



MERIDIAN JUDO CLUB

GUIDELINES FOR DEALING WITH AN ACCIDENT/INCIDENT

- ✓ Stay calm but act swiftly and observe the situation. 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 services
- ✓ Deal with the rest of the group and ensure that they 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
- ✓ Follow up with injured person or their parent to check on current condition