



EMERGENCY MEDICAL ACTION PLAN



Club Name:	Runcorn Linnets Junior Football Club
Club Address:	Halton Sports @ Apec Taxis Stadium, Stockham Lane, Murdishaw, Runcorn, Cheshire
Postcode:	WA7 2PJ

It is important for all first aid trained staff to not put themselves or any member of the public in danger when dealing/treating any medical situation/emergency.

The Emergency Action Plan for Runcorn Linnets Junior Football Club in the event of an injury or incident during a game of football or training session is as follows:

- Prior to any games taking place (Home or Away), it is imperative that each team has an in-date Emergency Aid trained person accompanying the team and an adequately stocked First Aid kit at matches. Runcorn Linnets JFC Codes of Practice requires all authorised coaches to hold, at a minimum, the FA's 'Introduction to First Aid in Football' (IFAiF) certification.
- At home matches, the club has additional first aid kits within the main clubhouse. A defibrillator is located next to the main entrance of the 'Apec Taxis' stadium. All managers and coaches have a collective responsibility to ensure that the entrance to the main pitches is unrestricted to ensure that emergency services can gain access if they are required.
- For home matches, managers/coaches should have a copy (physical or digital to send) of the '[Matchday Emergency Action Plan](#)' to pass to opposition team managers/coaches or parents. The 'Matchday' plan contains details and directions to the nearest hospitals / emergency medical centres.
- Upon arrival at away matches, team managers/coaches should liaise with their opponents to familiarise themselves with any specific away venue procedure that might be in place during their teams visit.

The Emergency Action Plan will consist of 5 steps:

Danger (Incident Safety), **Response**, **Send for Help**, **Airway & Normal Breathing**, **Compressions** and **Defibrillation**.

Should an incident occur which involves a player(s) being injured then the following procedure should be taken:

The mnemonic, **SALTAPS**, is a set procedure for recognising an injury to a player(s) on the field of play.



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S = See the Injury Occur

A = Ask the player questions about the injury?

R A B for an unconscious player = Response, Airway & Normal Breathing.

L = Look at the Injury

T = Touch (Palpate the Injured Part of the Anatomy)

A = Active (Movements from the Player)

P = Passive (Movements by the First Aider)

S = Strength (Player's Movements Resisted by the First Aider)

It is very important to ensure that when it is quite evident that a player **can** continue playing, all stages of the 'SALTAPS' procedure assessment are carried out. Never progress through the 'SALTAPS' routine when a player's signs and symptoms indicate the injury is too severe to continue with this process.

When dealing with a bleed, it is important that protective gloves are worn.

Major/Serious Injuries

The majority of injuries that occur on a football pitch are minor, but in the case of a major injury then prompt action is required:

- Make other coaches aware by shouting "Coaches - Emergency"
- An ambulance should be called for as soon as it is recognised that a player has a life threatening or serious injury/illness.
- DO NOT move the injured player/change/alter the player's position or remove any equipment as this could cause further harm to the player.
- DO immediately organise for an ambulance so that specialist attention can be given to the injured player. Ensure the Emergency Access to the field is opened - Nominate a parent or responsible person with the task of waiting for the ambulance in the club car park and escorting them to the casualty.
- Support the player by making them as comfortable and warm as possible until the Ambulance arrives.
- The club recognises that serious injuries can be traumatic to the players' teammates or opposition players. A designated person should be nominated to look after the non-affected players. If parents of non-affected players are in attendance, then those players should be released to their care.
- Provide emergency services with details of any medication, known medical history and emergency contact details for the players parents/carers. All managers/coaches should have these details during every matchday.



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Airway & Normal Breathing

If when checking the injured player, they do not respond, ensure there is an open airway and check for normal breathing. If breathing, place the player in the Recovery Position whilst awaiting further assistance. Continue to observe the player for breathing until more qualified help arrives. If the injured person is not breathing, carry out treatment as per current training given during the FA First Aid training course.

Defibrillation is the emergency procedure carried out when qualified First Aiders apply an electronic device called an Automated External Defibrillator (AED) to the chest of a cardiac arrest casualty. Runcorn Linnets AED is located next to the main entrance of the 'APEC Taxis' stadium.

Head Injuries

A player suffering a Head Injury should be taken to hospital if he/she/they suffer with any of the following symptoms:

- Become unconscious or has lowered levels of consciousness
- Has decreased responsiveness
- Vomits or feels like they are going to be sick
- Becomes restless or irritable
- Becomes dizzy or drowsy
- Has a fit (convulsion)
- Becomes confused or has a change in personality or behaviour
- Has noisy breathing
- Has a slow pulse rate or it begins to slow
- Has affected speech (e.g. slurring)

Unconscious Player

Arrange for them to be taken to hospital via an Ambulance. Keep an open and clear airway until more qualified medical assistance arrives.
DO NOT leave the unconscious person alone and DO NOT give them food or drink.





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Matchday Emergency Access Point

Emergency services vehicles will enter the site via 'Murdishaw Avenue' onto the club car park. Pitches are accessed by the gate situated between the car park and Pitch 10.

