

Ladies Football 4 Fun- First Aid Policy

1. Policy Statement

First aid is the immediate care given to an ill or injured person until more advanced care arrives or the person recovers. Ladies Football 4 Fun are committed to protecting the health and safety of all members. This policy will be reviewed and signed by the board of directors annually.

2. Nominated Persons

Nominated First Aiders for Ladies Football For fun are: Melissa Howarth, Louisa Cox, Boglarka Osterloh, Gemma Ryan, Katie Macleod Peters, Adie Kerry and Jenni Jeffries. All nominated persons have completed a first aid qualification in June 2025. There will be a nominated first aider at every Ladies Football 4 Fun session.

All nominated First aid trained people are not medically trained and are only trained to give initial first aid advice. Therefore players should seek other medical advice in accordance to the severity of their injuries, for example GP or 111 for minor injuries and 999 for major injuries.

3. First Aid Box

There will be a first aid box at every session, the session leader will have this. Each box will include:

- Ice packs
- Bandages
- Plasters
- Antibacterial Wipes
- Gloves
- Gauze
- Foil Blanket
- Stock Form
- Incident Form

4. Members Responsibilities

All members are requested to complete a registration form prior to their attendance at a session, this form includes a section for players to agree to receiving first aid treatment should they need it. It also asks for emergency contact details, which are passed to session leaders should they need to contact them.

5. Defibrillators

In the event of needing a defibrillator, your session leader will know where your local defibrillator is but you can also find this information on the ladies football 4 fun website and also in the posts section of Spond.

6. Reporting of Accidents and Incidents

All accidents and incidents need to be recorded on the accident form which will be obtainable from your session leader and these should be reported back to Melissa in order to keep a record.



This policy was approved by the board of trustees - M.Howarth (Chair), L.Cox (Secretary) & C.Frampton (Treasurer), in June 2025 and will be reviewed in June 2026.