



ELITE DEVELOPMENT COACHING

ACCIDENT/INCIDENT PROCEDURES



ELITE DEVELOPMENT COACHING

INJURY PREVENTION

Our Coaches have an overriding responsibility to ensure the safety of all children that participate in any of our sessions. We ask our coaches actions to include:

- Conduct a health and safety check on the pitch and other facilities.
- Require all players to appropriate protection for the sport (i.e., Shinpads for football)
- Make sure that they have a well-maintained First Aid Kit.
- Ensure they have a telephone that is accessible for more serious instances
- Have a list of any medical conditions that they should be aware of (Eg Asthma/Allergies etc)
- Ensure they have contacts for each player so they can contact them if any accidents or incidents happen.



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DEALING WITH AN INCIDENT/ACCIDENT

- Stay calm but act swiftly and observe the situation. Is there danger of further injuries? Do we need to stop all other children playing?
- Ask questions and listen to the injured person about the injury or situation.
- Request the most senior coach in attendance to help assist you.
- Use the First Aid Medical Kit if needed for any injury however minor or major. Only ever administer basic First Aid and never move any injuries if suspected it may be broken. If suspected to have a fracture or break, parents must be called immediately and the child must stop playing.
- In the event of an injury needing special treatment, call emergency services and parents/guardians.
- Is the child cold, can we use foil blankets as early as possible so they can retain their heat.
- Ensure the rest of the children are adequately supervised.
- Do not move someone with major injuries, wait for emergency services.
- Always stay with the child until parents or emergency services arrive.



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STEPS TO TAKE WITH THE INJURED PLAYER

- See the injury occur- Decide; do you think it was bad? If so, watch the player, are they on the ground, did they get up at once? Did they collide with someone or was the injury self-inflicted?
- Ask the player where it hurts and ask them to show you where it hurts?
- Look at the Injury and make a visual examination; Can you see swelling, redness or cuts and grazes? If there is any visual deformity stop the procedure at once and call emergency services for expert medical attention. Do not try to treat injuries you know nothing about.
- Always listen to the player they know the pain more than you, examine facial expressions for discomfort
- Tell the player you are going to treat it or its going to be treated, reassure them through a difficult time.
- Active Movement- while supporting the weight off the injured area try to get the player to attempt to move the nearest joint, tell them not to attempt movements without a coaches help.
- Passive Movement- get them to move with the injury in a slow state under control, can they move the injured area without discomfort and pain free. Continue to talk to them.
- Strength Situation, now ask the injured player to put strength into the situation by using their body weight , can they walk, jog run? If they show no unusual movements and pain free, they are probably fit to resume play.



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REPORTING

We must report all injuries to the most senior coach or course co-ordinator who can contact parents/guardians if required to do so. It is vitally important that we inform parents of all injuries and let them know the action we have taken with their child.

Accident Report Form

- The Coach is expected to complete an accident/incident report form. We ask this form to be complete with legibility and truth. To be supplied with contact details of everybody involved and potential witness names. This accident report form will be reviewed and noted. Potential improvements might be made to the risk assessment to prevent this from happening again.
- Information from our accident report forms will help with risk assessments of our services and venues to ensure we can make adaptations to help prevent similar injuries.



ELITE DEVELOPMENT COACHING

EMERGENCY ACTION PLAN – VENUES

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|------------------|-------------------------------------|
| Venue | Broadfield 3G & Pavilion |
| Address | Winfield Way, Crawley |
| Post Code | RH11 9RX |

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|------------------|-----------------------------|
| Venue | Forge Wood Pavilion |
| Address | Tulip Close, Crawley |
| Post Code | RH10 3GH |

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|------------------|---------------------------------|
| Venue | Ifield Community College |
| Address | Crawley Avenue, Crawley |
| Post Code | RH11 0DB |

| | |
|------------------|------------------------------------|
| Venue | K2 Crawley |
| Address | Pease Pottage Hill, Crawley |
| Post Code | RH11 9BQ |

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|------------------|-----------------------------------|
| Venue | Maidenbower 3G Pitch |
| Address | Maidenbower Drive, Crawley |
| Post Code | RH10 7HG |

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|------------------|-------------------------------------|
| Venue | St Wilfrid's Catholic School |
| Address | St Wilfrid's Way, Crawley |
| Post Code | RH11 8PG |



ELITE DEVELOPMENT COACHING

NEAREST DEFIBRILLATOR (AED)

| | |
|------------------|---|
| Venue | Broadfield 3G & Pavilion – On Site |
| Address | Winfield Way, Crawley |
| Post Code | RH11 9RX |

| | |
|------------------|--------------------------------------|
| Venue | Forge Wood Pavilion – On Site |
| Address | Tulip Close, Crawley |
| Post Code | RH10 3GH |

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|------------------|--|
| Venue | Ifield Community College |
| Address | Crawley Baptist Church, Crabtree Road |
| Post Code | RH11 7HJ |

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|------------------|---------------------------------------|
| Venue | K2 Crawley – In Leisure Centre |
| Address | Pease Pottage Hill, Crawley |
| Post Code | RH11 9BQ |

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|------------------|---|
| Venue | Maidenbower 3G Pitch |
| Address | Easistore, Maidenbower Office Park |
| Post Code | RH10 7ZJ |

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|------------------|---|
| Venue | St Wilfrid's Catholic School |
| Address | Tesco's Express, 84 Downland Drive |
| Post Code | RH11 8SW |



ELITE DEVELOPMENT COACHING

EMERGENCY CONTACTS / FIRST AIDERS

| NAME | CONTACT |
|--------------|--------------|
| ALAN STREET | 07834 320545 |
| BEN GODFREY | 07585 229692 |
| KIERON THORP | 07538 678614 |



ELITE DEVELOPMENT COACHING

EMERGENCY ACTION PLAN

NEAREST HOSPITALS/ WALK IN CENTRES (WIC)

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|------------------|-------------------------------------|
| Hospital | Crawley Hospital |
| Address | West Green Drive, Crawley |
| Post Code | RH11 7DH |
| Drive | 5-10 Minutes from all venues |

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|------------------|--------------------------------------|
| WIC | East Surrey Hospital |
| Address | Canada Avenue, Redhill |
| Post Code | RH1 5RH |
| Drive | 20-30 Minutes from all venues |

NEAREST DEFIBRILATOR (AED)

| | |
|------------------|---|
| Hospital | K2 Leisure Centre |
| Address | Pease Pottage Hill, Crawley |
| Post Code | RH11 7DH |
| AED | Located in Leisure Centre Building |

| | |
|------------------|---|
| Hospital | K2 Leisure Centre |
| Address | West Green Drive, Crawley |
| Post Code | RH11 7DH |
| AED | Located in Leisure Centre Building |