



Southern Gardens

Ringwood Road

TOTTON

SO40 8RW

Emergency Contacts

In the event of an injury requiring specialist treatment call the
Emergency Services -- 999

**Totton Sports Club
Southern Gardens
Ringwood Road
TOTTON
SO40 8RW
023 8086 2143**

NHS 111 service should be used if you urgently need medical help or advice.

**Southampton General
Hospital
Tremona Road
SOUTHAMPTON
SO16 6YD
023 8077 7222**

**New Forest Hospital
Wellworthy Road
LYMINGTON
SO41 8QD
Minor injuries dept/urgent care centre
Opening hours 08.00 – 21.00 daily
0290 663000**

- Alert the qualified First Aider who should take appropriate action for minor injuries
- Deal with the rest of the group and ensure that they are adequately supervised and safe
- Do not move someone with major injuries. Wait for the emergency medics
- Contact the injured person's parent/carer/guardian
- Stay calm but act swiftly and observe the situation. Is there danger of further injuries
- Listen to what the injured person is saying
- Complete an Incident/Accident Report Form

First Aid equipment is held by Totton Sports Club

Totton Sports Club always has a member of staff qualified in first aid on site