



Respect



Club Emergency Aid Action Plan

Winchester Youth FC Health and Safety / Emergency Aid Action Plan

This Emergency Action Plan (EAP) is designed to assist Winchester Youth FC coaches in responding to emergency situations during practice or games. The development and implementation of the EAP will ensure the coaching staff is supplied with the information necessary for reacting responsibly and in a clear-headed manner in the event of an emergency situation.

The EAP for Winchester Youth Football Club in the event of an injury or incident whilst a game of football is taking place involving a Team is as follows;

Emergency Aid trained person

Prior to any games taking place either Home or Away it is imperative that each team has an in date Emergency Aid trained person accompanying the team and an adequately stocked First Aid bag in attendance (First Aid Bags have expiry dates on them for guidance). It is a league requirement for both EDMSL and TYRO that all Managers have up to date EA training, and a Club requirement that all Assistant Managers also have EA training.

Mobile Phones

The practice and match pitches used for football by WYFC do not have land-line telephones. It is the responsibility of each team's Manager to have an operable mobile phone present at all practices and games. Do not rely on another team for a phone. The telephone should be checked prior to each practice or game to ensure proper working order. A back-up plan should be in effect should there be failure of the primary telephone. At any football ground, whether home or away, it is important to know the location of a workable telephone.

Emergency access

Before Home games take place at the Chilcomb (or any other Winchester FC home venue) Managers should check that the Emergency access to the Sports Fields is not blocked. On Saturday morning coaching sessions it is important that the cones are used to ensure ambulance access onto the playing field if required.

Team Managers/Coaches are to familiarise themselves with any specific Away venue procedure that might be in place when they arrive on site for their respective away fixtures.

A. Medical Emergencies

The EAP will consist of 5 steps - Danger (Incident Safety), **Response**, **Send for Help**, **Airway & Normal Breathing**, **Compressions**, and **Defibrillation**.

Should an incident occur which involves a player(s) being injured then the following procedure should be taken;

SALTAPS is the set procedure for recognising an injury to a player(s) on the field of play.

S = See the Injury Occur

A = Ask the player questions about the injury? R A B for an unconscious player. (Response, Airway & Normal Breathing)

L = Look at the Injury

T = Touch; Palpate the Injured Part of the Anatomy.

A = Active Movements from the Player

P = Passive Movements by the First Aider

S = Strength – Player's Movements Resisted by the First Aider.

It is very important to ensure that when it is quite evident that a player **can** continue playing all stages of the SALTAPS procedure assessment are carried out. **Never** progresses through the SALTAPS routine when a player's signs and

symptoms indicate the injury is too severe to continue with this process! When dealing with a bleed it is important that protective gloves are worn.

Major/Serious Injuries - Most injuries that occur will be minor but in the case of a major injury then prompt action is required; an ambulance should be called for as soon as it is recognised that a player has a life threatening or serious injury/illness.

DO NOT move the injured player/change/alter the player's position or remove any equipment as this could cause further harm to the player.

DO immediately organise for an ambulance so that specialist attention can be given to the injured player. Ensure the Emergency Access to the field is opened. Steady and support the player by making them as comfortable and warm as possible until the Ambulance arrives. Ensure a person/guide is in the Car Park to assist the Ambulance arrival on site and direct the responders to the scene. A designated person will be required to look after the non affected players.

Airway & normal breathing if when checking the injured player they do not respond ensure there is an open Airway and check for normal breathing. If breathing place the player in the Recovery position whilst awaiting further assistance, observe the player for continued breathing until more qualified help arrives. If injured person is not breathing then carryout treatment as per current training given by your EA Instructor. Remember any resuscitation is better than no resuscitation at all!

Defibrillation is the emergency procedure carried out when qualified First Aiders apply an electronic device called an Automated External Defibrillator to the chest of a cardiac arrest casualty. Qualified medical staff would only carry out this procedure.

Head Injuries With head injuries carryout First aid treatment IAW training given to date.

Important – A player suffering a Head Injury should be taken to hospital if he becomes unconscious, has lowered levels of consciousness, has decreased responsiveness, vomits, feels sick, has a headache, becomes restless or irritable, becomes dizzy or drowsy, has a fit (convulsion), becomes confused, has a change in personality or behaviour, has noisy

breathing, has a slow pulse rate or it begins to slow or has affected speech (e.g. slurring).

Unconscious Player - Arrange for them to be taken to hospital via an Ambulance. Keep an open and clear airway until more qualified Medical help arrives. **DO NOT** leave the unconscious person alone, **DO NOT** give them food or drink.

When playing at the Home venue or training at the venue all Major Injuries must be recorded in the Accident book held in the Centre and by the Club Secretary this includes anyone going to hospital for further treatment. When playing at an away venue ensure details are recorded as per the Away Club EAP.

Points of Note;

Carry and use only medical items that you have been trained to use. Limit your first aid treatment and or advice to the knowledge and practice to which you are formally trained.

Be aware of any pre-existing medical conditions that your players may have and ensure that their required medication is accessible when needed.

Carry yellow plastic bags for the disposal of contaminated items (you should ensure any area contaminated by blood, vomit or other bodily fluids/substances is cleaned appropriately).

Team managers/Coaches are to carry with them at all times emergency Contact details for their players. All Managers/Coaches are reminded that they should refresh their First Aid qualification at least every three years. The responsibility lies with the respective Individual to remain in date. The Club's Charter Standard Officer will assist to ensure personnel remain in date for EA Qualification.

B. Non-Medical Emergencies

Non-medical emergencies encountered during practices and games include inclement weather and heat-related emergencies. WYFC policy states protecting players and spectators is most important. All coaches must be aware of the danger presented by lightning, heavy rain, and other hazardous weather. The following guidelines represent general principles regarding the dangers involved with lightning and heavy rain storms. No severe weather safety guidelines will give 100% guaranteed safety, but these steps will help WYFC coaches avoid the majority of casualties:

Lightning

If thunder is heard, there is a danger from lightning. Lightning can travel sideways for up to 10 miles and strike from blue skies. Football fields are especially dangerous areas during a lightning storm.

- If thunder is heard, the practice or game must be suspended. Everyone, including all spectators, must go to a safe shelter.
- Wait at least 30 minutes after hearing the last thunder before resuming play.
- If lightning is visible, the practice or game must be suspended.
- Seek safe shelter. The safest place to be during a thunderstorm is in a car or a fully enclosed building.
- Avoid the most dangerous locations such as open fields, higher elevations, metal objects such as goal posts and metal fences, and metal bleachers.

Hail

Suspend practices or games, clear the field, seek proper shelter, and follow the guidelines for lightning.

For WYFC Managers and Coaches, it is critical that calm control be maintained during inclement weather. Coaches must be able to communicate calmly with the athletes and parents and ensure that no one is left unaccounted for when seeking shelter. When an inclement weather event occurs during a practice or game, coaches are to gather the athletes at the nearest structure for collection by their parents – During Saturday training, this collection point will be at the Clubhouse in Chilcomb, and on Wednesday Training at Henry Beaufort this will be at the covered shelter to the right of the artificial pitch. No child shall be left unsupervised during an inclement weather event.

Heat-Related Emergencies

Heat-related emergencies are progressive conditions, typically caused by overexposure to heat. Heat emergencies fall into 3 categories of increasing severity; heat cramps, heat exhaustion, and heatstroke. Heat illnesses are easily preventable by taking necessary precautions in hot weather. If recognised early, heat-related emergencies can usually be reversed. Without intervention and resolution of the problem, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke, a life-threatening condition.

Heat-related emergencies can be avoided by cancelling practice or games in extreme weather

(high temperature and/or high humidity) and taking frequent breaks for water.

Signs of heat-related illnesses:

Early symptoms of heat illness

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps

Later symptoms of heat exhaustion

- Headache
- Dizziness
- Weaknesses and light-headedness
- Cool, moist skin
- Nausea and vomiting
- Dark yellow urine

Symptoms of heatstroke

- Fever (body temperature above 104 degrees F)
- Extreme confusion
- Dry, hot and red skin
- Rapid, weak pulse,
- Seizures
- Unconsciousness

First Aid Response:

Follow the basic duties of first aid Move the athlete to a cool place Loosen tight clothing Fan the athlete

- If conscious, give cool water to drink
- If the athlete refuses water, vomits, or starts to lose consciousness:
 - Send someone to call 999 and activate the EAP
 - Contact parent or guardian if not already present
 - Place the player on his/her side
 - Immediately decrease body temperature by hosing the player down with cold water
 - Continue to cool the athlete by using ice or cold packs on the wrists, ankles, groin, neck, and in the armpits
 - Continue to check breathing and for a pulse until EMS personnel arrive

Useful contact numbers:

Chairman, Ken Raisbeck – 07760 969494 (EA qualified)

Secretary, John McLaren – 07941 133376 (EA qualified)

Club Welfare Officer, Ali Henderson – 07802 432796 (EA qualified)

Emergency Plan: Chilcomb HCC Playing Fields (Saturday training pitches)

Emergency Personnel: All Managers & Coaches are Emergency Aid trained.

Emergency Communication: WYFC Manager and coaches mobile phone(s), various parent mobile phones

Emergency Equipment: Each Manager has a First Aid kit, there is also a central kit kept in the Clubhouse

Playing field directions: The football field is located on the A31 Petersfield Road,

PLEASE NOTE THERE IS NO POSTCODE FOR THE FIELDS AT CHILCOMB.

Directions from the Winchester to the field:

1. From the main Winnal road (M3 junction 9)
2. Take the A272 (Spitfire Link) towards the A31 (directed to Petersfield)
3. Take the first exit on the Spitfire roundabout
4. Immediately get into the right hand filter lane
5. Turn right into and up a single track lane between two fields, passing through a gate
6. The playing fields are located at the top of the lane.

Emergency Plan: Henry Beaufort School Artificial Playing Pitches (Wednesday training pitches)

Emergency Personnel: All Managers & Coaches are Emergency Aid trained.

Emergency Communication: WYFC Manager and coaches mobile phone(s), various parent mobile phones

Emergency Equipment: Each Manager has a First Aid kit, there is also a central kit kept in the Clubhouse

Playing pitch directions: The football pitch is located to the north of the Henry Beaufort site, accessed via Buriton Road and East Woodhay Road.

Address: 1-10 Ashurst Close, Winchester, Hampshire, SO22 6JJ

Directions from the Winchester to the pitch:

1. From Winchester, head towards Weeke, and turn onto Stoney Lane at Waitrose.
2. Take a left onto Bereweeke Avenue, continue past the main entrance to the school (on the right)
3. Turn right onto Buriton Road (before the Tesco metro)
4. Turn the next right onto East Woodhay Road.
5. Continue through the school gates and carry straight on until the road ends.
6. The artificial pitch is located at the end of the road, there is no access through the fencing onto the pitch.