



SAFETY INFORMATION

Safety is our joint responsibility

The Panaga Club does its best to ensure the safety of its premises and the Section activities, however ***we need your help to keep everybody safe:***

Members and their families who use the club and facilities do so at their own risk and responsibility.

The safety, welfare and behavior of a child in the Club is entirely and at all times the responsibility of its parents or nominated guardian.

Children under 14 years must be supervised and accompanied by a parent or guardian at all times when in or around the swimming pools or surrounding area of the pools defined by the barriers. Admission of these unaccompanied children to the facilities can be rightfully refused.

Amahs are only allowed into the Club on a Day Visitor membership and must be accompanied by the Member at all times, to ensure understanding of and compliance with Club rules.

Please report any incidents, 'near-misses' and unsafe situations immediately to the Club staff, Club Security or Management Committee.

General Safety Information

Emergency Phone Numbers

In the event of any injury or incident, the following Emergency Contact Numbers should be used:

BSP Emergency Line: 2999 (direct from BSP line) or **337 2999** (from any other line)

National Emergency Services:

Ambulance	991
Police	993
Fire Brigade (Bomba)	995
Search or Rescue	998

Assembly Point

The assembly points in case of fire are:

Panaga Club:

Assembly Point (A) – Car park area in front of main Club building

Assembly Point (B) – Padang (field)

Assembly Point (C) – Back car park area towards the beach

KBBC: Car park area outside main building

First Aiders

Panaga Club and KBBC staff and Catering staff contain designated First Aiders. A list with the names of the first aiders and their photos can be seen on notice board at:

Panaga Club: Foyer / Kitchen / Pool / MPH / Golf / Jungle House

KBBC: Dining area (near First Aid cabinet)



First Aid boxes and Defibrillator locations

First aid boxes and Defibrillators are available at the following locations:

Panaga Club

No	First Aid Kit Location	Defibrillator
1	Accounts Office	-
2	Club Foyer (entrance). Padang use	Yes -
3	Catering Office	-
4	Poolside Round Bar	-
5	Teratai	-
6	Fitness Centre Room	-
7	Tennis Shop	-
8	Jungle House – Front Porch	-
9	Jungle House – Inside kitchen	-
10	Golf Administration Office	-
11	Golf Shop	-
12	Golf – Halfway House Canteen	Yes
13	Multi-Purpose Hall (MPH) Outside building	- Yes
14	Panaga Club Boat Shed	-
15	Back Security hut near playground	-
16	Beach Shelter	-
17	Music Room	-

KBBC

No	First Aid Kit Location	Defibrillator
1	Clubhouse outside Chart Room	Yes
2	Boatmen Office	-
3	Security Hut	-

Main Safety Hazards - Precautions

Drowning (sea, pool)

There are **NO** lifeguards at the Panaga Club or KBBC.

Members can enjoy the pools and beach/river at Panaga Club and KBBC at their own risk and are responsible for their own safety and that of their children.

The risk of drowning, in terms of potential consequences, is one of the most serious risks at the Panaga Club and KBBC. Parents are advised to supervise their children at all times.

During Panaga Club Stingrays swimming lessons, trained Swim Teachers will be present to ensure the safety of the children.

In case of an Emergency in the Panaga Pool area, please raise the alarm immediately using the Pool 'Emergency Push Buttons'. These are located **next to big SPEEDO clock** as follows:

- 1) Near to the Pool entrance gate**
- 2) Far corner of the deep end of main pool.**

You can also call the BSP Emergency number: **2999** (direct from BSP line) or **337 2999** (from any other line).

In case no heartbeat can be detected, please administer CPR as soon as possible while waiting for Emergency services to arrive.



Pool Usage

1. **Parental supervision is required at all times.** Parental supervision means that the parent is within arm's reach of their child /children. Teach children to enter the water only when the adult accompanying them gives permission. They should learn to wait for this direction. Interact with children and supervise them during the entire water session. Children interacting with adults are safer. Children under 14 must be accompanied by an adult while in the pool area.
2. **Food and drinks must not be consumed in the swimming pools.** Adults need to set the right example for the children. Children are commonly seen eating ice creams in the pool and this affects water quality. Rubbish like ice cream wrappers is finding its way into the filters of the pool, so parents please ensure children are putting these into the bin. If a glass or tea cup is broken in the pool, the pool may have to be emptied and cleaned thoroughly and this takes about one week. Please assist in maintain pool water quality.
3. **Diving in the shallow end & pool rules:** We have seen many children running around the swimming pool concourse and also people diving in the shallow end. The pool rules are there to protect us, and if children see adults diving in the shallow end, they will do the same thing. Showering before using the pool is also a pool rule and is required. Also the lanes are used for lap swimming and lessons. Please make sure children are not playing in these lanes while people are lap swimming.
4. **Panaga Stingrays Equipment:** It is okay for people to use the kickboards, fins, and other Stingray equipment but it needs to be treated with respect. We commonly finding all this equipment lying around the pool. It is not the job of the swim coach or the club staff to clean up after kids. Please return equipment when you are finished using it and please respect that it all costs money and is difficult to replace.
5. **Footwear:** No footwear of any kind are allowed on the pool deck. Upon entry, leave them at the shoe racks provided. This will reduce the pool deck tiles to become dirty.
6. **Swimming Diapers:** It is recommended for all infants and toddlers who are not toilet train to wear swim diapers when using the pool. It is to prevent unwanted "accidents" which cause pool closure. Swim diaper are available for purchase from the club Members Services office or club caterer.

If we follow these simple rules everyone will enjoy the swimming pool and stay safe.

Lightning Strike

The Club has a lightning warning alarm which will automatically activate with a single long blast when the system detects lightning strike in the vicinity of 10 km. The automatic lightning warning red strobe lights located at the front security hut, golf security hut, poolside round bar, tennis court walkway and front security hut will flash continuously to indicate 'No Clear' situation.

In this situation, Members participating in all outdoor activities shall stop and take immediate shelter. In other cases of bad weather - not triggering the lightning warning alarm (e.g. strong wind, storm, heavy rain, etc.) Members may be required by the Club Staff or Security Guard to take the same action.

Members are only allowed to continue their outdoor activities when three short blasts sound are heard (and the automatic lightning warning red strobe lights stop flashing) which indicate an "All Clear" situation in relation to lightning strike. The "All Clear" signal following a bad weather alarm will be advised by Club Staff or the Security Guard.

Golfers are advised to leave the golf course immediately (walking back to the Club) or to take the nearest shelter on the golf course at:

- **Men's Tee boxes Nos. 2, 3, 4, 6, 7, 8, 9, 10, 11/17 (sharing), 12, 13, 15, 16, &18**
- **Ladies' Tee box No. 17.**

Beware - Do not touch the metal pole during lightning.

If sailing you may **not** be able to hear the Panaga Club Lightning Strike Warning Alarm when on the water. Please continuously monitor the sky and prepare to get off the water as quickly as possible when risk of lightning strike is developing.

Sailing

Booking sailing boats procedure - Man of the Day, KBBC Boats man role



Fire/Smoke

In case the Fire Alarm is raised – **a long continuous ringing bell** – all members must immediately leave the Club buildings through the nearest and safest emergency exit and proceed to the Assembly Point. In case you are participating in meetings or events at Panaga Club/KBBC, please ask your host to clarify the safety procedures out to you.

Members are to wait at the Assembly Point until the fire alarm is switched off and instructions are given by the Chief Fire Warden or his designate that it is safe to return to the Club buildings.

In case you see a fire or suspected fire/smoke, please raise the alarm using one of the fire alarm points (push to break glass) or inform the Club staff or Security staff immediately.

Location Fire Alarm Points (Push to Break Glass):

Panaga Club:

- Main Club Building
 - 1) Ground Floor
 - ❖ Near staircase to 1st Floor
 - ❖ Next to back sliding door
 - ❖ Next to TADS Wardrobe entrance in Kenyalang Kafe
 - 2) 1st Floor
 - ❖ Opposite Accounts Office
 - ❖ Next to Arts & Crafts entrance
 - 3) Basement - NIL
- Multi Purpose Hall (MPH)
 - 1) Reception area beside First Aid cabinet
 - 2) Big Hall – 2x Emergency exit doors
 - 3) Small Hall – left side entrance & Emergency exit door
 - 4) 1st Floor balcony next to notice board
- Golf Area including Driving Range
 - 1) Golf Admin Office
 - 2) Golf Shop
 - 3) Ladies Surau
 - 4) Driving Range - None
- Jungle House
 - 1) Front verandah near main entrance door
 - 2) Main room Emergency exit door near toilet
 - 3) Youth Club room exit door

KBBC:

- 1st Floor
 - 1) Bar counter
 - 2) Chart room entrance door
 - 3) Store room entrance door
- Ground Floor
 - 1) Ladies toilet entrance door
 - 2) Inside Rowing boat shed



Sun-burn/Sun-stroke/Haze

The weather in Brunei is normally hot and sunny. At certain times of the year we will experience hazy weather due to forest or bush fire.

Even if it is cloudy, the risk of sun-burn/sun-stroke is present especially when participating in outdoor activities. To minimize the risk of sun-burn/sun-stroke, it is recommended to:

- ❖ **Drink sufficient fluids during outdoor activities**
- ❖ **Wear sun-screen and a hat**

Wear protective swimwear when swimming/sailing in sea or pool.

Avoid or reduce doing outdoor activity during hazy weather. Wear face mask if necessary.

If you or someone else is feeling unwell, please take a rest in the shade, go indoor in the present of haze, drink plenty of water and seek assistance. Members are advised to take extra precautions with babies and young children.

Sports injury

Sport injuries represent the vast majority of injuries at Panaga Club/KBBC.

Sports activities can be outdoor on the grass (Padang/Golf Course) or indoor in the Multi-Purpose Hall (MPH) and Dance Hall. Please ensure a good warm-up prior to the event to avoid sports injuries. Even though it may be hot outside, your muscles will not yet be warmed up.

Please take extra precautions (including protective clothing) when participating in sports like football, rugby, hockey, golf, etc. that involves physical contact or inherently has the risk of getting hit by sticks/balls.

Especially after a rainy period, the Padang presents a higher risk to knee/ankle/ligament injuries.

Playground injury

The Panaga Club playgrounds and KBBC playgrounds have been designed and maintained to minimize the risk of injury to children. However, climbing equipment always contains a risk of falling. Extra care should be taken after a rainy period as the equipment will be more slippery.

Parents/Guardians should be extra vigilant on these risks for their children and supervise their young children at all times.

Dehydration

The weather in Brunei is normally hot and sunny. Even if it is cloudy, the risk of sun-burn/sun-stroke is present especially when participating in outdoor activities. To minimize the risk of dehydration, it is recommended to drink sufficient fluids and take regular breaks. Free drinking water is provided at different points around the Club.

Jellyfish Sting

When swimming/sailing in the sea (the South China Sea), please take account of the possibility that there may be jellyfish in the water. Jellyfish stings can be very painful and possibly health-threatening to small children especially when a relatively large part of the body is uncovered by swimwear. It is advised to wear protective swimwear (rash vest). When stung, treatment with Vinegar – available at the back security hut, should reduce the pain somehow.

Remove the adhering tentacles but avoid touching by hand. It is advised to seek further advice/treatment from the staff at Panaga Health Centre (PHC).



Crocodiles

Panaga Club: Please be aware that crocodiles (small) have been spotted incidentally around the golf course and beach. When spotted, please keep your distance and alert the club team:

Foyer Security at **5980** or Golf Administration Office at **3142 or 5958**

KBBC: Estuarine Crocodiles are also present in the Belait river, although generally more upstream from the KBBC and they tend to be more active at dusk/after sunset. Over the years, many group sailing activities have taken place at KBBC and there have been no occurrences of crocodile-related incidents so far. However, it remains advisable to stay alert and leave the water when crocodiles are spotted. Swimming in the river is discouraged.

Please contact and inform KBBC Security at **4163** on the sighting.

Monkeys

Monkeys are commonly seen in the country, and most of the time they do not pose any threat or danger to people. Please keep your distance from monkeys and try not to disturb them. In certain situations, the large male monkeys can become aggressive and pose a safety risk to people including small children. In the event of monkey attack, immediately notify:

BSP Emergency number : **2999** (direct from BSP line) or **337 2999** (from any other phone) or
HML/42 on-duty staff : **8723006** or 24/7 Security: **8721041 or 8730905**

Beach Logs

Stay away from logs in the surf or wet sands. There are extremely heavy and yet a single wave can lift and roll them further up the beach and roll them down again. Avoid standing or playing near these logs especially children. If you notice the presence of logs at the Panaga Club Beach, immediately notify or alert the club staff or call: Foyer Security at **5980**.