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| [Wdjfc logo3](https://wembleydownsjfc.tidyhq.com/) | Wembley Downs Junior Football Club |

**FIRST AIDER CHECKLIST FOR GAME DAY**

Pre-Game

☐ Home games – oval inspection for objects which may cause injury (eg sticks, sprinkler heads, metal spikes, glass) or inconvenience (eg dog faeces, rubbish)

☐ Identify emergency vehicle access

☐ Take stretcher taken to interchange area – visible and accessible for both teams

☐ First aid kit available

☐ Ice available (please consider bringing your own ice on game days as the instant ice packs are very expensive)

☐ Cooperation - please offer to work with the other team’s First Aider to help injured players

During Game

☐ Treat players for injuries, as required

☐ Take a cautionary approach for any player with a suspected concussion – assess the player for red flags or other signs/symptoms using the Concussion Recognition tool in your first aid manual or use the HeadCheck app (developed in WA).

**Remember: If in doubt, sit them out!**

☐ Complete an injury report form for any injured player you refer for medical assessment/treatment and email a copy to the [First Aid Coordinator](mailto:%20%09firstaid.wembleydownsjfc@mail.tidyhq.com) within 24 hours of the game ending

Post-Game

☐ Injured Hale School Boarders:

* contact the nurse at the Hale Health Centre 9347 0112 (available 24 hours - the nurse *must* be contacted if a boarder sustains a head knock
* refer the injured boarder to the Hale Injury Clinic (Sundays 5.00pm – 7.00pm)
* refer to the [Hale Injury Care for Boarders](https://wembleydownsjfc.tidyhq.com/public/pages/first-aid-resources) instruction sheet on the WDJFC Tidy HQ website for more information

☐ Follow-up on any injured player after the game, as necessary (particularly if suspected concussion)

☐ Advise the Club’s [First Aid Coordinator](mailto:%20%09firstaid.wembleydownsjfc@mail.tidyhq.com) of any first aid supplies that need to be restocked in your kit

**Junior Football Code of Conduct**

All volunteers, players and spectators should understand and adhere to Rule #1 – the spirit of junior football:

* Have Fun
* Be Safe
* Be Healthy
* Play Fair
* Show Respect
* Be Inclusive