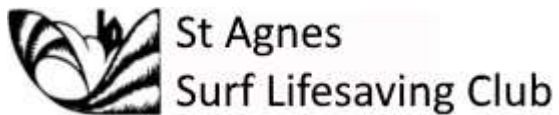


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Coached Session: Emergency Action Plan (EAP)

MINOR INCIDENT (sprain, weever, anxiety)

Individual can leave session with adult, DBS checked helper or parent.

Must liaise at beach with register taker.

Any first aid treatment to be given in open setting where possible.

MAJOR INCIDENT (Time Critical / Big Sick / "999")

Raise the alarm: 3 whistle blasts.

COACHES & HELPERS: Cease the activity, ensure all participants are safe and registered at the club house/shore/beyond surf.

LIFEGUARD: Follow training for incident (DR-Help-ABC). Escalate.

REGISTER TAKER: 999 (any button on YELLOW PHONE)

AFTER THE EVENT

1. Debrief with the team. How did things go? Everyone OK?
2. Complete incident report.
 - a. Minor first aid forms are in first aid cupboard.
 - b. Major incidents need to be submitted to SLSGB, reported to the committee, and possibly HSE.
3. Be stress aware. People can be impacted by incidents (even relatively minor) in different ways. Professional post incident support is available from SLSGB.