



# **SOUTHWELL BRINCLIFFE UNITED LHC**



## **First Aid and Injury Procedures**

### **First Aid Kits and Safety**

- All Captains and the Junior Coach have been issued with and are responsible for 1st aid kits.
- First Aid kits are kept in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> team “goalie bags” and with the Junior Coach – Dee Carr
- All coaches and assistants to carry fully charged mobile phones while training and at matches.

### **Injuries**

- Listen to what the injured person is saying.
- Ask people close by what happened.
- Alert a qualified 1st aider who will take appropriate action for minor injuries.
- In the event of an injury requiring emergency or specialist treatment, call the emergency services on one of the mobile phones available.
- Deal with the rest of the group and ensure they are adequately supervised.
- Do not move someone with major injuries. Wait for emergency medics.
- Contact injured person’s parent/guardian.
- Complete an incident/accident report form (In First Aid kit in Goalie Bags or with Junior Co-ordinator).
- All coaches/assistants to inform junior coordinator if 1st aid kit is used so items can be replaced.

### **Individual Safety**

- It is the individual’s/parents responsibility to ensure that they are adequately protected and are as safe as possible whilst representing Southwell Brincliffe LHC (whether this be officiating or playing).
- Southwell Brincliffe LHC strongly recommends that playing members wear the correct safety equipment (to include shin pads, gum shield – a made to measure gum shield from either a dentist or a specialist company will provide the best protection).
- The club also recommends that all officials and players undertake a suitable warm-up and cool-down.
- All members of Southwell Brincliffe LHC must abide by SBU Code of Conduct / Rules to ensure all matches involving are enjoyable and safe.

### **First Aid**

These will be the only individuals that Southwell Brincliffe LHC recommends administer first aid:

#### **Qualified 1st aiders**

**Dr Helen Kirby  
Rachel Kemp  
Dee Carr  
Nikita Hodgson  
Sandra Taylor  
Hannah Tunnicliffe**

- Members/Parents are welcome to use first aid kits but they do so at their own risk.
- Any injuries considered not to be minor should be dealt with by following First Aid Emergency Procedure.