



**Glenburn Tennis Club, 5 Mulgrave Street, Glen Waverley, 3150**

## **Medical Emergency Response Plan**

The Glenburn Tennis Club (GTC) President holds a current First Aid qualification including CPR. Details are: HLT Aid; 009, 010, and 011; Also HLT Aid 003, updated 8 July 2021.

The Coach, Lewis Miles, has First Aid level 2, updated in 2020 (covers 3 years)

We cannot, however, guarantee that a first aider will be present at all tennis sessions.

The club telephone number is 9803 0582.

Our First Aid Kit is in the ball cupboard.

The Defibrillator is on the northern wall towards the kitchen.

Members' contact details are available through the membership secretaries (phone numbers on the board on the Northern tennis fence, outside court 5). Alternatively, information is available online in the Tennis Victoria My Tennis membership system accessible to committee members.

### **Should an injury occur.**

#### **Implement DRSABCD - Refer Resuscitation guideline attached below.**

##### **But first:-**

[1] Ascertain the extent of the injury and provide immediate emergency care of the injured or ill person.

[2] Determine if a first aid person is present. If not send someone to find the Head Coach, or one of the Coaches, if present. If not present, find the co-ordinator of the event being held. ie. A responsible person

[3] Provide initial first aid.

[4] If necessary, call for an ambulance (phone 000).

Provide clear instructions, including: Age, gender, what happened, injury details and address of the club: ie. 5 Mulgrave Street Glen Waverley, 3150, as well as nearest intersection (Kiah St. Glen Waverley)

[5] Provide directions and access for the Ambulance officers.

[6] If serious and the injured member is to be taken to hospital, find out which one!

[7] Seek to inform family or friend of the situation.

[8] If an injury or medical emergency occurs at another club, follow their emergency plan or the above points.

[9] Report the incident to a GTC Management Committee member. Phone numbers on the main information board outside court 5.

### **Local hospitals or Medical Centre**

Box Hill Hospital, 8 Arnold Street, Box Hill ph: 1300 342 255

Epworth Eastern Hospital, 1 Arnold Street Box Hill ph: 8807 7100

Waverley Medical Centre , 244 Springvale Road Glen Waverley ph: 9814 9999

The Glen Medical Centre, 234 Springvale Road Glen Waverley, ph: 9887 9288

### **Medical Plan Communication**

This Plan is to be available on the clubhouse notice board, in the first aid kit and on the club web site, as well as to all convenors (Junior, Senior and Night Tennis) .

Update by Club Secretary 9 Aug 2021

Verified by Club President

Doc: GTC 2021 Medical Emergency Plan – August 2021

# RESUSCITATION

In an emergency call triple zero (000) for an ambulance

**D**  
Danger

**Ensure the area is safe for yourself, others and the patient**



**R**  
Response

**Check for Response:**

- ask name
- squeeze shoulders

**NO RESPONSE** | **RESPONSE**  
send for help | make comfortable, monitor response



**S**  
Send for help

**Call triple zero (000) for an ambulance**

or ask another person to make the call



**A**  
Airways

**Open mouth:** if foreign material present:

- place in recovery position
- clear airway with finger



**B**  
Breathing

**Check for breathing:** look, listen, feel

**NOT NORMAL BREATHING** | **NORMAL BREATHING**  
start CPR | place in recovery position  
monitor breathing



**C**  
CPR 30:2

**Start CPR**  
**30 chest compressions : 2 breaths**

continue CPR until help arrives or patient recovers



**D**  
Defibrillation

**Apply defibrillator**  
if available - follow voice prompts



**YOUNG CHILDREN SHOULD BE SUPERVISED WHEN USING THIS SWIMMING POOL.**

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**POOL GATES MUST BE KEPT CLOSED AT ALL TIMES.**

**KEEP ARTICLES, OBJECTS AND STRUCTURES AT LEAST 900MM CLEAR OF THE POOL FENCE AT ALL TIMES.**

This information is not a substitute for first aid training. Formal instruction is essential.