



## **MINDARIE FC FIRST AID POLICY / CONCUSSION POLICY**

MFC have a first aid kit on-site and a list of emergency contact numbers such as Ambulance, Doctor, etc. Also, all coaches have a first aid kit in their sports bag.

All teams will have a nominated first aider and they are the responsible responder to any injury and will assess the player.

### **1. First Aid for Sport**

The risk of injury is an inherent part of most sports. Team first aiders have a responsibility to manage that risk and keep it to a minimum.

In managing an injury, the main aim is to do no further damage.

When an injury occurs, there are many decisions to be made. The most important of all these is whether the player should continue to participate or not.

Mindarie FC will always err on the side of caution as resuming participation may cause further damage to an injured player.

### **2. Observe**

Stop the event if necessary.

Don't panic stay cool.

Talk to the injured player.

How did it happen?

Where does it hurt?

Is the pain sharp, dull, aching or throbbing?

Provide a few words of encouragement.

Keep onlookers away.

Comfort the player.

### **3. Personality**

Is it normal?

Is the player distressed?

### **4. Injury site**

Is there swelling?

Is it red?

Is there any difference when compared to the other side/limb?

Is there any deformity?

If the answer to any of the above questions if yes, seek medical attention.

### **5. RICE Regime**

The first 48 hours are vital in the effective management of any soft tissue injury.

Rest

Ice

Compression  
Elevation

## **6. Head Collisions / Suspected Concussion**

- A Player with a suspected concussion must be immediately removed from the field of play and must not be return.
- Players with a suspected concussion should not be left alone and taken for a medical assessment.
- The majority (80-90%) of adult concussions resolve in a 7–10 day period, although the recovery frame may be longer in children and adolescents (14 days min)

Mindarie FC