

# FIRST AID POLICY

## Purpose

The South West Sydney Academy of Sport is committed to preventing work related and athlete injuries and illness from occurring, however, if an accident or injury occurs, the South West Sydney Academy of Sport will ensure that an effective first aid service is available to staff, contractors and visitors to minimise the impact of the injury/illness.

Under WHS legislation the South West Sydney Academy of Sport has an obligation and duty of care to protect the health and safety of its employees, athletes, coaches and support staff. To comply with the provisions of the Work Health and Safety Act and Regulation (2011). The South West Sydney Academy of Sport shall implement a first aid management structure as detailed in the following procedure.

## Definitions

**First Aid:** is the initial care of the injured or sick. It attempts to reduce the severity of an injury or illness incurred by stabilising the condition and preventing further deterioration. First aid may be required in situations or incidents that include cardiac arrest, loss of consciousness and epileptic fits, as well as in work-related situations such as burns, eye injury, cuts or abrasions.

**First Aider:** is a person who has successfully completed a nationally accredited training course or equivalent level of training that has given them the competencies required to administer first aid.

**Medical Treatment:** treatment that can only be given by a medical practitioner or other health professional (e.g. dentist, physiotherapist).

## Roles and Responsibilities

- A Basic First Aid kit is to be supplied by each sport.
- It is recommended each sport have a suitably qualified Sports Trainer / First Aid person in attendance at all training and games sessions
- The Academy is to supply a list of Emergency details to all squad Managers at the start of each program
- Each Athlete is to provide a recent medical history on the form provided by the Academy
- The Academy will provide a list of recommended providers of specialty Medical services
- An injury report form is to be provided to each Manager/Coordinator at the beginning of each

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sports program

- A report on all injuries is to be lodged with the Chief Executive Officer of the Academy within 24 hours of an injury being sustained by an athlete or Coaching staff.
- The Academy will in writing acknowledge receipt of the documentation within 5 working days of receipt of the documentation
- Upon receipt of the insurance claim documentation the Academy will within 5 working days lodge these documents with the Insurance Company.

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