



EMERALD FOOTBALL NETBALL CLUB

FIRST AID POLICY for FOOTBALL and NETBALL

FIRST AID KIT

To manage any injuries that may occur, it is important that Clubs have a well-maintained First Aid Kit.

The First Aid Kit should be stored in a designated position and all trainers know where it is and have access to it.

A supply of ice is available, crushed in bags or gel ice packs – stored in a refrigerator in the trainer's rooms.

Emergency phone numbers - Ambulance, Fire and Police and details of the facilities such as name of the Reserve, Address, Melways Reference Number, nearest Reference point and Club phone number is to be displayed near the phone.

All prescription medications and products such as Ventolin, Panadol or aspirin, antifungal creams and powders, antibiotic creams and ointments, anti-inflammatory tablets and sunscreen should be supplied by the individual participant.

The Emerald Football Netball Club trainers are responsible for the maintaining of First Aid Kit supplies. An inventory should be completed on a weekly basis.

The Emerald Football Netball Club has a duty of care to respond appropriately in the case of an injury/illness/emergency to mitigate the risk of loss, damage or liability, however this does not imply the Emerald Football Netball Club personnel need to be experts. All injuries should be referred to a medical expert for diagnosis and treatment.

TRAINERS ROOM

The Emerald Football Netball Club has a designated room or area for the treatment of injuries. The treatment area:

- Has easy access to toilets.
- Is located in a position that allows access for ambulance.
- Provides privacy for person being treated.
- Has access to hot & cold water.
- Provides a bed/couch/chairs, pillow and blankets for treatment of injured participant.

The room must be kept clean and accessible at all times.

INJURY REPORTING

It is important that each injury is recorded in an injury record file.

Completion of the injury reporting form should be completed and filed in the trainer's room for records.

TIMING

Emerald Football Netball Club undertakes to implement the actions outlined in this policy, beginning on 1/2/2007.

POLICY REVIEW

This policy will be reviewed two yearly. This will ensure that the policy remains current and practical.