



**First**

**Aid**

## **Policy**

### *Colchester Gladiators American Football Club*

#### **Aims/Objectives**

This policy will be achieved by:

- Ensuring there are a sufficient number of trained First Aiders on duty and available for the numbers and risks involved.
- Ensuring there are suitable and sufficient facilities and equipment available to administer first aid.
- Ensuring the above provisions are transparent and clear to all who may require them.

#### **Responsibilities**

- The Management Committee in association with the facility manager will ensure that the First Aid Policy and Procedures are reviewed from time to time.
- The Management Committee will ensure that suitable and sufficient assessments are carried out to ascertain first aid needs.
- The Management Committee in liaison with Lead First Aiders will ensure that minimum numbers of First Aiders, identified in the first aid assessment, will be provided.
- The Management Committee will ensure that First-Aiders are offered training to a competent standard, which includes refresher training.
- The Management Committee will ensure that arrangements are in place for a suitable budget for training and re-training of First Aiders.
- The Management Committee in liaison with the facility manager will ensure that suitable first aid equipment is provided.
- First Aiders will ensure that all first aid treatments are recorded in the legally prescribed accident book.
- The Management Committee in association with the facility manager will ensure that audits are carried out periodically to ensure the effectiveness of first aid arrangements.

## **EMERGENCY PROCEDURES FOR INJURY OR ILLNESS**

- Assess the situation. Be sure the situation is safe for you to approach. The following dangers require caution: live electrical wires, gas leaks, building damage, fire or smoke, traffic, and/or violence.
- A responsible adult should stay at the scene and give help until the person designated to handle emergencies arrives.
- Send word to the person designated to handle emergencies. This person will take charge of the emergency, render any further first aid needed and call for additional resources as required.
- DO NOT give medications unless there has been prior approval by the parent or guardian.
- DO NOT move a severely injured or ill student or staff unless absolutely necessary for immediate safety.
- **Under no circumstances should a sick or injured player be sent home without the knowledge and permission of the parent or legal guardian.**
- In the presence of a life threatening emergency, call 999 or local emergency number. The head coach should then notify the parent or legal guardian of the emergency as soon as possible to determine the appropriate course of action.

## **PREVENTING DISEASE TRANSMISSION**

By following some basic guidelines, you can help to reduce disease transmission when providing first aid:

- Avoid contact with body fluids, such as blood, when possible.
- Place barriers, such as disposable gloves or a clean dry cloth, between the victim's body fluids and yourself.
- Cover any cuts, scrapes, and openings in your skin by wearing protective clothing, such as disposable gloves.
- Use breathing barriers, if available, when breathing for a person.
- Wash your hands with soap and water immediately before and after giving care, even if you wear gloves.
- Do not eat, drink, or touch your mouth, nose, or eyes when giving first aid.
- Do not touch objects that may be soiled with blood, mucus, or other body substances.

Following these guidelines decreases your risk of getting or transmitting diseases. Remember always to give first aid in ways that protect you and the victim from disease transmission. The Red Cross recommends the use of a breathing barrier when performing CPR or rescue breaths if you have concerns about making direct contact with a victim.