

SCFC - RETURN TO FOOTBALL – MANAGER / COACH GUIDANCE 1st Aid



Everyone needs to comply with the requirements of the FA & Club Covid 19 guidance. This is important as it will ensure that we all remain safe. There can be no short cuts or 'not bothering' to comply. Covid 19 is still present in the community and we cannot assume that none of us have it, therefore, we all must take the required actions to keep everyone safe.

BEFORE A GAME

WHEN YOU COMPLETE YOUR REGISTER; SPEAK TO PLAYERS CHECK NO ONE IS SYMPTOMATIC

- HIGH TEMPERATURE
- NEW CONTINUOUS COUGH
- SHORTNESS OF BREATH
 - SORE THROAT
- LOSS SMELL OR TASTE

ENSURE YOU HAVE YOUR PPE PACK

ADMINISTERING 1ST AID

SOCIAL DISTANCE WILL MOST LIKELY BE COMPROMISED WHEN ADMINISTERING

WHERE A PARENT IS IN ATTENDANCE THEY CAN SUPPORT ALLOWING THE 1ST AIDER TO REMAIN AT SOCIAL DISTANCE GUIDANCE

WHERE ADMINISTERED BY THE COACH/MANAGER THE PPE SET OUT ABOVE SHOULD BE USED.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

WHEN WITHIN 2 METRES, WHICH MAY INCLUDE FACE TO FACE CONTACT FOR ASSESSMENT OF THE PLAYER.

GLOVES

APRON

PROTECTIVE EYE WEAR (IN ADDITION TO GLASSES

TYPE IIR MASK

DISPOSAL

GLOVES AND APRON ARE SINGLE USE. PLEASE PLACE IN TO A BAG TO DISPOSE OF AFTER THE GAME

MASKS CAN BE WORN THROUGHOUT THE GAME FOR INCIDENTS BUT CHANGED IF WET OR SOILED. DISPOSAL AFTER THE GAME.

CPR

CHEST COMPRESSIONS ONLY ARE RECOMMENDED.

DEFIBRILATORS WILL REMAIN AVAILABLE.

A FFP3 MASK WILL BE REQUIRED

IF YOU ELECT TO PERFORM RESCUE BREATHS DESPITE THE RISK TO THE 1ST AIDER, A FACE SHIELD OR POCKET MASK WITH ONE WAY FILTER SHOULD BE USED – YOU WILL NEED TO REMOVE THE FFP3 MASK

DURING ACTIVITY

IF SOMEONE BECOMES SYMPTOMATIC DURING THE GAME, ISOLATE THEM FROM THE GROUP.

CONTACT PARENTS. ADVISE THEM TO RETURN HOME IF MILD SYMPTOMS

IF MODERATE TO SEVERE SEEK NHS 111 GUIDANCE