



## **BELPER HOCKEY CLUB**

### **FIRST AID & ACCIDENT POLICY**

**Coaches and captains of teams containing juniors are responsible (or must delegate to someone in the team) for ensuring that they have at each match:**

- **an adequate First Aid Kit - see list below**
- **a list of junior players medical conditions**
- **junior player emergency contact details**
- **mobile telephone**

In case of an injury parents or responsible adult must be informed and the appropriate accident form completed. Junior players will be escorted to hospital until their parent / guardian / nominated adult arrives.

#### **Minimum contents of First Aid Kit**

Triangular bandage  
Gloves  
Scissors  
Crepe Bandage  
Ice packs or Ice  
Sterilised Water  
Assorted Dressings  
Tape  
Steri Strips  
Soluble Paracetamol



## **Safety Procedures Guidelines for Dealing with an Incident/Accident**

- Stay calm but act swiftly and observe the situation. Is there danger of injury/further injuries?
- If necessary, evacuate the pitch in a calm and controlled manner
- If there is an injury, listen to what the injured person is saying
- Alert the First Aider who should take appropriate action for minor injuries
- In the event of an injury requiring specialist treatment, call the emergency services.
- Do not move someone with major injuries unless they are in serious danger of further injury. Wait for the emergency services
- Contact the injured person's parent/guardian/next of kin. If telephone number not readily available, contact **JUDY HOOKER** (junior boys) on **07746 487 045** or **SALLY COZENS** on **07946 577 115** (junior boys) or **NICK MORRIS** (adult members) on **07858 255 329**
- Complete an incident/accident report form and return to **NICK MORRIS** (Club Secretary)
- First Aid kits are supplied to each team and coach at the club and will be at pitch side