

Cavehill Tennis Club- First Aid Policy

Cavehill Tennis club will endeavour to provide first aid treatment for injury, accidents or cases of ill health during coaching sessions and organised play where first aid volunteers are available. This will comprise suitably trained First Aid people and appropriate equipment and facilities.

- At a minimum all club coaches will be trained 'First Aiders'
- The names of all first aid volunteers will be communicated to all members of the club. Details will also be displayed at a prominent location.
- The First aiders must be trained by an approved body. Copies of the certificates to be retained by the club.
- The certificates are valid for 3 years and arrangements will be made for first aiders at their request and the clubs expense, to receive refresher training prior to expiry.
- First aiders are not authorised to administer any forms of medication. Any members reporting to a first aider that they require this treatment must report to their own doctor.
- The club First Aiders as of the date of this policy are Christina McCavana, John Whitmore, Anne McDaid, Will Boyd, Luke Ward, Alex Yeong and Feargus Wilson
- There will be a first aid kit in a well-marked location.
- A defibrillator unit will be available in a well-marked location. A list of the trained operators will be located on the unit.
- For visitors to the club, the host will be responsible for calling on first aid if required.
- Some members carry their own medication such as inhalers for asthma or 'Epipens' which contain injectable adrenaline for the treatment of severe allergic (anaphylactic) reactions for example peanuts. These medications are prescribed by a doctor. If an individual needs to take their own prescribed medication and is capable of doing so, the first aider's role is limited to helping them to do so and contacting the emergency services as appropriate.
- Medicines legislation restricts the administration of injectable medicines. Unless self-administered they may only be administered in accordance with the instructions of a doctor (e.g. by a nurse). However in the case of adrenaline there is an exemption to this restriction which means that in an emergency, a suitably trained lay person is permitted to administer it by injection for the purpose of saving a life. The use of an EpiPen to treat anaphylactic shock falls in this category. Therefore First Aiders may administer an EpiPen if faced with a life threatening emergency in a casualty who has been proscribed and is in possession of an EpiPen but is incapable of administering it themselves and where the first aider is trained to use it.

Contents of First Aid Kit

First aid kits will contain only the following items:

- Names and contact details of the first aiders
- Pad and Pencil to record the condition of the person requiring first aid
- 20 individually wrapped sterile adhesive dressing of assorted sizes
- 2 sterile eye pads, with attachments
- 6 individually wrapped triangular bandages
- 6 safety pins
- 6 medium-sized, individually wrapped sterile un-medicated wound dressings
- 2 Large individually wrapped sterile un-medicated wound dressings
- 3 Extra-large individually wrapped sterile un-medicated wound dressings
- 3 pairs of disposable gloves
- Surgical tape
- Medical scissors
- Pocket face mask
- Crepe bandage
- Sterile water
- Burn Dressings
- A list of the contents above and the names to be kept in the first aid kit

N.B First Aid boxes must not contain any medication such as pain killers, cream or eye ointments

First Aiders will be responsible for ensuring the boxes are regularly checked and restocked if necessary.