



FIRST AID POLICY

INTRODUCTION

Lilydale Yarra valley Netball Association is committed to ensuring the health, safety and welfare of our community including players, coaches, umpires, spectators, support staff and administrative staff (members).

This policy sets out LYVNA Guidelines relating to the provision of first aid and other medical matters, at all LYVNA events and competitions.

It is intended that this document be reviewed on an annual basis, to ensure that it continues to comply with legislative requirements, Netball Victoria policy and to ensure it meets the first aid needs of all involved.

PURPOSE

The Lilydale Yarra Valley Netball Association expects that those who are part of the LYVNA community are aware of the standards and expectations when participating in our competition. In the event that first aid is required, all members should understand and adhere to the procedures and processes outlined in this policy. The purpose of this policy is to facilitate the provision of effective initial treatment and assessment, in the event of injury to LYVNA members.

SCOPE

The policy applies to the Lilydale Yarra Valley Netball Association members. It covers all LYVNA events and competitions and does not include injury relating to council matters or property.

COMPLIANCE

Netball Victoria policy.

AIMS

- To reinforce the first aid procedures and processes expected at LYVNA
- To outline the role of clubs in providing adequate first aid to their members.
- To outline the role of the LYVNA in providing adequate first aid to members.

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- To provide a safe and supportive environment for our members.
 - To ensure that all incidents requiring first aid are reported in a timely manner, by appropriate personnel.
 - To ensure that reported incidents are followed up appropriately and in a timely manner

INDEMNITY

Except where provided or required by law and such cannot be excluded, the Lilydale Yarra Valley Netball Association and its respective directors, officers, members, servants, or agents are absolved from all liability arising from injury or damage, however caused, arising whilst participating as a member.

ROLES AND RESPONSIBILITIES

Below are the roles and responsibilities of various groups within the Lilydale Yarra Valley Netball Association community. It is up to each group to ensure that they are aware of their duties in terms of administering, reporting, and following up on first aid incidents.

Lilydale Yarra Valley Netball Association – First Aid Personnel

LYVNA will ensure that first aid personnel have current and appropriate minimum first aid qualifications.

- Where minimum qualifications/accreditation standards are not met, LYVNA shall support member/s to achieve the minimum standards.
- LYVNA will provide an adequate First Aid Kit

The First Aid Kit will be stored in the designated first aid area and all appropriate personnel will have access to it

- A LYVNA representative will maintain the first aid kit supplies and an inventory will be completed on a regular basis.
- LYVNA will have a designated area for the treatment of injuries. It will be kept clean and accessible at all times.
- LYVNA personnel with First Aid competencies will provide a level of care consistent with their training and knowledge. Members must recognise the limitations of their training and competence, and not act outside of these limitations.

Clubs

- Teams and clubs are the first point of call for any injury related matters.
- All Teams playing in LYVNA Competition **MUST** carry a fully equipped First Aid kit.
- All players requiring band aids for minor cuts/abrasions **MUST** see their Coach/Team Manager who will be able to support them with this.

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- If deemed necessary, the player, when accompanied by a team or club representative, can seek assistance from the LYVNA first aid representative in the designated first aid area.
 - Are responsible for making informed decisions in consultation with the parent / guardian regarding players participating in training or matches, when an ongoing injury or medical condition exists
 - Must promptly communicate any health or safety concerns to the player or parent / guardian (where the player is under 18)
 - Are responsible for maintaining up to date medical records and current ACTION PLANS for all of their members and for ensuring that these are present at all events and competitions eg: asthma, allergies
 - Are responsible for notifying the designated club official of any players with serious medical conditions.
 - Are responsible for ensuring that their members have, in their possession at all times, prescription medications and treatment requirements such as, but not limited to, asthma puffers, spacers, insulin, EpiPens /Ana pens.

Individual players or parents (where the player is under 18)

- Are encouraged to take responsibility for their own health and safety.
- Are to communicate accurate and current medical information to their team or club representative.
- All players requiring band aids for minor cuts/abrasions **MUST** see their Coach/Team Manager who will be able to support them with this.
- Are responsible for ensuring that they have, in their possession at all times, prescription medications and treatment requirements such as, but not limited to, asthma puffers, spacers, insulin, EpiPens /Anapens.
- Are responsible for seeking primary first aid from their team or club representative.
- In the event that the injury is serious in nature, and requires further advice, the player can seek assistance from the LYVNA first aid representative in the designated first aid area.
- Are responsible for making informed decisions regarding participation in training or matches, when an ongoing injury or medical condition exists.
- At the discretion of the injured player or parent / guardian (where the player is under 18), players or parents /guardians are responsible for downloading the Netball Victoria Insurance Claim forms from the LYVNA website and ensuring they are appropriately completed.

BLOOD POLICY AND INFECTIOUS DISEASES

LYVNA will comply with the Netball Victoria policy on Blood and infectious disease.

<https://vic.netball.com.au/sites/vic/files/2020-08/Infectious%20Diseases%20and%20Hygiene.pdf>

CONCUSSION MANAGEMENT POLICY

LYVNA will comply with the Netball Victoria policy on Concussion management.

<https://vic.netball.com.au/sites/vic/files/2022-02/NV%20Concussion%20Management%20Policy-%20Final.pdf>

EMERGENCY PROCEDURES

Ring for an ambulance, if deemed necessary

- Emergency phone numbers will be accessible and displayed in the designated first aid area.
- Emergency Management (Asthma, Anaphylaxis, RICERS, CPR) plans will be displayed in the designated first aid area

FIRST AID KITS

First Aid Kits are equipped according to requirements and will contain, as a minimum, the following items:

- individually wrapped sterile adhesive dressing;
- sterile eye pads;
- sterile covering for serious wounds;
- small sterile un-medicated wound dressing;
- medium sterile un-medicated wound dressing;
- adhesive tape;
- rubber thread or crepe bandage;
- disposable gloves;
- scissors;
- tweezers;
- a list of items contained in the First Aid Kit for inventory.

First Aid Kits must:

- Be easily recognisable and readily accessible to staff.
- Only be accessible to LYVNA Committee members

OTHER MEDICAL SUPPLIES

With regard to the items listed below, appropriate medical documentation – includes medical alert tags - must be obtained, or a parent/guardian must give permission where practical and not risking the life of the patient concerned.

EIPEN / ANAPEN

- Players with diagnosed anaphylaxis **MUST** carry their own prescribed EIPEN / ANAPEN
- LYVNA will provide intramuscular ADRENALINE for use to be used only in emergency situations, whereby a diagnosed anaphylactic requires an additional dose, or has forgotten their own prescribed pen

DEFIBRILLATOR

LYVNA will provide a portable defibrillator to be used in emergency situations.

BRONCHODILATORS

Players with diagnosed asthma **MUST** carry their own bronchodilator / spacer etc.
LYVNA will provide a Ventolin inhaler for use by a trained first aider where an asthmatic has forgotten their own inhaler.

ANALGESICS & ANTI-INFLAMMATORY MEDICATIONS

- LYVNA will not provide basic analgesics and anti-inflammatory medications unless required for an acute injury.
- Aspirin will be available in the event of a patient suffering chest pain.

INSULIN

- Members with diagnosed diabetes must carry their own Insulin if required.
- LYVNA will provide Jellybeans in the event of a suspected hypoglycaemic episode.

STRAPPING TAPE

- Players with known injuries are expected to provide their own strapping tape.
- LYVNA will **SELL** rolls of strapping tape on request.
- LYVNA First Aider will not provide strapping to any injured player or at the request from a player/parent.

ICE AND INJURY

- At NO time should any Parent/Player/Official enter the first aid room and take ice without permission from the First Aid Officer.
- Ice will be provided to any injured player with their verbal consent (If the player is under 18, parent verbal consent will be requested)
- Where Ice is applied to an injured player, they will not be able to return to the court for the remainder of the game.