured people
- Type of injury/Situation

3. Monitor and administer first aid (AED located in the gym and another above the hose pipe)

4. Transfer injured to care of Emergency Team

5. Inform key personnel:

- | | |
|-----------------------------------|--------------|
| • Captain – Will Coleman | 07710 673848 |
| • Vice-captain – Emily Harvey | 07720 211868 |
| • Vice-captain – Tom Stothart | 07982 670585 |
| • Safety Officer – Will Coleman | 07710 673848 |
| • Welfare Officer – Damion Napier | 07999 311928 |

The captain has a full list of emergency numbers for all members of the club

First Aiders:

- **Jasper Mallet** 077487 545987

6. Complete an incident report

Minor Injuries Unit

Buckland Hospital
Coombe Valley Hospital
Dover, KENT
CY17 0HD
Tel: 01304 222621