



First Aid Information for Team Managers 2023 Season

Injury Prevention

- Pre-training and pre-game warm up and post-train/game cool down
- Mouthguards
- Posters

First Aiders

- Need Provide First Aid & CPR as minimum (club subsidises 50% cost)
- Work with other team's first aider to help injured players
- **Action:** Email the name of your team's First Aider/s, Mobile Number and Email and their first aid qualifications to the First Aid Coordinator (details shown below)

Support

- Club policies – providing a safe environment
- Defibrillators
- Stretchers
- First aid kits
- Hand sanitizer and “how to handrub” instructions (coaches bag, managers bag, first aid kits)
- First aid and emergency information manuals
 - Injury report forms (including concussion)
 - Completed forms must be submitted to the club's First Aid Coordinator
 - Concussion – “if in doubt, sit them out”
- Hale boarders
 - Nurse available any time
 - Hale Health Centre (injury clinic) – Sundays 5-7pm
 - Medical practitioner (concussion specialist) – Mondays am

Resources

- On Club's [Tidy HQ website](#), under “First Aid Resources” tab

Feedback

- We welcome any feedback on your how we can best support your first aid needs.

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Integrity

Inclusiveness

Respect

Loyalty

Equality