



Accident, Emergency and Safety Procedures

In the event of a fire or other alert, the alarm will sound and upon hearing the alarm you must:

- Leave the building by the nearest Fire Exit.
- Do not stop to collect personal belongings.
- Go immediately and report to the assembly point in front of the building near the tree.
- Do not re-enter the building until you are told that it is safe to do so by the coach in charge of the session.

In the event of an injury please be aware of the following:

- Trained and qualified first-aiders are listed on the notice boards.
- Most coaches are trained and qualified first-aiders.
- A first-aid kit is located in the main gym, and another in the gym office.
- In the event of a serious accident the emergency services will be contacted and medical help sought. The Club's postcode is SO45 4ZF and telephone number is 023 8084 3800.
- In the event of an accident/incident, an accident/incident report form will be completed and where hospital medical treatment is administered or advised the matter will be reported to British Gymnastics.
- Copies of the report forms are held in the gym office.
- All coaches, helpers and participants will adhere to Health and Safety Policies.