

ROTHWELL HARRIERS

FIRST AID POLICY FOR JUNIOR ATHLETES

Our aim is to create an environment in which the young athlete (child) and their parent(s), guardian, responsible adult, carer or closest relatives can feel confident that Rothwell Harriers are providing a safe and wholesome setting for all participants in the sport of athletics.

We have a responsibility towards the health and safety of all young athletes (children) who use the Club.

No child will receive first aid from coaches or helpers except for minor grazes or cuts. Any serious injury will be reported to Emergency Services immediately and their instructions followed. Coaches will have access to a phone with which to call emergency services on 999.

Rothwell Harriers will ensure that at the earliest opportunity the parent/carer of the athlete will be contacted on the contact details supplied for an emergency situation.

A register of all participants showing a contact number for their next of kin, parent or guardian and any medical conditions is held by the Lead Coach and Welfare Officer and if required these can be accessed.

A First aid bag will be carried at training sessions comprising of :

- 2 individually wrapped sterile adhesive dressings.
- Space blanket
- 2 sterile wrapped dressing pads.
- individually wrapped triangular bandages
- 1 roll of Micropore (hypoallergenic paper tape).
- 1 pack of gauze.
- 2 pairs of disposable gloves.
- 2 cotton bandages.
- Hypoallergenic waterproof plasters.
- Athletes own water to be used to clean area if required. No other lotions or medications to be used.

Please note that the above is a suggested list and similar items would be acceptable.

It is the responsibility of the first aider to replenish first aid materials following use. Money for this will be provided from Rothwell Harriers Funds.

Procedure for Dealing with an Incident

1. Stop the session and direct other children away from the injured person.
2. Stay calm but act swiftly and observe the situation. Is there any danger of further injuries?
3. Listen to what the injured person is saying.
4. Alert the first aider who should take appropriate action.

5. In the event of an injury requiring specialist treatment, call 999 for the emergency services, stating location, injury and child's name/age and any potential risks.
6. Deal with the rest of the group and ensure that they are supervised.
7. Do not move someone with major injuries, wait for the emergency medics.
8. Contact the injured person's parent/carer.
9. Stay with the injured person until the emergency services arrive.
10. Ensure preferably parent/carer or responsible adult accompanies child to hospital.
11. Complete an incident/accident report form.
12. Inform the management of the facility if the session is indoors.
13. Give the completed form to the Club Welfare Officer.

Reporting Accidents

1. In the event of an accident that is minor, the parent/carer should be informed of the injury and treatment given.
2. In the event of a serious injury, an accident report form should be completed containing the following information:
 - Details of the person who had the accident
 - Full details of the incident – date, time, location, what happened
 - Indication of injury (drawing if necessary)
 - Any first aid or other actions taken and by whom
 - Witnesses
3. England Athletics must be notified in the event of any accidents that result in a visit to Hospital.

First aiders at the club are:

DR. Marc Randall MB CHB MD.FRCP (Edin)
Jo Heseltine RN, RSCN, MSC SCPHN-HV. First Aid in Sport.
Lynne Metcalf. First Aid in Sport.
Claire Easton. First Aid in Sport.
Jasmine Laidler. First Aid in Sport.

In the absence of the above a suitable alternative responsible adult will be appointed.

Parent/carer responsibility.

- Please ensure that Lead Coach Keith Pailing is made aware of any changes in a young athlete (child) contact details or medical history as soon as possible by email: keithpailing@btconnect.com

Young athletes (children) run and compete at their own risk. In the event of an injury/accident, Rothwell Harriers and its coaching staff cannot be held responsible or liable.

Compiled by Jo Heseltine Welfare Office
Rothwell Harriers agreed policy on Sept 2015 and will be reviewed Sept 2018