



GENERAL PRACTICE GUIDELINES – FIRST AID AND THE TREATMENT OF INJURIES

Parent and carers must notify the club of any relevant medical information by completion of a Cumbernauld Athletics Club Membership Form (available from the club website) before their child takes part in athletics with the club.

This ensures that the necessary personnel within the club, including coaches, running an event or training sessions and activities are aware of any pre-existing medical conditions, medicines being taken by a child, or pre-existing injuries and treatment required.

Cumbernauld AAC will ensure:

- There is an accessible and well-resourced first aid kit and a working telephone at the venue.
- Where possible, access to medical advice and/or assistance.
- Only those with a current, recognised First Aid qualification will treat injuries.
- Parents/carers are informed as soon as possible of any injury and action taken.
- When administering First Aid the child will be told what action is being taken and why.
- Treatment will be administered in an open environment wherever appropriate, avoiding private or unobserved situations.
- An Incident Report Form is completed if a child sustains a significant injury and the details of any treatment given recorded. Common sense and any sport specific guidance will be used to determine whether an injury is significant.
- When necessary, if a child sustains a significant injury, NHS 24 or an ambulance will be called and the club will be guided by their advice.
- The circumstances of any accidents are reviewed to ensure lessons learned are shared and the risk of a similar incident recurring are reduced.
- All Event Organisers will ensure they have sufficient first aid cover in place for their event. Event licence applications will not be approved by Scottish Athletics unless this has been organised and confirmed.