

ARKLOW TOWN FOOTBALL CLUB



GUIDANCE ON HANDLING PLAYER INJURIES



BRIDGEWATER CENTRE PARK, LAMBERTON, ARKLOW, CO WICKLOW

GUIDANCE ON HANDLING PLAYER INJURIES

NORMAL INJURIES

- Attract the Referee's attention and get play stopped.
- Attend the player with the medical kit and a water bottle in hand.
- Do not allow the players parents onto the pitch - assess the situation first. Parents are emotional not rational in these situations.
- Reassure the player that everything will be alright.
- Get the player to try to stand up on their own.
- Assess the problem by asking the player questions and observing his / her movements.
- Give the player water and crack a few jokes to take their mind off the injury.
- Calm the player down and pour water on the area of contact.
- If a player is winded do not start bending them up and down as this will not solve anything. Just let the player take his time, reassure the player and his body will relax and start to breathe more slowly.
- A knocked knee will be painful for a few moments and will distress the player. Be calm and reassuring and don't rush the player.
- If a player asks to come off then make a substitution. DO NOT try to persuade the child to play on against their will - regardless of what the parents may say from the sideline.
- If a player has a cut, then use the medical kit, including gloves, to wash, treat and put a bandage / plaster on the affected area. Again, use common sense to decide whether the player should play on or not. Deep cuts should be treated as best you can and the player brought to a doctor as soon as possible for an expert opinion. Where possible do not wait until the game is over.
- If a player is involved in a clash of heads and sustains a cut take the player off immediately and designate someone to observe them until the match is over. Then bring them immediately to a doctor. If you feel this should be done



straight away then let your assistant manager take over and make the necessary arrangements. (See below for further details.)

- Continue to observe the player after play resumes and if they are still struggling take them off. In Super 7's football only if all your substitutes have been used are you entitled to put another player back on in the child's place. Substitutes for injuries can be made at any time during the match. Always inform the referee and the opposing manager when doing this.

SERIOUS INJURIES

- If the injury appears serious do not move the player. Make them comfortable and phone for an ambulance immediately. This is especially important for a broken leg.
- Inform the referee that you wish the game to be abandoned as injuries of this nature can be upsetting to all the other players on the field and you do not need any distractions. The injured player is the most important one.



- Make sure that the player is warm and does not get cold by wrapping them up in track suits, coats or foil blanket etc. Ensure that at least two other adults from the club stay with you at all times - this does not include the child's parents if they are in attendance.
- Get your Assistant Manager to organise the other players being brought home as if the game finished normally.
- Often you will need the two adults to hold the players hand to reassure them, help them with the pain and comfort them. Always talk to the player and make sure they respond at all times. This is to prevent them going into shock.
- Ensure that the player has plenty of fluids at all times.
- If the player's parents are not at the match they should be contacted immediately. You should also inform Club Committee Members.
- When the ambulance arrives discuss the situation with the relevant medical personnel and accompany the player to hospital in the ambulance. If a parent is there they should also accompany the child. Inform the medical personnel of any medical condition the child may have. This information is available on the Player Registration Form.
- Once the player has been admitted to casualty, wait until a parent arrives. You must stay in attendance until you can hand over the child to a parent.

REPORTING INJURIES

- Arklow Town FC has specific procedures in place for the reporting and recording of accidents and incidents - a copy of the standard Accident / Incident Report Form can be downloaded from the Health and Safety Section of the ATFC Website and it is important that the form is completed in full as soon as possible after the incident has occurred.
- In brief, Managers / Coaches must always inform a parent if a player gets hurt during a match, regardless of how minor it may have appeared at the time. The parent should be advised to keep an eye on the child when they return home.
- For more serious injuries or where a player has been brought to the doctor you must always inform the Club Safety Officer.
- Always get a copy of the bill from the GP or request that the bill be sent directly to the club for payment.



BRINGING A CHILD TO THE DOCTOR / HOSPITAL IN YOUR CAR

- Where possible, always have another adult and another child accompany you. Ensure that the adult who is not driving sits in the back seat with the injured player. The player's condition can then be continuously monitored.
- Engage the injured player in conversation and ensure you are getting a coherent response.
- Contact the injured player's parents as soon as possible. If parents are not in a position to visit the child immediately ensure that somebody will be at home when you return from the doctor / hospital.
- Provide all necessary information to the doctor including the Club address for invoicing purposes and the relevant club contact details.
- Always report the incident to the Club Safety Officer as soon as possible.

ARKLOW TOWN FOOTBALL CLUB, IN PROVIDING GUIDELINES, DOES NOT ATTEMPT TO GIVE PROFESSIONAL ADVICE IN RELATION TO THESE ISSUES. ANY PARTY WITH A LEGAL QUERY SHOULD SEEK APPROPRIATE LEGAL ADVICE ON THE ISSUES CONCERNED.