



**Dunsborough  
Football Club**



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## First Aid/Injury Guidelines for Dunsborough Football Club

### First Aid Equipment to be at each game:

- Access to club stretcher – At Dunsborough Playing Fields it is always in front of the clubrooms *Please see attached WAFC stretcher policy*
- Basic First Aid Kit with Team Manager/First Aider
- Ice packs or ice in a small cooler bag or esky as per parent roster

### For injury requiring medical attention:

- Play to be stopped if further danger of injury or requiring assistance to remove from oval
- Only Team Manager, Team First Aider or Runner can attend to player on the field. If Runner is first to incident, they should call First Aider and liaise with umpires if play needs to be stopped further.
  - **NO Parents, Volunteers, Coaches** to enter the field. (If a coach is already on the field in a younger age group this is acceptable)
- Injury to be assessed
- Apply DRSABCD steps
- If not spinal or head injury then the player can be safely removed from the field and attended by Team First Aider off the field, no medical treatment, strapping or ice to be delivered on the field. First Aider to coordinate assistance if required.
- Please see attached WAFC stretcher policy – Player only to be moved by stretcher for minor injuries

### For Head Injuries (including Concussion):

- Recognise a suspected concussion – Team Manager or First Aider to have the HeadCheck App ready to use in the case of suspected/confirmed concussion and follow recommendations
- Remove the player from the game as per above
- Refer the player to a medical doctor for assessment.
- Where there is no medical doctor present to assess the player, or the diagnosis of concussion cannot be ruled out at the time of injury, the player must NOT be allowed to return to play in the same match / training session
- Follow the AFL Concussion Management Guidelines as per attached – Note – Any concussed player is not to return to play until 12 days after concussion
- Please note HeadCheck App sends message to parents of player with details of concussion. All First Aiders to have a list of parents and mobile numbers

### **For Suspected spinal or neck injury**

- Follow above guidelines
- If suspected spinal or neck injury
- DO NOT MOVE THE PLAYER and DO NOT use a Cervical Collar, unless directed by qualified medical personnel
- Call 000
- Keep player comfortable and warm and encourage them to remain still and not move their head or body
- Support the neck in a neutral position, DO NOT MOVE PLAYER, place towels/clothes etc on either side of the casualty's head to prevent twisting or bending the spine
- Wait for Ambulance to attend injured player – play not to resume if player still on the field.
- Please see attached WAFC stretcher policy – Player only to be moved by stretcher with a suitable trained or certified medical professional
- Please see St John Ambulance Information Sheet attached

### **Post Injury Procedure:**

- Team Manager to note details of accident/incident on game day report
- Team Manager/Parent to complete incident report form to keep details of how the injury occurred. This form to be forwarded to [secretary@dunsboroughfc.com.au](mailto:secretary@dunsboroughfc.com.au) for review and filing
- Team Manager to followup with family two days after injury to check how the player is. Should family/player need further assistance, information to be escalated to committee level

All Team Managers and Coaches to become familiar with following resources:

<https://www.afl.com.au/clubhelp/policies/health-and-safety/concussion-management>

<https://www.wafooty.com.au/download/d/sp5dO60Q3gMtEPAc224rLzzxVDkg5wQaWD8sezXCWgM>

[https://www.wafooty.com.au/download/d/dVJEn\\_LCm1JOBskaOYIiyeX4YngOULIHvgB3tdUEgV8](https://www.wafooty.com.au/download/d/dVJEn_LCm1JOBskaOYIiyeX4YngOULIHvgB3tdUEgV8)

<https://www.wafooty.com.au/download/d/8H9tF0p7IDDRxSYTD3JG0ZF2XwIJ56doLf3ZD3opJ8>

<https://www.wafooty.com.au/download/d/7a8v5gOMZxRo3p1BOgNnDDHZPVEFbzzmUeEnLd8t3KA>

<https://www.headcheck.com.au/>

<https://stjohnwa.com.au/docs/default-source/first-aid-compliance/spinal-injury.pdf?sfvrsn=2>