



## FIRST AID PLAN

**Every Coach has a First Aid Kit. There is another at the entry table and one in the clubhouse**

### **In the event of Cuts & Abrasions:**

1. Grab and go – grab the First Aid Kit and go to the casualty.
2. Ensure the casualty has stopped the activity and protect the injured area.
3. Treat the area by cleaning the wound with running water and covering over with an approved sterile dressing.
4. While a severe abrasion should be seen and cleaned by a doctor, you can do some things to promote healing. First, because abrasions can easily become infected, you should clean the area thoroughly with running water and remove any dirt and debris.

### **In the event of a soft tissue injury (bruises, strains, sprains and tears):**

1. Grab and go – grab the First Aid Kit and go to the casualty.
2. Ensure the casualty has stopped the activity and protect the injured area.
3. **Ice:** Applying cold therapy (ice or an ice pack wrapped in a thin towel) to an acute injury reduces swelling and pain. Apply cold to the affected area for no more than 10 minutes every two hours.
4. **Compression:** By quickly wrapping the injured body part with an elastic bandage or wrap, you help keep swelling to a minimum. If possible, it's helpful to apply ice to the injured area over the compression wrap to limit the swelling.
5. **Elevation:** Elevating the injured area is another way to reduce the blood flow and swelling to the area.

### **In the event of a concussion:**

- 1 Grab and go – grab the First Aid Kit and go to the casualty
- 2 Slow down as you approach the casualty (do not trip/slip and land on them)
- 3 First actions:
  - kneel down next to head
  - check ABC – airway, breathing & circulation

- are they conscious?
- Give them a 'Head to Toe' check

**After the incident if you gave general first aid:**

1. Check the athlete/injured party is still feeling OK
2. Do not allow the casualty to re-join the activity
3. Let the parents know what happen and what treatment you gave
4. Advise parents of the signs and symptoms of a head injury.
5. Make an entry in the accident book in the Clubhouse and/or fill out an incident form. (these will be in the First Aid kits) Use your note or voice-recorder on your mobile phone to record the facts straight after the injury so you can recall them later
6. Re-stock the first aid kit as necessary

**Some useful information:**

**Emergency Telephone Numbers: 999 or 112**

**Freedom Leisure 01273 542100**

**If you call an ambulance:**

- Send someone to the top of the ramp to direct the ambulance through to the stadium

**The address of the track is:**

Withdean Stadium  
Tongdean Ln,  
Brighton  
BN1 5JD

**01273 542100**

**Closest Hospital:**

Royal Sussex County Hospital  
Eastern Road  
Brighton  
BN2 5BE

**01273 696955**