

# MEDICAL AND EMERGENCY PROCEDURES

## Policy Statement

The South West Sydney Academy of Sport Medical and Emergency Procedures Policy requires that the following categories are achieved: Each sport should be stratified according to relative risk of injury and guidelines appropriate for each level (high, medium, low) shall be developed. Emphasis made to each Head Coach/Co-Ordinator to recognise and consider the risks associated with their sport.

## First Aid Kit

Each sporting program will need to have a fully stocked sport specific first aid kit. The kit will be supplied or restocked at the beginning of each program year. This kit should be available at training and events together with a person trained to use its contents; this will in most cases be the coach.

## Assistance Available

A contact list of medical support available throughout the region is to be provided to all co-ordinators. This will include a list of details and procedures for access to; Doctors, Ambulance, Medical Centres, Hospitals and Casualty facilities available in each Council area and locations close to where Academy sessions are held.

## Supervision at Events

Each sport is to be stratified according to relative risk of injury and supervision guidelines appropriate for each level shall be developed. The Sports Medicine Australia (SMA) will stratify each Academy sport according to high, medium or low risk if at all possible. The following personnel are required to attend events involving sports deemed to be of a particular risk level.

High Risk Games – Doctor

In the situation where an Academy event is held under the jurisdiction of another organisation, the Academy shall endeavour to follow their policy guidelines.

## Injury Management & Reporting

It is important that at least one program staff member in attendance at any sport activity has a current first aid qualification. In the event of an injury, the standard first aid procedures should be followed.

Authorised by: Gerry Knights	Title: Medical and emergency Procedures	Page: 1
Version Date: November 2020	Next Review: November 2022	No of Pages: 2

**Danger** – reduce danger potential to injured and other people if it is safe to do so.

**Response** – assess the level of consciousness of the injured

**Airway** – check and maintain a clear airway

**Breathing** – make sure the person is breathing. If not commence Expired Air Resuscitation

**Circulation** – check for and control bleeding

The Academy office holds a first aid kit that is available for all sports squads to borrow for their activities.

### **Accident/Injury Report Form**

An Accident/injury report form must be filled out accurately as soon as possible after attending to an injury/accident.

The standard injury report form used by Sports Medicine Australia has been adopted by the Academy and should be used to report injuries.

All completed reports should be copied and forwarded to the Academy as soon as possible.

### **Accident Reporting Procedure**

Following a report being received by the Academy, the respective insurance company will be notified of the accident/injury by the Academy Chief Executive Officer.

If the accident/injury results in litigation by the injured athlete, the Academy will notify the coach/coaches concerned and counselling/advice will be made available for Coaches and Academy Staff.

Authorised by: Gerry Knights	Title: Medical and emergency Procedures	Page: 2
Version Date: November 2020	Next Review: November 2022	No of Pages: 2