

## FIRST AID

Last updated: June 2020

### FIRST AID KIT

To manage any injuries that may occur, it is important that Associations/Leagues/Clubs have a well-maintained First Aid Kit.

The First Aid Kit should be stored in a designated position and all appropriate personnel (court supervisors, umpires and coaches) should know where it is and have unobstructed access to it.

A supply of ice should also be available, crushed in bags or gel ice packs – stored in an esky or refrigerator.

Emergency phone numbers - Ambulance, Doctor, Physiotherapist, Health Clinic and Police and an Emergency Procedure Plan should be displayed by the phone and in the First Aid Kit.

The content of the First Aid Kit can and may vary depending on the length of the season, the budget of the Association/Club, the number of players/teams competing at the venue and level of competition. Below is a basic first aid checklist from Health Direct (2020).

- Crepe bandages – of varying lengths
- Hypoallergenic tape
- Triangular bandages
- Adhesive dressing strips in different sizes
- Gauze swabs
- Combine dressing pads (10x10cm)
- Non-stick dressing pads (7.5x10cm)
- Sterile eye pad
- Alcohol swabs
- Stainless steel scissors (sharp/blunt) 12.5cm
- Disposable gloves
- Stainless steel pointed splinter forceps (tweezers)
- Shock (thermal) blanket
- Safety pins
- Notepad and permanent marker
- Sterile saline tubes/sachets
- Disposable resuscitation face shield
- Antiseptic skin swabs
- Stop itch cream
- First aid booklet

All prescription medications and products such as Ventolin, Panadol or aspirin, antifungal creams and powders, antibiotic creams and ointments, anti-inflammatory tablets and sunscreen should be supplied by the individual participant.

A volunteer should be allocated to maintain the First Aid Kit supplies. An inventory should be completed on a weekly basis.

Associations/Clubs have a duty of care to respond appropriately in the case of an injury/illness/emergency to mitigate the risk of loss, damage or liability, however this does not imply Association/Club personnel need to be experts. All injuries should be referred to a medical expert for diagnosis and treatment.

### **FIRST AID ROOM**

Associations/Clubs should have a designated room or area for the treatment of injuries. The treatment area should:

- Have easy access to toilets.
- Be located in a position that allows access for ambulance.
- Provide privacy for person being treated.
- Have access to hot & cold water.
- Provide a bed/couch/chairs, pillow and blankets for treatment of injured participant.

The room or area should be kept clean and easily accessible at all times.

### **INJURY REPORTING**

It is important that Associations, Leagues and Clubs record any injury sustained during training or competition. Information should include:

- The name of the injured person
- The date and time of injury
- The date and time of treatment
- Name of the person giving treatment
- Brief summary of treatment
- Brief note on cause of injury

### **FOR FURTHER INFORMATION:**

Sports Medicine Australia [www.sma.org.au](http://www.sma.org.au)

Health Direct <https://www.healthdirect.gov.au/first-aid-kits>