



Clyde Apollo Football Club

First Aid

1. First Aid

A first aid kit is located:

In each team's kit bag

Should a member of the club require first aid treatment a first aider should be summoned by the quickest available means. NB. A qualified first aider should attend all club sessions.

Most emergencies can be resolved by an on-the-spot response, however in the event of a serious incident, which could range from an injury or illness requiring medical treatment to a fatality, formal procedures must be in place i.e.:

Minor Injury e.g., small cut, graze, bumps, bruises

Take appropriate First Aid action

Make provision for the injured person to rest or continue as appropriate

Record any incident or injury and complete the accident book/ forms.

Major Injury

Arrange for injured person to be taken to hospital or ring for an ambulance. Use your discretion as to whether to administer First Aid.

Telephone the next of kin.

Record any incident or injury and complete the accident book/ form.

2. Contacting the emergency services

When calling the emergency services, it is important that they are given the full information.

Remember, when calling 999 for the police, ambulance or fire brigade, the 'control room' for these services may not be local, do not expect the operator to know where your club is located.

Procedure:

- Keep calm, speak clearly
- Give your name - state the service(s) that you require
- Give full name, address, and telephone number of the club/ facility/ school
- Location, details, and time of the accident/ incident
- Number of casualties and their condition together with the details of any treatment which is being administered or has been given
- Access point for ambulance

- Someone should be instructed to meet the ambulance which will aid the medics to reach the casualty as quickly as possible.