



Montmorency Junior Football Club

First Aid Policy

This policy will outline Montmorency Junior Football Club's approaches & expectations with regards to First Aid:

Purpose

The purpose of this policy is to ensure that Players have access to and are provided with current best practice First Aid should they require it whilst representing the MJFC

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Policy: First Aid Plan

First Aid Policy

FIRST AID POLICY/PLAN

The Montmorency Junior Football Club (MJFC) is fully committed to having a robust First Aid Plan in place. We realize that first aid and immediate injury management are important in the prevention and treatment of injuries at the time they occur. In many cases the incorrect treatment of injuries can have serious consequences. Having this first aid policy in place will provide appropriate mechanisms to adequately deal with such situations.

SPORTS FIRST AID & SPORTS TRAINERS

The administration of the First Aid Plan will lie with the Medical Coordinator. He/She shall ensure that:

- Each team is supported by a qualified First Aider in attendance during Gameplay.

All First Aiders must have a current qualification and undergo the associated refresher training requirement stipulated to remain current in this qualification.

- The qualifications of the medics are up to date at the start of each season.
- He/she oversees the maintenance of the injury register. He/she will also be responsible for educating club members and officials on the Club Insurance scheme. (Lodging claims & liaising with the appropriate Sports Insurance).

Policy: First Aid Plan

- At the start of the season each team has a fully stocked First Aid Kit in accordance with the attached checklist.
- All coaches & medics are made aware of club policies in relation to health matters eg. Sensible hydration during gameplay, asthma. These policies are actively promoted and enforced.
- A complete and up to date medical register is provided to each Team Manager at the start of each season.
- Sufficient Ice Packs are available at home venues, which can be utilised in case of injury.
- All medical equipment eg the stretcher is in good condition prior to the commencement of each game.
- Emergency procedures are posted and are current.
- Surveillance is maintained on players who have reported and missed games through injury. In cases where players have been seriously injured the First Aid Coordinator shall be the point of contact for players returning to play. All medical certificates to be presented and copied for club files. All files to be stored in accordance with privacy policy.
- First Aid kits are re-stocked throughout the year as required.

Version	Review date	Reviewed by:	Frequency of Review	Next Review due:
001	7 th May 2021	Sam Hall & Dee Constantin	3 Yearly	7 th May 2024

Policy: First Aid Plan

BASIC FIRST AID EQUIPMENT CHECKLIST

The following is a basic list of equipment and supplies for a first aid kit and first aid room. When packing the kit put the necessities in first, then if space allows, fit in the good to have followed by the luxury items.

NECESSITY	GOOD TO HAVE	LUXURY
<i>Antiseptic liquid/cream</i>	<i>Spenco dermal pad</i>	<i>Tongue depressors</i>
<i>Soap/disinfectant</i>	<i>Foam adhesive padding</i>	<i>Heel cups</i>
<i>Basic dressing pack</i>	<i>Cotton Buds</i>	<i>Sunscreen</i>
<i>Cotton wool</i>	<i>Disposable razor</i>	
<i>Gauze</i>	<i>Vaseline</i>	
<i>Eye pack combine</i>	<i>Fixomull</i>	
<i>Band-aids</i>	<i>Bandages Various sizes</i>	
<i>Dressing strips</i>	<i>Liniment Oil</i>	
<i>Non adhesive dressings (various sizes)</i>	<i>Pillow</i>	
<i>Crepe bandage (10cm)</i>	<i>Anatomy Charts</i>	
<i>Elastic bandage (10cm)</i>		
<i>Micropore tape</i>		
<i>Sports tape (rigid 38mm)</i>		
<i>Eye wash</i>		
<i>Sling & Safety pins</i>		
<i>Sterile needles or blood lancets</i>		
<i>Waste disposal bags</i>		
<i>Disposable examination gloves</i>		
<i>Sterilising solution for implements</i>		
<i>Clean fresh water</i>		
<i>Jelly beans/barley sugar</i>		
<i>Resuscitation mask</i>		
<i>Thermometer</i>		
<i>Tweezers (stainless steel)</i>		
<i>Scissors (stainless steel)</i>		
<i>Splint</i>		
<i>Thermal blanket</i>		
<i>Clock</i>		
<i>Bowls (Small & large)</i>		
<i>Ice Packs (Disposable)</i>		
<i>Ice Packs (Re-useable)</i>		
* VENTOLIN SPRAY		
* OTHER SUPPLIES		

Please note some first aid kits will contain special items eg ventolin and hypo allergic band-aids. These items will be provided in accordance with the medical register and should only be used on specific players. Prior to utilising ventolin Asthma guidelines must be followed.