



## Emergency procedures for Finsbury Park Track

*Following these procedures could save lives*

**In the case of Fire or Emergency :**

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| <b>DO:</b> ✓ <ol style="list-style-type: none"><li>1. Sound the alarm / call emergency services</li><li>2. Get yourself and any children and members of the public to the assembly point</li></ol> | <b>DO NOT:</b> X <ol style="list-style-type: none"><li>1. Do not re enter the building or resume training until the all clear is given by the emergency services</li><li>2. Do not try to fight the fire unless you are the designated fire officer</li></ol> |
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**The Assembly Point is on the High Jump fan at the Manor House end of the track**

**In the case of a first aid incident:**

1. If obviously a serious incident call the emergency services first.
2. Refer to one of the trained first aiders ( names at the end of this notice)
3. Call the parent /carer if the child is under 18
4. For minor first aid – the first aid kit is in the track office

\*Note: if obviously a serious incident call the emergency services first then refer to the first aider

**Complete an incident report form – Blue folder in the track office**

**Named first aiders at the track:**

- Russell Weston
- Kabir Kemp
- Ruth Miller
- Rachel Weston
- Katia Spanu

**Full Health and safety procedures – red folder in the Track office**

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