

CLUB EMERGENCY PROCEDURE

SOUTH HANTS VOLLEYBALL CLUB



VERSION 1.0

LAST UPDATED 23 July 2024

In the event of an incident/accident you should:

- Stay calm. Observe the situation, then act quickly. Is there danger of further injuries? Listen to what the injured person is saying.
- Alert the first aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency service.
- Ensure that the rest of the group are adequately supervised
- Do not move someone with major injuries. Wait for the emergency medics
- Contact the injured person's parent/guardian.
- Complete an incident/accident report form

LOCAL EMERGENCY SERVICES CONTACT DETAILS

Near Portsmouth:

St Mary's Urgent Treatment Centre

St Mary's Community Health Campus
Milton Road
Portsmouth
PO3 6AD

Phone: **(0333) 200 1822**

Opening hours: **8:00 am - 8:00 pm (every day, year-round)**



Near Horndean Technology College:

Petersfield Urgent Treatment Centre

Petersfield Community Hospital
Swan Street
Petersfield
GU32 3LB

Phone: **(0238) 231 1650**

Opening hours: **8:00 am - 8:00 pm (every day, year-round)**



Near Cams Hill School:

Gosport Urgent Treatment Centre

Gosport War Memorial Hospital site

Bury Road

Gosport

PO12 3PW

Phone: **(0329) 279 4753**

Opening hours: **8:00 am - 10:00 pm (every day, year-round)**



Those centres can be used for the following:

- Strains and sprains
- Suspected broken limbs
- Minor head injuries
- Eye problems
- Abdominal pain
- Cuts and grazes
- Feverish illness in children and adults

Experienced NHS nurses are on hand to treat a range of minor injuries and you may get seen more quickly in a minor injuries unit than at the Emergency Department where more serious cases have to take priority. X-ray facilities are available at these units.

You can get advice on how to stay healthy and information on out-of-hours GP and dental services, local pharmacy services and other local health services.

You don't need to register to use these centres, or to make an appointment. Patients are seen on a first-come, first-served basis.

Please note that if you have a minor illness then you should go to your local pharmacy or GP, not a walk-in centre or minor injury unit.