

FIRST AID GUIDANCE FOR RETURNING TO GRASSROOTS FOOTBALL

CLUBS ARE REQUIRED TO:



REVIEW THEIR RISK ASSESSMENT

- To ensure they meet the guidance produced by the Department for Digital, Culture, Media and Sport (DCMS) before any football activity is resumed
- Update their club risk assessment and Emergency Action Plan to account for the current climate with respect to the potential of COVID-19 transmission, with risk mitigation plans outlined for all potential injuries and emergencies that may arise due to partaking in football related activities.

SELF-SCREENING QUESTIONNAIRE

- All players should conduct a self-screening check list before attending sessions. Those players with symptoms or living with those with symptoms or who are awaiting test results should follow government guidance

FIRST AID PROVISION

- Should be limited to emergencies only and all designated first aiders should wear Level 2 Personal Protective Equipment (PPE) as a minimum (disposable gloves, apron and surgical mask). Gloves and apron to be changed after every player contact.
- Where no PPE is present, social distancing should be maintained at all times and a household member assist the player if possible, under first-aid guidance, until the ambulance arrives
- No first aid rooms should be in use, if further treatment is required an ambulance will need to be called
- First aid boxes should be equipped with the additional items of PPE
- At this time, no rescue breathing is provided for adult players. A face covering is applied over the nose and mouth and continuous chest compressions provided until the ambulance arrives. The AED is applied as normal as soon as it arrives.
- A pocket mask (or minimal face shield) is advocated for rescue breathing in children

HYGIENE

- Strong hygiene practices should be prevalent throughout the club with access to handwashing facilities and 70% alcohol gel
- Equipment sharing should be an absolute minimum, with good sanitation pre and post use
- Players should bring their own drink, clearly labelled with their name
- Strictly no spitting
- Chewing gum is banned during the pandemic at all grounds and training facilities

The safety of the responder is paramount and no-one is expected to provide care which jeopardises their own personal health or safety. In an emergency situation, where suitable PPE is not available, the responder must consider the potential risks to both themselves and the player and decide what level of care they feel is reasonable, or what level of care they are able to provide in the absence of PPE. This may include providing no assistance at all until the ambulance arrives or until appropriate PPE is made available.