

First Aid, Emergency Procedure & Medical Centres Updated for During Coronavirus Pandemic

Most of the WPNSA staff are first aid and defibrillator trained. There is a first aid room in the main lobby, but this is not currently accessible unless deemed necessary by a member of staff.

Defibrillators

WPNSA has two defibrillators; one in the Kitchen and one in an alarmed cabinet in the changing room corridor.

Casualties Ashore

Ambulances

If an ambulance is required, please call Reception to arrange it for you in order that we can liaise with the Emergency Services.

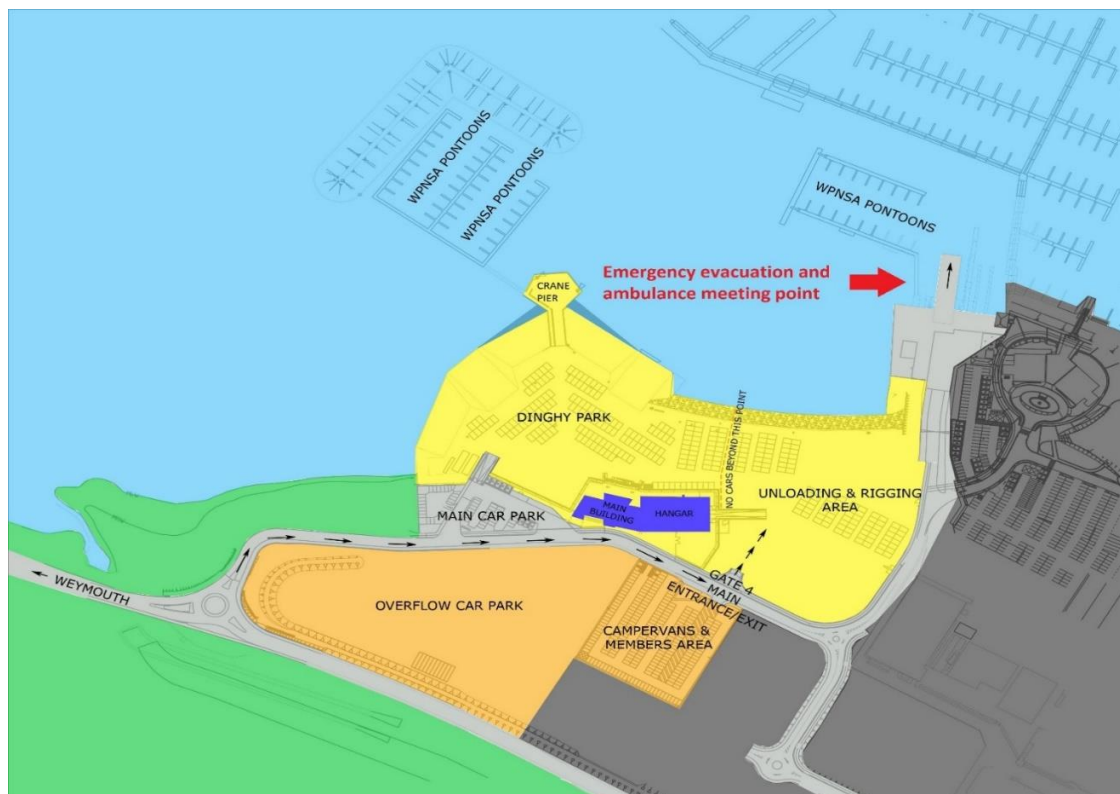
First Aid

If anyone requires first aid, please call Reception on 01305 866000.

Casualties Afloat

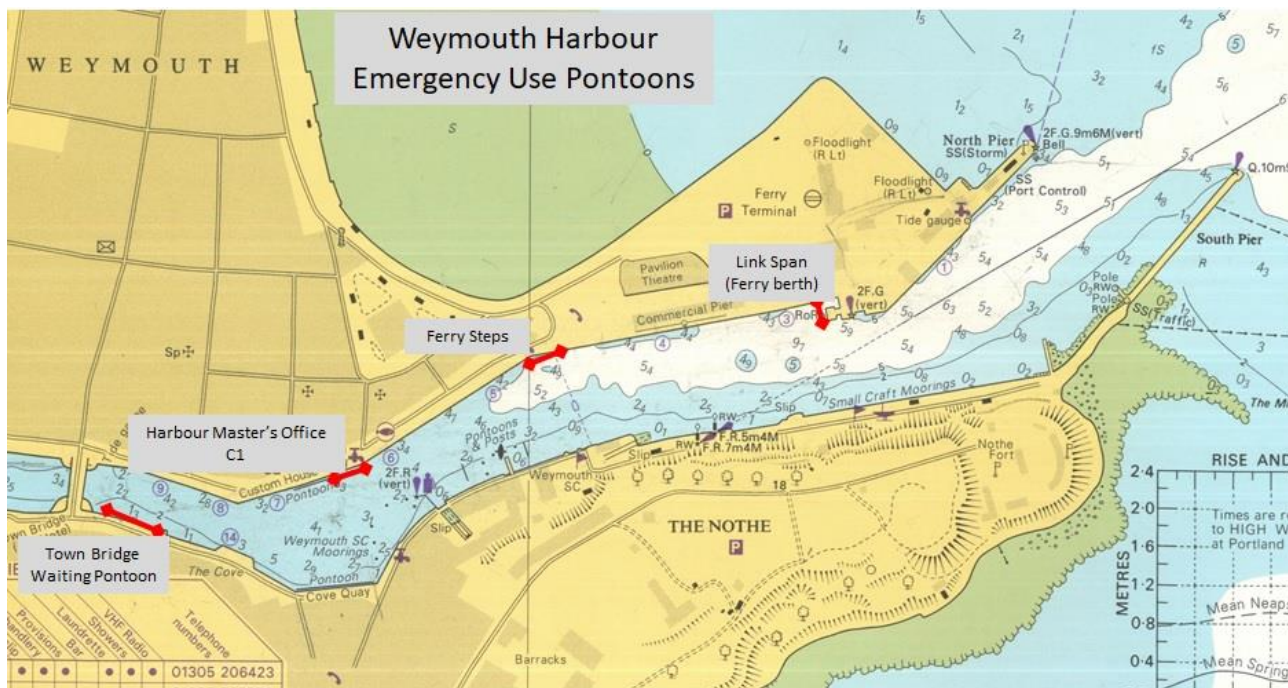
Emergency Incident Requiring an Ambulance – Portland Harbour

In the case of an incident on the water please inform Bridge via VHF or Reception on 01305 866000. If required, Reception will call an ambulance and direct them to the meeting point (indicated in the diagram below) to meet the casualty there.



Emergency Incident Requiring an Ambulance – Weymouth Bay

In some instances, when racing is in Weymouth bay, it may be quicker to use Weymouth Harbour to meet an Ambulance, rather than going back to Portland Harbour. If this is the case, **please radio 'Weymouth Harbour' on VHF Ch. 12 before entering the harbour** and they will notify the best landing point based on the current activity in the harbour (see diagram below). Advise Bridge that this is what is happening, the tally number of the casualty and who is liaising with the emergency services to guide them to the correct point (which may be Bridge or may be someone on the water).



First Aid

If first aid is required, bring the casualty to the pontoons by the Crane Pier. Radio bridge who will arrange for the Casualty to be met. If they require us to administer first aid, call Reception to arrange for someone to meet them at the back door of the lobby. If a wheelchair is required for the casualty, please call Reception.

Out of Hours

If first aid is required onsite when the building is closed, please follow the below procedures:

Ambulances

If an ambulance is required, please call 999 and advise the emergency services that you will meet the ambulance outside the main reception.

Please phone our out of hours' emergency number, 07340 637338, to make a member of staff aware of the incident. Please contact Reception during opening hours the following day to advise us of the incident.

First Aid

If first aid is required and depending on the injury, please head to the nearest open pharmacy or medical unit. Information about opening times and injuries that can be treated at each location can be found on the following pages. Please contact Reception during opening hours the following day to advise us of the incident.

Portland Community Hospital – Temporarily Closed

Portland MIU is temporarily closed the COVID-19 pandemic.

Weymouth Community Hospital Urgent Treatment Centre

Telephone No.: 01305 760022

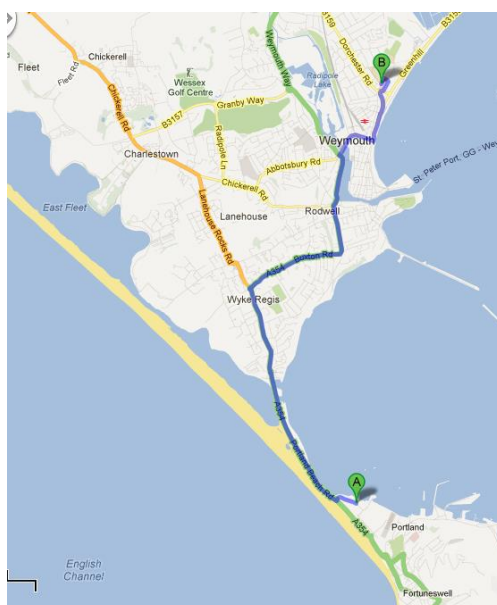
Post Code: DT4 7TB

Opening Hours: 08:00 to 20:00 - 7 days a week incl. Bank Holidays

**The UTC is providing telephone and video consultations and only offers face-to-face appointments where strictly necessary. Please do not just turn up – you cannot be seen without an appointment.
Please call 01305 762541 in advance.**

Directions:

- Turn right out of Sailing Academy towards the roundabout
- Take the 2nd exit onto A354- signposted Weymouth
- At the roundabout take 2nd exit- signposted Weymouth
- At Foord's Corner roundabout take the 3rd exit on the A354 signposted Town Centre, Dorchester
- At traffic lights continue forward on the A354
- At Harbour Crossroads continue forward onto Westwey Road- signposted Dorchester, Wareham, Town Centre
- At Westham Crossroads turn right- signposted Town Centre, Beach
- At Kings crossroads continue forward onto King Street- signposted station
- At the traffic lights, continue forward to the esplanade
- At the traffic lights turn left (one way) on to the esplanade
- Continue along the esplanade, bear right after the church
- Take the first left onto Melcombe Avenue
- The hospital is on the corner on the left-hand side of the road



Dorset County Hospital - Emergency Department

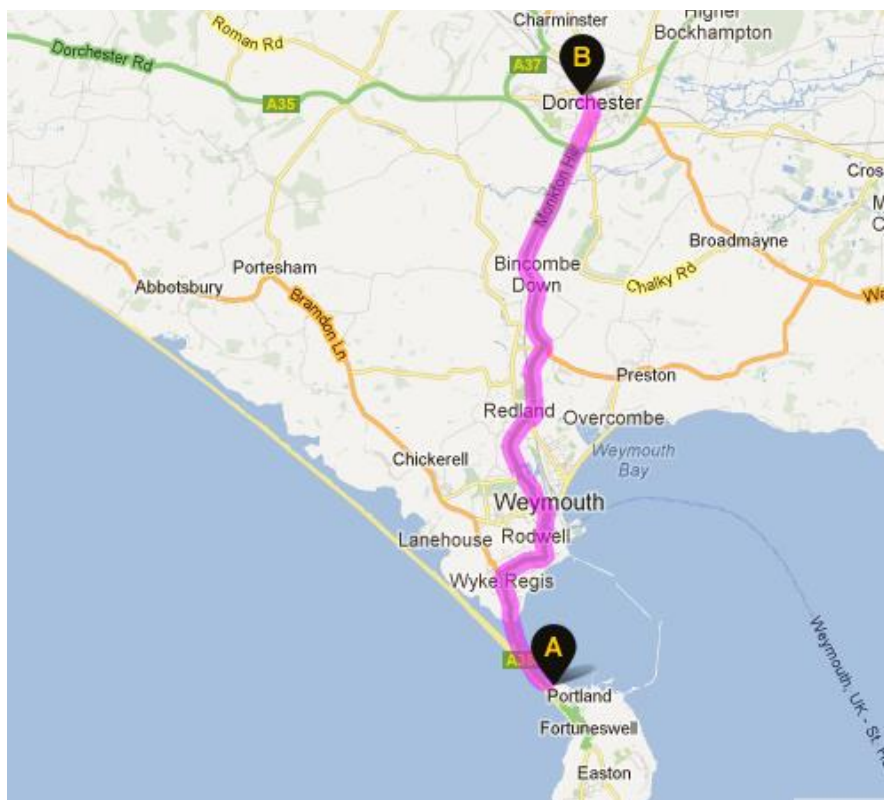
ED Telephone No.: 01305 255541

Post Code: DT1 2JY

You must not visit the hospital if you are suffering from any of the following symptoms: high temperature, a new continuous cough, a loss or change to your sense of smell or taste, migraine, nasal congestion, runny nose, sore throat, vomiting or diarrhoea.

Directions:

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- Take the 2nd exit onto A354 - signposted Weymouth
- At the roundabout take 2nd exit - signposted Weymouth
- At Foord's Corner roundabout take the 3rd exit on the A354 signposted Town Centre, Dorchester
- At traffic lights continue forward on the A354
- At Harbour Crossroads continue forward onto Westwey Road - signposted Dorchester, Wareham, Town Centre
- At Westham Crossroads continue forward along Westwey road.
- At Chaffey's roundabout take 4th exit along Weymouth Way, along A354
- At Manor Roundabout take the 2nd exit
- At Vesta Roundabout take the 1st exit
- At Jurassic Roundabout take the 1st exit
- At roundabout take the 2nd exit onto Weymouth Road
- Go straight over mini roundabout and at traffic lights, slight left on to Maumbury Road
- At traffic lights turn left on to Damers Road
- At traffic lights continue forward, A & E is on the right hand side



Non - Urgent Medical Care

Local Pharmacies:

Boots Pharmacy, Fortuneswell, Portland, DT5 1LZ – 01305 820409

Monday to Friday: 09:00 – 17:30

Saturday: 09:00 – 13:00

Sunday: Closed

Boots Pharmacy, 107 Portland Road, Wyke Regis, DT4 9BG – 01305 786071

Monday to Friday: 09:00 – 18:30

Saturday: 09:00 – 13:00

Sunday: Closed

Boots Pharmacy, 2 Easton Square, Portland, DT5 1BX - 01305 820230

Monday to Friday: 08:30 – 12:30 & 13:30 – 18:30

Saturday: 09:00 – 12:30 & 13:30 – 17:00

Sunday: Closed

Asda Pharmacy, Newstead Road, Weymouth, DT4 8JQ - 01305 760733

Monday: 08:00 – 23:00

Tuesday to Friday: 07:00 – 23:00

Saturday: 07:00 – 22:00

Sunday: 10:00 – 16:00

Local Physios

Formotion - 01305 837055

3 Littlemoor Road, Weymouth, DT3 6LA

Neilsen Clinic - 01305 776102

Chickerell Road, Weymouth, DT4 9SY

Weymouth Physiotherapy - 07484 317530

St Aldhelms Church Centre, DT3 5EW

Massage Weymouth - 07894 709904

18a Melcombe Avenue, Weymouth, DT4 7TH

Samantha Holloway - 07773 359556

Egdon Hall, Lynch Lane, Weymouth, DT4 9DN