

# Wanborough Junior Football Club

## Accidents and Illness Procedure



### 1. Introduction

This procedure details the clubs responsibilities and approach to dealing with Accidents and Illness.

### 2. Injury Prevention

The clubs coaches have an overriding responsibility to ensure the safety of the players, actions include:

- Conducting a Health & Safety check on the pitch and other facilities
- Requiring all players to wear shin guards
- Making sure that a well maintained First Aid Kit is accessible
- Ensuring that a telephone is accessible for more serious instances
- The club coach will have a list of any medical conditions that they should be aware of (e.g. asthma/allergies etc).

The club is responsible for ensuring that all coaches have attended the FA First Aid training or a First Aid Seminar of the same standard.

### 3. Parents Responsibilities

- The clubs coach will have a list of emergency contact numbers for each player. If the emergency contact number has changed or is different at a particular time it is the parents responsibility to let the clubs coach know (for example in situations when the parent leaves the player with the club at a training or match situation).
- Parents will be asked sign the clubs consent form to confirm that in event the player is injured while playing football / travelling to and from football events and the parent cannot be contacted consent will be given to receive medical attention.

### 4. Dealing with an Incident / Accident

4.1 - Stay calm but act swiftly and observe the situation. Is there danger of further injuries?

4.2 - Listen to what the injured person is saying.

4.3 - Alert the first-aider who should take appropriate action for minor injuries.

4.4 - In the event of an injury regarding specialist treatment, call the emergency services.

4.5 – Ensure the rest of the children are adequately supervised.

4.6 - Do not move someone with major injuries. Wait for emergency medics.

4.7 - Contact the injured person's parent / guardian.

### 5. Steps to take with the injured player

#### 5.1 - See the injury occur.

Make a decision; do you think it was bad? If so watch the player. Are they on the ground, did they get up at once? Did they collide with another player or was the injury self-inflicted?

#### 5.2 - Ask the player where it hurts.

Ask how they did the injury; ask them to show you the injured area.

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### **5.3 - Look at the injury.**

Make a good visual examination. Can you see the swelling, redness, or cuts, and grazes? If there is any visual deformity stop the procedure at once, and seek expert medical attention. Do not try to treat injuries that you know nothing about. Listen to the player at all times, they know the pain more than you. Look at the players facial expressions he/she may show discomfort there.

### **5.4 -Tell the player you are going to treat the injury by touching**

You are feeling for warmth, swelling, slight raised skin. Do not rub the injury, if it is a slight knock the body will repair it quickly not you. Always look at the player to observe their facial pain expressions.

### **5.5 - Active Movement.**

While supporting and taking the weight off the injured area, can they move the nearest joint to the effected area? Do not allow the player to attempt movements without your help. Look for pain in the movement. Listen and look at the player for any distress.

### **5.6 - Passive Movement.**

This is done with the player moving the injury in a slow state under control. Can they stand, can they move the injured area without discomfort and pain free in a controlled manner, talk, listen, ask questions about the injury.

### **5.7 - Strength situation.**

Put the injured area in a strength situation by using the body weight of the player. Can they run, twist, sprint and stop quickly. If they show no unusual movements and are pain free they are probably fit to resume playing the game.

## **6. Accident Report Form**

The club coach will complete the accident report form of any accident that occurs. The general rules for completion of the accident report form are:

- Complete all the sections legibly and truthfully.
- Get the contact details of everybody involved and any critical witnesses.
- The club coach will keep a copy of the report.

An example completed form is at Appendix A.

Blank form is at Appendix B.

## **7. Review of this Accidents and Illness Procedure**

This procedure will be reviewed annually by the Club Committee. This review will be recorded in the minutes.

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## Appendix A – Accident Report Form

**Name:** Fred Bloggs

**Age:** Under 9 age group (05/06 season)

**Description of the accident (*what happened, what was the cause ,if there were any injuries what were the, follow up*)**

Fred was limping, although he said he was okay I substituted him as I was concerned about him.

Freds father found that Fred had grazed his ankle. They thought the cause was his shin pad rubbing against the skin on the ankle.

Fred took no further part in the game. Freds mum Brenda confirmed Fred was okay in a follow up call in the evening.

**Date of the accident:** *9<sup>th</sup> January 2006*

**Place of the accident:** *Wanborough School mini soccer pitch*

**Treatment:** *None given*

**Name of person reporting the accident:** *Andy Bryant*

**Guardian/s present:** *Barry and Brenda Bloggs*

**Witness:** *Steve Lowe*

**Guardians signature:** .....

**Date:**.....

**Wanborough Juniors Official signature** .....

**Date:**.....

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## Appendix B – Accident Report Form

**Name:**

**Age:**

**Description of the accident (*what happened, what was the cause, if there were any injuries what were they, follow up*)**

**Date of the accident:**

**Place of the accident:**

**Treatment:**

**Name of person reporting the accident:**

**Guardian/s present:**

**Witness:**

**Guardians signature: .....**

**Date:.....**

**Wanborough Juniors Official signature .....**

**Date:.....**