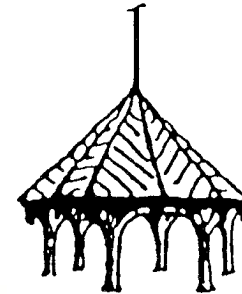


# Mildenhall Cricket Club

## Guidelines for dealing with an Incident / Accident



- Stay calm but act swiftly and observe the situation. Is there danger of
  - Is there a risk of further injury?
  - Listen to what the injured person is saying.
  - Alert the qualified First Aider who should take appropriate action for minor injuries.
  - In the event of an injury requiring specialist treatment, call the emergency services – **999**.
  - The telephone number for NHS Direct is: **0845 46 47** or see **www.nhsdirect.nhs.uk**
- 
- Deal with the rest of the group and ensure that they are adequately supervised and safe.
  - Do not move someone with major injuries. Wait for the emergency medics.
  - Contact the injured person's parent / carer / guardian.
  - Complete an Incident / Accident Report Form.

Nearest Doctors Surgery:  
**Market Cross Surgery, Mildenhall – 01638 713109**  
**Postcode: IP28 7EG**  
Distance from ground: 1 mile, 3 minute car journey

Surgery Times: Monday-Friday, 8.30-11.40am and 3.30-5.30pm

Out of hours service is in operation on weekday evenings, weekends and/or Bank Holidays

Nearest Hospital:  
**West Suffolk Hospital, Bury St Edmunds**  
**Postcode: IP33 2QZ**  
Distance from ground: 15 miles, 31 minute car journey

Accident & Emergency Department

### Directions & Map to West Suffolk Hospital:

1. Head out of Cricket Club
2. Turn right onto **Queensway**
3. At mini roundabout, take the **2<sup>nd</sup> exit onto King St/A1101**
4. At mini roundabout, continue straight on
5. At 'fiveways' roundabout, take **4<sup>th</sup> exit onto A11** heading to **London/Newmarket**
6. After 0.4 miles, turn left on **Tuddenham Rd**
7. Continue onto **High St** through Tuddenham village
8. Slight right onto **Higham Rd**
9. After 3.3 miles, turn left on **A14**  
(NB. Hospital will be signposted from A14)
10. At **Junction 44**, exit toward **Bury St Edmunds E/Sudbury/A134**
11. At roundabout, take **3<sup>rd</sup> exit onto A1302** heading to **Bury St Edmunds/Sudbury/A134/Haverhill/A143**
12. Go through 2 roundabouts
13. At 3<sup>rd</sup> roundabout, take **2<sup>nd</sup> exit onto Wilks Rd**
14. Slight left onto **Hardwick Ln**
15. After 0.5 miles, take the 2<sup>nd</sup> left into the Hospital

