



## Br guidance - emergency treatment

Everyone is expected to:

- **Read** and understand notices displayed in your club showing:
- **Know** how to call 999 for an ambulance and provide directions so that the ambulance can respond to your location quickly/easily  
*(See Club Safety board notices for address/grid reference; also on website)*
- **Know** how to perform hands only Cardiopulmonary resuscitation (CPR)
- **Watch the British Heart Foundation (BHF) videos** that show what to do if someone collapses (these videos can also be found by searching **YouTube for “cpr vinnie” and “cpr mini vinnie”**)
- **Download the BHF Pocket CPR app for Android** and practice CPR
- Know where to find an Automatic External Defibrillator (AED)  
*(in Marina office - also, Hayling Island Sailing club/Langstone Sailing club)*
- **Complete the Lifesaver online learning – <http://life-saver.org.uk>**
- Attend CPR training if it is available *(the club hopes to set this up, plus other First aid training, when possible)*
- **Read the Safety Alerts on “What to do if someone collapses in a boat”**
- **Study BR’s Staying Alive Safety Alert**
- **Be aware** that the casualty will need further assessment/advanced medical care and must be taken to hospital, even if they appear to have recovered.