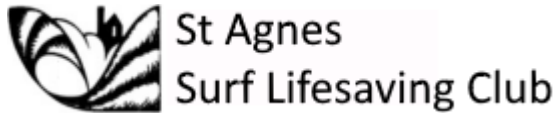


[Type here]



Coached Session: Emergency Action Plan EAP.

Remain calm and objective.

Raise the alarm: 3 whistle blasts.

COACHES & HELPERS:

Cease the activity, ensure all participants are safe from harm and immediately register at the club house/shore/beyond surf.

LIFEGUARD:

Act within training and competency, follow training for injury/incident in question.

EMERGENCY CALL TAKER:

999 using YELLOW PHONE on club wall OR Channel 16 to HMCG.

Give details: People, Position, Problem.

AFTER THE EVENT

- 1. Complete incident report form.**
- 2. Offer post incident support, most typically medical or health professionals.**
- 3. Report incident to help prevent recurrence.**