

## **FIRST AID**

**The club will ensure a qualified First Aider is present at each session. First Aiders will be expected to refresh their skills by attending an accredited First Aid course at least once every 3 years.**

**The club will follow the recommended First Aid guidance given below:**

### **FIRST AID EQUIPMENT – GENERAL INFORMATION:**

- It is essential that first aid equipment is checked frequently, therefore ensuring sufficient quantities and all items are usable.
- Always replenish contents of first aid box and kit as soon as possible after use.
- Items should not be used after the expiry date shown on packets.

### **ON SITE FIRST AID FACILITIES:**

- First aid boxes should be made of suitable material and designed to protect the contents from damp and dust.
- First aid boxes should be clearly identifiable.
- The first aid boxes should only contain those items which a first aider has been trained to use.

### **IN MOST CASES THE FIRST AID BOX SHOULD CONTAIN THE FOLLOWING:**

- One guidance card and contents card.
- Individually wrapped sterile & waterproof, adhesive dressings ( assorted sizes ), appropriate to the clubs environment.
- Sterile eye pads, with attachments.
- Six individually wrapped triangular bandages.
- Safety pins.
- Medium & large sized, individually wrapped, sterile unmedicated wound dressings.
- Antiseptic tissues, sterile water or saline in sealed disposable containers.
- If emergency blankets are provided, store alongside equipment & in such a way as to keep them free from dust & damp.
- Disposable aprons and plastic gloves should be provided near the first aid materials.
- Blunt ended scissors should be kept where there is a possibility that clothing or material needs to be cut.
- Plastic disposable bags for soiled or used first aid dressings should be provided.

### **TRAVELLING FIRST AID KIT:**

The contents of traveling first aid kits should be appropriate for the circumstances in which they are to be used.

### **AT LEAST THE FOLLOWING SHOULD BE INCLUDED:**

- Card giving general first aid guidance.
- Individually wrapped sterile adhesive dressings.
- One large sterile unmedicated dressing.
- Two triangular bandages.
- Safety pins.
- Individually wrapped moist cleansing wipes.

**This list is only for guidance and clubs may find it necessary to purchase extra specific sports first aid equipment depending on the nature of the training sessions.**