WATERINGBURY FOOTBALL CLUB

FIRST AID POLICY

POLICY STATEMENT

This policy aims to ensure that all members of Wateringbury Football Club have the right to first aid support at all club activities. It is supported by all officers of the club, who are responsible for implementing this policy.

The club recognizes that playing football can result in injury. Although footballers take part at their own risk, the club takes health and safety seriously and will seek to minimise those risks and provide effective first aid, subject to the limitations that a small club run by volunteers will encounter.

BASIC PRINCIPLES

The club will appoint a First Aid Officer whose responsibilities are outlined in this policy document.

The club will ensure that all teams have a manager who has completed Level 1 FA coaching which covers the key elements of delivering effective pitch-side first aid.

The club will maintain a register of coaches and ensure training is kept up to date.

The club will ensure that all matches and training activities are attended by at least one coach with the relevant training.

The club will ensure that each team will possess a relevant first aid kit, and that each team will identify an individual who is responsible for bringing it to each team event.

The club will hold a parental consent form for each member.

GENERAL REQUIREMENTS

It is beyond the scope of this document to provide specific advice on how to treat football injuries. That will be covered within the accredited courses.

All injuries are to be treated by an accredited Level 1 coach using only the contents of the first aid kit and water. If there are other individuals present with relevant skills, we advise that the coach, in conjunction with the injured players parent/guardian, if present, should decide if those individuals are better placed to help.

A plaster or dressing from the first aid kit may be applied if there is an open or bleeding wound, unless a specific reason not to is declared on the parental consent form.

The coach must ensure he is familiar with any specific health issues that a player may have declared on the parental consent form.

Specific medications used by a player to treat existing medical conditions, such as inhalers for asthma, and medications to combat hypoglycaemic attacks in diabetics, must be administered by the player or the players parent/guardian. The coach may be requested to hold the medications for the player while they are playing.

If an injury cannot be treated satisfactorily at pitch-side using the skills and equipment available, the player will need to be taken to a local accident and Emergency department or Minor Injuries Unit. Most such injuries can be correctly transferred to hospital without the need of an ambulance. This decision should be made by the coach, but this policy only allows for the parent or guardian, if present, to transport the child. If they are not available or willing, or if the injury is deemed sufficiently serious, then an ambulance should be called by telephoning 999.

A parent/guardian, or club officer must accompany the player in the ambulance. If the parent/guardian is not present, then the coach will immediately telephone them on the emergency contact number provided.

The coach will ensure that details of any injuries which are serious enough to attend A&E or any significant head collision will be passed on to the club first aid officer at the earliest opportunity and usually within 48 hours.

CLUB FIRST AID OFFICER RESPONSIBILITES

To ensure that each team has a relevant first aid kit.

To ensure that each kit is fully stocked and replenished when notified by a team coach.

To receive and keep details of any serious or untoward incident and conduct a review to establish if any learning points can be disseminated through the club to improve the first aid policy.

To periodically check the AED device in the Pavilion and ensure that it is fully charged and that the defibrillator pads are in date.

TEAM COACH FIRST AID RESPONSIBILITIES

To ensure the club first aid policy is fully adhered to.

To be the first to attend any incident involving a club player at any official club activity.

To report the details of any significant first aid incident to the club first aid officer.

To ensure each player has an up to date parental consent form completed at the start of each season or on joining if partway through a season.

To regularly check the team first aid kit and report any deficiencies to the club first aid officer.

To ensure that the pitch is playable and safe.

SPECIFIC ISSUES FOR HOME MATCHES

In the event of a significant injury, the team coach will need to take steps to ensure any ambulance that is called has access to the pitch. There are three potential avenues of approach for an ambulance:

- Through the gate at the top of the park (ME18 5NQ)
- Along the lane to the Pavilion (ME18 5NQ)
- Via Phoenix Drive and the pathway through the hedge (ME18 5DR)

The first two will allow the ambulance to approach the pitch if required, although the latter may be the easiest way to access the lower pitch if it is not deemed necessary for the ambulance to get pitch-side. A decision will need to be made when telephoning for the ambulance.

In the unlikely event of a cardiac arrest the club keep an automated defibrillator (AED) in the Pavilion. The team coach should immediately delegate someone to telephone for an ambulance and send another person to retrieve the AED and bring it to the incident. The team coach should remain with the injured party and they or some other qualified person should commence basic life support in accordance with their training.

The two local Accident and Emergency departments are:

- Maidstone Hospital (ME16 9QQ) 10 Minutes
- Tunbridge Wells Hospital at Pembury (TN2 4QJ) 20 Minutes

Both are full A&E departments which will be able to handle the initial assessment of all injuries. Typical journey times are indicated. Paediatric Surgery and Ear, Nose and Throat are at Tunbridge Wells Hospital only, so any injury requiring those specialist services would subsequently need transfer to Pembury if initially presenting at Maidstone.