



“RAISE THE BAR” 1st AID POLICY& KIT CONTENT

The Club will actively encourage suitable Club Officials to undertake First Aid courses. It is the clubs policy to transfer responsibility to trained Centre Staff, as they should have a greater knowledge.

An appropriately stocked first aid kit should always be available from coaching staff /coaching volunteers and no other first aid equipment should be used.

In the event of a serious accident, the emergency services must be contacted and medical help sought.

Any accidents requiring treatment or that require advice being given, will be **reported to the administrative committee** and **complete accident report** book/form. It is good practice for the relevant coach to keep detailed contemporaneous records of any such accident.

It is quite common, for soft tissue injuries such as blisters or pulled muscles to occur. These are not serious and can be kept to a minimum by wearing the correct clothing and doing appropriate stretching exercises. If you have any concerns though, please do not hesitate to contact any of the coaching staff.

Medical Conditions

To ensure that we are equipped to deal with any problems, the coaching staff must be informed of any medical conditions or medication taken. It is especially important that we are kept informed of any accidents or illness, as this may affect performance or safety within the class. These may be recorded for our benefit.

Consent for Emergency Treatment

Although we would hope not to need them, we also would request that parents/responsible adults complete a consent form for use in the event of any serious medical emergency.

On Site 1st AID KIT CONTENT

To be checked regularly

First Aid Guidance Leaflet	1	Assorted Washproof Plasters	20
Sterile Eye Dressing	1	Triangular Bandages	2
Safety Pins	12	Sterile Dressing Assorted	2
Moist Wipes	10	Disposable Glove (Pair)	1
Self-Seal Waste Bag	1	Conforming Bandage 7.5cm x 4m	1
Emergency Foil Blanket	1	Crepe Bandage 5cm x 4m	1
Crepe Bandage 7.5cm x 4.5m	1	Eye Wash Pods 20ml	2
Resuscitation Face Shield	1	Instant Cold Packs Assorted	3
Low Adherent Dressings	2	Microporous Tape 2.5cm	1
Disposable Apron	1	Freeze Spray	1
Cohesive Bandage 5cm x 4.5m	1	Cohesive Bandage 7.6cm x 4.5m	1
Hot/Cold Pack, Compact	1	Hot & Cold Therapy Cover	1
Scissors	1	Premier EAB Tape 5cm x 4.5m	1
Gauze Swabs	10	Zinc Oxide Tapes 1.25cm x 10m	2
Zinc Oxide Tapes 2.5cm x 10m	1	Muscle Rub, 40g	1