

## SCFC - RETURN TO FOOTBALL – MANAGER / COACH GUIDANCE 1<sup>st</sup> 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 1<sup>ST</sup> AID

SOCIAL DISTANCE WILL MOST LIKELY BE COMPROMISED WHEN ADMINISTERING

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

WHERE ADMINISTERED BY THE COACH/MANAGER THE PPE SET OUT ACROSS 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

ADULT - CHEST COMPRESSIONS ONLY ARE RECOMMENDED.

CHILDREN – WILL BENEFIT FROM RESCUE BREATHES

DEFIBRILATORS (WITH MASKS) ARE AVAILABLE.

IF YOU ELECT TO PERFORM RESCUE BREATHS DESPITE THE RISK TO THE 1<sup>ST</sup> AIDER, A FACE SHIELD SHEILD OR POCKET MASK WITH ONE WAY FILTER SHOULD BE USED

### 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