



# SEDLESCOMBE RANGERS FC EMERGENCY ACTION PLAN

## SRFC HEALTH AND SAFETY / EMERGENCY ACTION PLAN (EAP)

The **Emergency Action Plan** for Sedlescombe Rangers Football Club in the event of an injury or incident on the sports field is as follows:

**Prior** to any games taking place either **Home or Away** it is imperative that each team has an in-date **Emergency Aid trained person** accompanying the team and an adequately stocked **First Aid** bag in attendance (First Aid Bags have expiry dates on them for guidance).

Before Home games take place at Oaklands Park, Sedlescombe, Playing Field, Staplecross and Bexhill Road pitches, St Leonards, Managers/Coaches should check that the Emergency access to the sports field is not blocked.

Team Managers/Coaches are to familiarise themselves with any specific Away venue procedure that might be in place when they arrive on site for their respective away fixtures.

**The EAP will consist of 5 steps - Danger (Incident Safety), Response, Send for Help, Airway & Normal Breathing, Compressions, and Defibrillation.**

Should an incident occur which involves a player(s) being injured then the following procedure should be taken;

**SALTAPS** is the set procedure for recognising an injury to a player(s) on the field of play.

**S** = See the Injury Occur

**A** = Ask the player questions about the injury?

R A B for an unconscious player. (Response, Airway & Normal Breathing)

**L** = Look at the Injury

**T** = Touch; Palpate the Injured Part of the Anatomy if practicable

**A** = Active Movements from the Player

**P** = Passive Movements by the First Aider

**S** = Strength – Player's Movements Resisted by the First Aider.

It is very important to ensure that when it is quite evident that a player **can** continue playing all stages of the SALTAPS procedure assessment are carried out. **Never** progresses through the SALTAPS routine when a player's signs and symptoms indicate the injury is too severe to continue with this process! When dealing with a bleed it is important that protective gloves are worn.

**Major/Serious Injuries** - Most injuries that occur will be minor but in the case of a major injury then prompt action is required; an ambulance should be called for as soon as it is recognised that a player has a life threatening or serious injury/illness.

**DO NOT** move the injured player/change/alter the player's position or remove any equipment as this could cause further harm to the player.

**DO** immediately organise for an ambulance so that specialist attention can be given to the injured player. Ensure the Emergency Access to the field is opened. Steady and support the player by making them as comfortable and warm as possible until the Ambulance arrives. Ensure a person/guide is in the Car Park to assist the Ambulance arrival on site and direct the responders to the scene. A designated person will be required to look after the non-affected players.

**Airway & normal breathing** if when checking the injured player they do not respond ensure there is an open Airway and check for normal breathing. If breathing place the player in the Recovery position whilst awaiting further assistance, observe the player for continued breathing until more qualified help arrives. If injured person is not breathing then carryout treatment as per current training given by your EA Instructor. Remember any resuscitation is better than no resuscitation at all!

**Defibrillation** is the emergency procedure carried out when qualified First Aiders apply an electronic device called an Automated External Defibrillator to the chest of a cardiac arrest casualty. Certified Emergency Aid individuals only should carry out this procedure.

**AED locations:**

- **SEDESCOMBE – stored in cabinet on wall in main pavilion area** (All club coaches have access to pavilion)
- **STAPLECROSS – in a locked cabinet by The Cross Inn Pub, Staplecross, one minute walk from the playing field**
- **BEXHILL ROAD – High Glades Surgery, St Leonards Medical Centre, 126 Bexhill Road, St Leonards-On-Sea, TN38 8BL or Combe Haven Holiday Park, Harley Shute Road, St Leonards-On-Sea, TN38 8BZ or Bexhill Leisure Pool, Hastings Road, Bexhill, TN40 2JS**

**Head Injuries** With head injuries carry out first aid treatment based on training given to date.

**Important** – A player suffering a Head Injury should be taken to hospital if he/she becomes unconscious, has lowered levels of unconsciousness, has decreased responsiveness, vomits, feels sick, has a headache, becomes restless or irritable, becomes dizzy or drowsy, has a fit (convulsion), becomes confused, has a change in personality or behaviour, has noisy breathing, has a slow pulse rate or it begins to slow or has affected speech (e.g. slurring).

**Unconscious Player** - Arrange for them to be taken to hospital via an Ambulance. Keep an open and clear airway until more qualified Medical help arrives. **DO NOT** leave the unconscious person alone, **DO NOT** give them food or drink.

When playing at the Home venue or training at the venue all Major Injuries must be recorded in the Accident book held by the Club Secretary this includes anyone going to hospital for further treatment. When playing at an away venue ensure details are recorded as per the Away Club EAP. A club Injury Incident Form should also be completed and shared with the Club Secretary.

**Points of Note;**

Carry and use only medical items that you have been trained to use. Limit your first aid treatment and or advice to the knowledge and practice to which you are formally trained.

Be aware of any pre-existing medical conditions that your players may have and ensure that their required medication is accessible when needed.

Carry plastic bags for the disposal of contaminated items (you should ensure any area contaminated by blood, vomit or other bodily fluids/substances is cleaned appropriately).

Team managers/Coaches are to carry with them at all times emergency contact details for their players. All Managers/Coaches are reminded that they should refresh their First Aid qualification at least every three years. The responsibility lies with the respective individual to remain in date. The Club's Charter Standard Officer will assist to ensure personnel remain in date for EA Qualification.

**Club Welfare Officer: 07962 203801**

**Chairman: 07855 374886**

**Secretary: 07449 861218**

**Club number: 0330 001 0993**