

Settle Harriers

First Aid / Incident policy

Procedure for dealing with an incident:

1. Stay calm but act swiftly and assess the situation.
2. Deal with the rest of the group and ensure they are supervised.
3. Each session has a designated First Aider so pass the individual to them to take appropriate action. Give information relevant to the incident.

Designated First Aider:

1. Listen to what the injured person is saying.
2. Details of medical conditions/allergies (plasters/penicillin) are on the Settle Harriers Juniors membership list.
3. In the event of an injury requiring specialist treatment, call the emergency services.
4. Do not move someone with major injuries, wait for the emergency medics.
5. Contact the injured person's parent/carer (Emergency contact details are on settle harrier's junior membership list or speak to them at the end of the session)
6. Complete an incident/accident report form. Check with the coach on the activity when the incident occurred that details are accurate.

For the well being and the health and safety of all athletes, coaches, officials and volunteers, and to minimise the effects of any incident/accident, the following procedures have been adopted for all training and competition sessions. These should be read in conjunction with the above 'procedure for dealing with an incident'.

At the beginning of each new coaching your lead coach should risk assess the venues used for training/coaching.

In addition:

- All coaches should ensure that they have access to a mobile phone (or other means of communication) at all training sessions and competitions for use in case of emergency.
- All coaches should keep a simple register of all athletes present at sessions.
- All coaches should ensure that they have immediate access to up to date emergency contact details for all junior athletes present, and details of any medical conditions of athletes that could lead to problems during training or competition.
- A qualified First Aider should be available at all training sessions and at races that Settle Harriers organises.