

IWAC First Aid during Covid-19 pandemic

Preserve life, Prevent worsening, Promote recovery

- Adult First Aiders within the group. Nicola Canning, Mike Ferne, Tracy Holdsworth, Alistair Drover, James Forman, Deborah Percy. Tarcy Haggerty, Eden Crumplin, Justine Crumplin,
- Only adult First Aiders to provide treatment as needed.
- BLS Trained Sarah Kent
- Each First Aider to have their own first aid kit, and a supply of PPE which must be present at each training session.
- First Aiders must have a mobile phone at each training session.
- Athletes must declare all medical conditions, rescue treatment, allergies and ICE contact details to the coach and keep it updated. Information to be stored in a locked unit in the trackside portacabin. Access only in case of emergency. Details to be destroyed as confidential waste when membership expires and is not renewed.
- Athletes must have EpiPens, inhalers and any rescue treatments to all training sessions
- Athletes need to bring their own alcohol gel/hand sanitiser to each training session
- First aid kit to be contained in a sealed bag. Replacement kit requested as and when it is used. Bag to be cleaned and resealed once replenished. Accident form to be kept inside.

- PPE to be accessible by first aiders and worn in the event of an accident – **Mask, Latex free gloves, Eye protection and Disposable apron.**
- Dispose of PPE after use in a sealed rubbish bag. (Double bag if any Covid-19 symptoms)
- If first aid is required encourage self- help where possible to avoid time spent within the ‘breathing zone’ (within 2m of another person)
- If CPR is required and it is possible to do so don PPE, place a cloth loosely over the patient nose and mouth, do not provide rescue breaths to an adult – deliver continuous chest compressions only – use a defibrillator when one becomes available.
- If a child needs CPR it will likely to be caused by respiratory distress rather than a cardiac issue, rescue breaths are the first step in successful CPR – the first aider must make a judgement as they are likely to know the child and will be aware of any Covid-19 symptoms – they can perform 5 rescue breaths before delivering chest compressions, then continue at a rate of 15:2. The clinical outcome for the child far outweighs the risk of Covid-19 transmission in our athletes.
- On calling 999 advise the operator if the patient has Covid-19 symptoms.
- If an accident occurs you must complete an accident report at the time. Form to be kept inside the first aid kit and stored in the locked cupboard inside the trackside portacabin.

Sample table for information to be given to coaches.

| Athlete name | Medical condition | Rescue treatment | Allergies | ICE details |
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