



Curley Park Rangers Football Club, Connaught Pavilion, Whitmoor Road, Bagshot GU19 5QE

GUIDELINES FOR DEALING WITH AN INJURY

HOW TO DEAL WITH A MINOR INJURY

- Stay calm but act swiftly and observe the situation.
- Ensure that there is no risk of further injuries.
- Listen to what the injured player is saying.
- The First Aider should take appropriate action for minor injuries.
- Ensure that the rest of the group is adequately supervised.
- Inform or contact the injured person's parent / guardian.

HOW TO DEAL WITH A MAJOR INJURY

- Stay calm but act swiftly and observe the situation.
- Ensure that there is no risk of further injuries.
- Listen to what the injured person is saying.
- Contact the emergency services. In order to direct them to the ground the full address is above.
- Do not move someone with major injuries.
- Ensure that the player is protected and kept warm.
- Ensure you have a thermal foil blanket in your first aid.
- In the event of a major injury the match will be terminated.
- Ensure the rest of the group is adequately supervised.
- Inform or contact the injured person's parent / guardian.
- When the emergency services arrive notify them of any known medical conditions that might have an impact on the treatment given to the injured player.
- The Coach should hold a medical record copy of any known players condition.
- CPR Accident Report Form can be downloaded from the website: www.cprfc.org.uk
- The incident / accident must still be logged in Accident Report Book that is kept in the clubhouse.
- The completed Accident Report Form must be retained by the Manager for future reference.