



Rainham Cricket and Football Club

Affiliated to the Essex CCB and the Essex FA

Spring Farm Park, Lambs Lane North, Rainham, Essex. RM13 9XF
www.rainhamcc.co.uk | @RainhamCricket | fb.com/RainhamCC

Established 1896

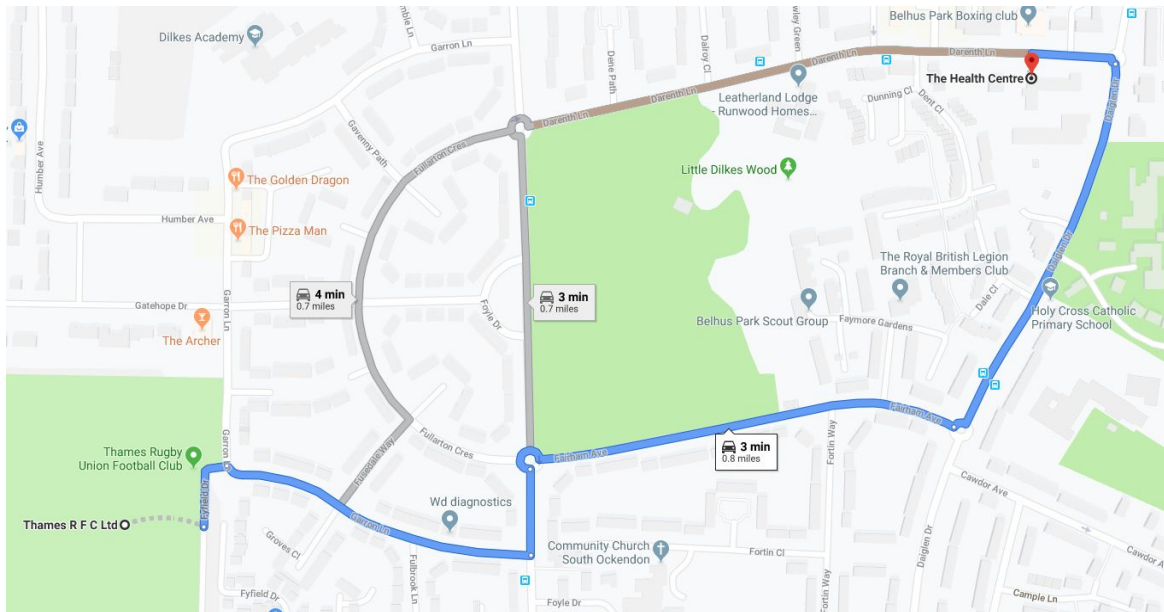


Emergency Procedures - Thames RFC

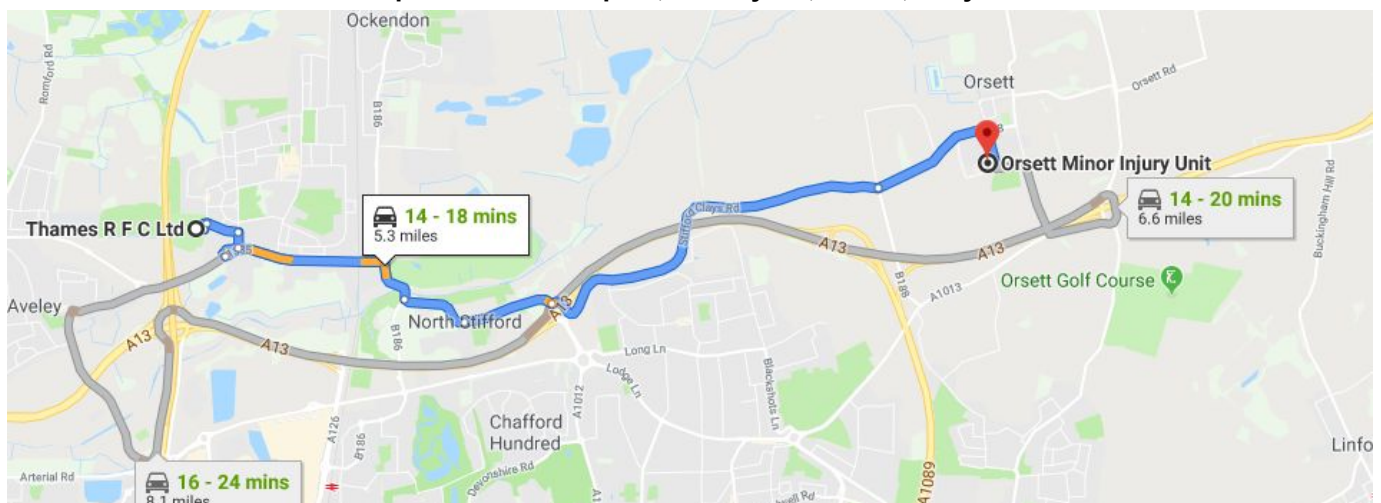
Current Address and access for Emergency Vehicles

Thames RFC, Garron Lane, South Ockendon. RM15 5JQ

Nearest Doctor: The Health Centre, Darenth Lane, South Ockendon RM15 5L. 01708 853 113



Nearest Hospital: Orsett Hospital, Rowley Rd, Orsett, Grays RM16 3EU



Incident Procedures

If an incident occurs and involves any of the following then the Emergency Incident Procedure should be followed.

1. Any of the Emergency Services
2. A visit to the Hospital

PLEASE FOLLOW THESE PROCEDURES.

As a general guide to emergency action to be taken where there is serious or imminent danger, the Club has implemented the following basic procedures:

1. ACTION IN THE EVENT OF FIRE

If you discover a fire:

1. Close doors and windows to the room.
2. Break the glass of a fire alarm call point.
3. Dial 999 or 112 and give details to the Emergency Services.
4. Before opening closed doors, check them for heat, which may indicate a fire behind the door.
5. Leave the building and go to the assembly point (cricket field).

Important: You may tackle the fire with an extinguisher or fire blanket but only if it is safe to do so and preferably if you have been trained.

If you hear the fire alarm:

Close all doors and windows to the room. Leave the building via the nearest exit and go to the assembly point.

Important: Do not stop to collect belongings.

Do not re-enter the building until the Fire Service or the Club Manager has declared it safe to do so.

2. ACCIDENTS AND FIRST AID

If you have an accident at the Club:

Report it immediately to Bar or to the Office.

Make sure an accident report form (available from the Office) is completed.

Locate a first aider and identify the nearest first aid box.

If you need first aid:

Contact a first aider or ask someone to do it for you.

The names of first aiders are posted on the Sports Club notice board.

If you cannot quickly locate a first aider, dial 999 or 112 and give details to the Emergency Services.

3. ANY OTHER EMERGENCY

Dial 999 or 112 and give details to the Emergency Services.

