

First Aid

Policy

Purpose

The following policy has been developed to provide guidance in relation to First Aid management within the Brighton Districts and Old Scholars Football Club (BDOS).

Context

The AFL expects that football matches at all levels will be played in good quality environments and the safety of participants is central to that environment. As part of a risk management approach to the prevention of, and prompt attention to injuries in Australian Rules Football, it is important that adequate and timely first aid is provided. In ideal situations one or more qualified trainers will be in attendance, generally attached to each team to provide the best possible support to participants.

Sports trainers and first aiders have been part of Australian Rules Football since the origins of the game. They are part of the fabric of every club and play a key role in player preparation and safety at all levels.

Injury Management

In accordance with the South Australian National Football League by-laws the following policies will apply:

The player medical forms for each team shall be kept in a secure location by the clubs and made available to the Team Manager at all training sessions and matches.

For the safety of all junior players the following minimum levels of accreditation for the provision of first aid and trainer services will apply:

- AFL Auskick / Minis Junior (5-11 years) - Basic First Aid Course
- AFL Juniors (12-14 years) – Sports First Aid Course/Basic First Aid Course
- AFL Juniors (15-16.5 years) – Level 1 Trainer/Basic Trainers Course (Must include current emergency first aid qualification)
- AFL U18 & Seniors – Level 1 & 2 Trainer Course (Must include current emergency first aid qualification)

A register of first aid qualified parents across each age group will be maintained.

All significant injuries will be reported to the Football Director(s) by completing an Incident Report form and lodging with the match day paperwork. The Committee will periodically review these injuries to determine if any further preventative action can be taken.

Concussion occurs when/after a blow to the head, there is brain injury with some immediate disturbance of brain function. Any player showing the signs or symptoms of concussion should be removed from the field immediately and referred to a medical practitioner. A player who has suffered concussion with or without loss of consciousness should not participate in any match or training session until he/she is fully recovered and has been cleared by a thorough medical examination. All players sustaining a concussion require a medical clearance before resumption of their sport.

First Aid Kits

A First Aid Kit will be supplied to all teams for the season and a separate kit will be provided for use at all home games.

Prior to the start of each season the contents of all kits should be checked and restocked as necessary. During the season Team Managers should ensure that the kits remain adequately stocked, requesting replacement stock as required.

First Aid kits should have the following contents as a minimum:

- Antiseptic swabs/fluid (i.e. Betadine/chlorohexidine)
- Saline ampoules (wash wounds/eyes) • Gauze swabs (sterile)
- Wound dressings: Fabric dressing strip, Band-Aids, Sterile wound dressing (i.e. Primapore or Cutiplast)
- Coban non adhesive tape (50 and 75 mm) to secure dressing
- Compression bandages (50 and 75 mm)
- Eye pads
- Vaseline
- Triangular bandage (sling)
- Zinc Oxide Rigid tape:
 - 50 mm – ankles, knees ,elbows
 - 25 mm - fingers/feet
- Stretch adhesive tape:
 - 50 mm - shoulders/knees/elbows
 - 25 mm - fingers
- Emergency blanket
- Different size plastic bags for ice and other uses
- Disposable rubber gloves (size to suit)
- Scissors
- Tweezers
- Notepad and pencil

Defibrillator

Located in the Club house – adjacent to the canteen. Instructions on its use are posted with the machine.

POLICY REVIEW

This Policy is subject to regular review at a maximum interval of two (2) years. For the purposes of carrying out and giving effect to this policy, the Treasurer or President may from time to time prepare, adopt or vary, and otherwise issue to members of BDOS, guidelines and directions relating to any aspect of this policy

Document Version Control

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Document Reviewer(s)	BDOS Executive	
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