



# **Carluke Rovers FC**

## **First Aid Plan**

### **Introduction**

Carluke Rovers Football Club is a member of the West of Scotland Football League, and Scottish Junior Football Association and is also a full member of the Scottish Football Association.

It is the policy of Carluke Rovers FC to take all reasonable and practicable steps to safeguard the Health and Safety and welfare of all employees and volunteers at work and to protect all other persons against hazards to health and safety arising out of the clubs' activities. This document details the clubs first aid plan and should be read in conjunction with the safety policy of the club.

### **Purpose**

This plan is to provide guidance to the staff on the provision of the first aid in our work-place at the John Cumming Stadium, Carluke. We are committed to providing a safe and healthy environment for all staff, supporters, or visitors, and the appointment of qualified first aid officers will ensure that anyone on our premises will have access to first aid assistance should an injury or illness occur.

All members of the staff at the club have a duty of care, to themselves and others within the grounds of the John Cumming Stadium to provide assistance when required to the level of their competence including calling on expert assistance, when necessary, as set out in this first aid plan.

## **First Aid Procedures**

### **First Aid Officers:**

Carlisle Rovers will train an appropriate number of personnel to the standard of Sports Injury training carried out by the Red Cross or equivalent trainers as approved by the Scottish FA.

Carlisle Rovers will maintain a register of all personnel who have a Red Cross Sports Injury Certificate.

Carlisle Rovers will ensure that a minimum of one person holding a Sports Injury Certificate will be present at each home game.

For each home game a lead First Aid Officer will be appointed by either the club Safety Officer, chairman or Secretary.

### **First Aid Officers Responsibilities**

Provide initial first aid attention when necessary to members of staff and the public whilst within the grounds of the John Cumming Stadium.

Must remain with the injured or ill person until no further treatment or assistance is required or until the person is handed over to the ambulance or other medical personnel unless the officer's personal safety is at risk.

Recognise their limitations and only administer or carry out duties that have been included in their training.

Ensure the Club's accident book is updated for the treatment of any person in relation to any injury / incident. The club's accident book is in the secretary's office.

Ensure that they are aware of the location of the Club's first aid kits and medical room.

### **Absence of First Aid Officers**

In the event of a First Aid Officer not being immediately available to administer first aid in an emergency Carlisle Rovers Football Staff should 1 - If possible, escort the patient to Wishaw General Hospital. 2 - Call an ambulance.

Wishaw General hospital is open Everyday 24/7 It is approximately 10 minutes by car.

Wishaw General Ambulance Station is situated in Law Village near Carlisle and only 3mins away.

## **Contact Numbers.**

Wishaw General Hospital Tel 01698 361100  
Ambulance Station Tel 999

## **Staff Awareness**

All staff will be advised of the nature of first aid facilities in the John Cumming Stadium, the location of the first aid kits, the names of the first aid officers, the procedures to follow when first aid officers are absent, and the procedures to be followed when first aid is required.

This will be communicated to all staff, personnel at the start of the new season or if a new member joins the club. The first aid plan will also be published on the club web site along with other policies.

## **First Aid Kit**

Carlisle Rovers will have available at each home game a mobile first aid kit that has been approved by the club doctor.

Carlisle Rovers will have available a static wall mountable first aid kit located in the medical room which will be approved by the club doctor and will be suitable for up to 50 persons.

Carlisle Rovers will have available for each home game a mobile 5- persons first aid kit.

Carlisle Rovers will have available for each away game a mobile player's first aid bag approved by the club doctor.

First aid kits will be under the control of trained first aid personnel. A list of all personnel who have Red Cross Injury Certificates will be placed near the first aid kit in the medical room.

Carlisle Rovers will ensure that all kits under their control are fully stocked and items in date and carry out regular audits on the contents and replenish when required.

The Minimum items held in each kit are detailed as follow:

Numbers

### **Static first aid kit in medical room**

Assorted SteroStrip wash-proof plasters	10
Steropax Standard Eye Pad Dressings	4
Steropax Standard Dressing (Medium)	20

Steropax Standard Dressing (Large)	7
Triangular Bandages	3
Alcohol Free Cleansing Wipes	6
Safety Pins	6
Pairs of disposable Gloves	35
Foil Blanket	8
Resuscitation Equipment (Suction Device, Airways, Bag & Mask)	1
Scissors. Blunt Nose	4
Automated External Defibrillator	1(AED)

### **Mobile First Aid Kit**

### **Number**

Assorted sterile adhesive dressing	10
Eye pads	6
Standard Dressing (Medium)	12
Standard Dressing (Large)	4
Triangular Bandages	8
Alcohol Free Cleansing Wipes	20
Safety Pins	12
Pairs of Disposable Gloves	3
Foil Blanket	2
Scissors. Blunt Nose	2
AED will be in this kit on Match Days	

### **Mobile Players First Aid Bag**

### **Number**

Plasters 10cm x 9cm	4
Creep Bandage 7.5cm x 4.5cm	1
Triangular Bandages	1
Zinc Oxide	1
Elastic adhesive Bandage 2.5cm x 4.5cm	1
Alcohol Free Cleansing Wipes	1
Pairs of Disposable Gloves	1
Sterile Swabs 10cm x 10cm	5
Instant Ice Pack	1
Foil Blanket	1
Scissors. Blunt Nose.	1

In addition, Carluke Rovers currently have two members of personnel trained and authorised to use an Automated External Defibrillator (AED). That is Richie Steel and Tom Kennedy  
The club is in possession of an AED at present.

## Document Control

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### **Authorised for issue: -**

Carluke Rovers Football Club Chairman:

Steven Kane: *Steven Kane*

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Date: 18/09/2022

Carluke Rovers Football Club Secretary:

Garry Simpson: *Garry Simpson*

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Date: 18/09/2021

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**Mandatory Review Date (To be reviewed and published every year).**

Review Date: 18/09/2023

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