

## FIRST AID/SAFETY POLICY

### First Aid Kits

- Every team, which represents Redland Ladies Hockey Club, will be provided with a RLHC First Aid Kit. This will usually be given to the captain, coach or team manager. It is their responsibility to ensure that this first aid kit is present at all training sessions and matches that their team participate in. If they cannot be present themselves they must pass the first aid kit to someone else who will ensure it is there on the day.
- Any first aid kits issued and used for Summer League Hockey will be issued for the duration of the summer season. If captains, coaches or team managers consider that first aid kits need to be re-stocked outside these times they must approach the Club's Equipment Officer.
- It is the Executive Committee's responsibility to ensure that all equipment placed in first aid kits meets current guidelines and is in date.
- All first aid kits contain basic first aid equipment to allow individuals to deal with any minor injuries. All first aid kits will include the equipment listed below. Individual Captains, Coaches or Team Managers should not make any unauthorised additions to First Aid Kits. If individual players have specific needs they must take responsibility for the provision of these themselves.
  - 20 individually wrapped sterile adhesive dressings (assorted sizes)
  - 2 sterile eye pads
  - 4 individually wrapped triangle bandages
  - 6 safety pins
  - 6 medium-sized (approx. 12cms x 12cms) individually wrapped sterile
  - un-medicated wound dressings
  - 2 large (approx. 18cms x 18cms) sterile individually wrapped un-medicated
  - Scissors
  - Freeze Spray
  - BP Jelly
  - Saline Wash
  - Wound dressings
  - Instant Cold Packs
  - Assorted Plasters
  - Sterile Wound dressings
  - Wound Cleansing Wipes
  - Foil first aid blanket
  - Disposable gloves
  - Waste disposal bags

## Reporting Accidents

- Any injury occurring whilst playing a match or participating in an organised coaching session involving Cirencester Hockey Club (home or away) must be reported. The individual who receives the injury must ensure that they record the details on a Redland Ladies Hockey Club Accident Report Form available from the captain, coach or team manager. A copy should be put in the Club's accident book held by Club Secretary.

## Individual Safety

- It is the responsibility of the individual member to ensure that they behave in a manner consistent with the highest standards of Health and Safety. In this respect they must ensure that adequate protection is used when participating in any playing activity associated with Cirencester Hockey Club, (whether this be officiating or playing). Redland Ladies Hockey Club Executive Committee strongly recommends that playing members wear the correct safety equipment (to include shin pads, gum shield - a made to measure gum shield from either a dentist or a specialist company will provide the best protection, and hand guard). The Executive Committee also recommends that all officials and players undertake a suitable warm-up and cool down either side of a match.

In the case of Juniors shin guards are mandatory for coaching sessions and all matches and mouth guards are strongly recommended.

Adult Goalkeepers who provide their own equipment or make use of equipment provided by the Club must take responsibility for ensuring that this equipment is to the standard consistent with the level of activity in which they are participating.

In the case of Junior Goalkeepers whether they use their own equipment or equipment provided by the Club; this equipment must be checked that it is safe and being worn correctly by the responsible Coach or Team Captain before any activity commences.

- All members and associates of CHC must abide by CHC Code of Conduct to ensure all matches involving CHC are enjoyable and safe.

## First Aid Representatives

- CHC endeavour to ensure that each team has at least one first aid qualified representative. The Club will ensure a first aid course is available at the start of each season to facilitate this. These will be the only individuals that Redland Ladies Hockey Club recommends administer minor first aid. Members are welcome to use first aid kits but they do so at their own risk. Any injuries considered not to be minor should be dealt with by following RLHC Emergency Procedure.