



Medical and Emergency Details

2024 – 2025

CLUB INFORMATION

Name of club	Tonbridge Juniors Football Club
Venue Address	Racecourse Sports Ground The Slade Tonbridge TN9 1HR
Facility Telephone Number	07709 439192 (Karl Davis - General Manager)
Facility email address -	karld_tjfc@yahoo.com
Club Medical Staff on duty	Youth/ Girls – Lead first aider is normally a manager or coach Other club events - Head Coach
Other essential staff	Team managers and coaches with an FA or First Aid Qualification

LOCATION OF SERVICES AND EQUIPMENT

Medical Room/ Emergency Treatment Room	In the clubhouse, which can be found in the middle of the Racecourse Sports Ground
Emergency equipment	Defibrillator – In clubhouse Stretcher – In clubhouse
First Aid Bags	All teams or club events onsite will have a personal First Aid Bag A First Aid Bag can be found in the Clubhouse Ice Packs will be offered and if needed, the Lead First Aider will provide on the day from their First Aid Bag
Use of the stretcher	If a player is stretched off, they will be moved directly to the Clubhouse in order to be assessed by the Lead First Aider available at the time while waiting for medical services to arrive if required.

PITCHSIDE MATCHDAY SIGNALS

One Hand	Assistance required
Crossed Hands	Blood Injury
Two Hands	Stretcher

AMBULANCE ROUTES

Pitch to Ambulance	Ambulance will arrive at the sportsground, coming through the double gates which can be accessed through Bradford Street. The key to unlock these double gates can be found in the Clubhouse. The ambulance can then drive i on to the pitches.
What Three Words Locations	Clubhouse ///they.paying.expert Ambulance Entry Point ///baked.junior.museum F1 ///winter.folds.fresh F2 ///listed.singer.gifted F3 ///event.runs.hears F4 ///bride.obey.pages F5 ///ideas.print.money F6 ///curve.dwell.liner F9 ///rapid.zones.marker F10 ///walks.wounds.sorters F11 ///buyers.noting.spit F12 ///cube.ranch.stack MF 50 ///crush.traded.gone MF 51 ///funded.light.intervals MF 52 ///found.gasp.vivid MF 53 ///pilots.plants.lock MF 54 ///gosh.lake.bucks MF 55 ///send.reduce.loss MF 56 ///renew.remind.animal MF 57 ///loss.booth.reap MF 58 ///news.kick.glare MF 59 ///wage.slice.await MF 71 ///thin.jokes.backed MF 72 ///dogs.transmitted.period MF 73 ///ever.waddle.scout MF 74 ///stuck.chin.issues MF 75 ///vent.sofa.spin MF 76 ///native.raced.bills MF 77 ///dated.notes.wants MF 78 ///trunk.leaps.famed

LOCAL HOSPITALS

Sevenoaks Hospital Minor Injuries Unit	Hospital Road Sevenoaks Kent TN13 3PG Tel: 01732 470200
--	---

Tunbridge Wells Hospital A&E department	Pembury Tunbridge Wells Kent TN2 4QJ Tel: 01892 823535
Maidstone Hospital A&E department	Hermitage Lane Maidstone Kent ME16 9QQ 01622 729000
Princess Royal University Hospital A&E department	Farnborough Common Orpington Kent BR6 8ND Tel: 01689 863000
Darent Valley Hospital A&E department	Darent Wood Road Dartford DA2 8DA Tel: 01322 428100
Local GP Services	Text 61121 NHS Direct provides a text messaging service which will help you find the closest GP, Dentist, Pharmacy, Optician, Walk-in centre, A & E, or hospital in England. Text the name of the service you require followed by the Postcode to 61121 and you will receive a text message response with the service name, address and telephone number (where available) plus the distance from the postcode you supplied. The 7 key words to access the local health services are GP, Dentist, Pharmacy, Optician, Walk-in Centre, Casualty and Hospital For example, 'GP TN9 1HR'
Medical Emergency	999 or 111
NHS Direct	111
Childline	0800 1111
NSPCC	0808 800 5000
Family Lives (Formerly Parentline Plus)	0808 800 222
Childnet International	020 7639 6967
Bullying UK	0808 800 222
Samaritans (open 24 hours a day)	116 123 (free phone number)