



Ocean Grove Cobras Junior Football Club

MEDICAL POLICY

Last Updated: January 2022

FIRST AID KITS

- Ocean Grove Cobras JFC First Aid Kits have been equipped with basic supplies to deal with general game day injuries. They aren't equipped for ongoing treatment of injuries.
- Parents will need to provide strapping if required on a weekly basis.

MEDICATION

- Parents/carers must inform the club (mostly likely team managers or coaches) of relevant medical needs of the child. It is however the responsibility of both the player and parent/carers to supply and administer the required medication.

TEAM FIRST AID OFFICERS

- Each team will have an individual of at least a Level 2 qualification in First Aid, if for some reason they aren't able to make a game please talk with your Team Manager to ensure a replacement.
- Runners/coaches are not to treat players on the ground.
- Treatment of a serious injury or medical incident must always be referred to by the players parent or guardian. The cost of the ambulance is the responsibility of the family.
- If a parent can't be contacted, the club will make the decision based on the needs of the player, all costs of ambulance and hospital costs will be the responsibility of the parents (health fund).

ACTION PLAN FOR FIRST AID

- If a player is injured, the assigned person (First Aider) should immediately attend the injured player and determine the seriousness of the injury.
- If the First Aider considers the injury to be serious, the game must stop whilst the player is getting the attention needed (consider abandoning game if required).
- If at any stage the player became unconscious or has limited movement only a stretcher may be used by a person of sound understanding of safe transfers.
- If there are concerns and people are uncomfortable or unsure please wait for an ambulance.
- Commence appropriate First Aid as quickly as possible after the accident/injury and keep calm.
- First Aider to be in control of the situation to avoid confusion.
- Between First Aiders/Parents/Coaches discuss whether an ambulance is needed.
- Ensure First Aid stays with the injured player until the ambulance arrives (if one has been called).
- Make sure ground/oval access is available and area is cleared for ambulance and other players are kept away from the situation.
- Ensure family members are notified if not at the game and confirm what measures were taken.

HELMETS

- There's no definitive evidence that helmets prevent concussion of serious head injuries.
- It's entirely an individual decision. Helmets may have a role in the protection of players on return to play following a specific injury (i.e facial fractures).

MOUTHGUARDS

- Mouthguards prevent serious injuries to teeth and face, hence strongly recommend wearing for playing or training.
- We strongly recommend dentally fitted mouthguards as they are specific to the players mouth and won't dislodge as easy as the 'boil and bite' mouthguards that are available.