

POLICIES AND PROCEDURES

HEALTH AND SAFETY

Fire



Get down, get low, get out fast

During Trainings or games

- If there are others in the club, shout 'Fire, Fire, Fire' and assist them out of building
- Activate Fire Alarms
- Get down, Get low, Get out - Fast
- If you can, close doors behind you to stop the fire spreading
- Once out, stay out - never go back inside
- Meet at the planned meeting place - in car park outside club
- If you can't get out of the club, close the door of the room you are in and put a towel under it to stop the smoke coming in. Go to the window and yell 'FIRE, FIRE, FIRE'. Wait to be rescued.

If there is a fire at Seddon Fields, call 111 immediately