

# **MID SUSSEX HOCKEY CLUB**

## **GUIDELINES FOR DEALING WITH AN ACCIDENT**



### **PREVENTING ACCIDENTS AND STAYING SAFE**

- Ensure that you are familiar with the safety aspects of MSHC and England Hockey Codes of Conduct.
- Encourage participants to wear the appropriate safety equipment during your sessions and ensure that parents/ carers are aware of the need for this equipment.
- Always check a gathering/ playing area for risks before you use it.
- Use your common sense to ensure the safety of those around you.
- Make sure that you know about allergies and special medical requirements of those for whom you are responsible.
- Keep parents informed of meet times, training sessions and matches, and make sure you know how young people are getting home.
- Always take relevant contact details and a fully charged mobile.
- Do your “housekeeping”: make sure that you set meeting points and keep informing parents and participants of emergency procedures.

### **DEALING WITH AN ACCIDENT**

- Stay calm but act swiftly and observe the situation. Is there any danger of further injuries?
- Listen to what the injured person is saying.
- Alert a first-aid officer, who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Deal with the rest of the group and ensure that they are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency medics.
- Contact the injured person’s parent/carers.
- Complete an incident/accident report form.