

Fire Action

If You Discover A Fire

1. Sound the alarm
2. Ask a coach to call the fire brigade
3. If possible, tackle the fire using the appliances provided, but do not endanger yourself or others doing so

If You Hear The Fire Alarm

1. Leave the building by the nearest available exit
2. Close all doors behind you
3. Report to the coach in charge of assembly point (car park) which is situated outside the entrance of the gym

4. Do not stop to collect personal belongings
5. Never re-enter the building for any reason unless authorised to do so
6. Do not take personal risks