



DONVALE
NETBALL CLUB

FIRST AID POLICY

INTRODUCTION

Donvale Netball Club (DNC) is committed to ensuring the health, safety and welfare of our community including players, coaches, umpires, spectators and workforce in volunteer and/or remunerated positions (the “members”). This policy sets out DNC Guidelines relating to the provision of first aid and other medical matters at events and competitions in which Donvale Netball Club participates.

It is intended that this document be reviewed on a regular basis, to ensure that it continues to comply with legislative requirements, Netball Victoria policy and to ensure it meets the first aid needs of all involved.

PURPOSE

Donvale Netball Club expects that those who are part of the DNC community are aware of the standards and expectations when participating in events and competitions. In the event that first aid is required, all members should understand and follow the procedures and processes outlined in this policy. The purpose of this policy is to facilitate the provision of effective initial treatment and assessment, in the event of injury to DNC members.

SCOPE

The policy applies to the Donvale Netball Club members. It covers all DNC events and competitions and does not include injury relating to council matters or property.

AIMS

- To understand the first aid procedures and processes expected at DNC
- To outline the role of DNC in providing adequate first aid to their members.
- To provide a safe and supportive environment for DNC members.
- To ensure that all incidents requiring first aid are reported in a timely manner, by appropriate personnel.
- To ensure that reported incidents are followed up appropriately and in a timely manner

IMPLEMENTATION

The Donvale Netball Club will adopt a primarily preventative approach, in conjunction with risk management.

INDEMNITY

Except where provided or required by law and such cannot be excluded, the Donvale Netball Club and its respective directors, officers, members, servants or agents are absolved from all liability arising from injury or damage, however caused, arising whilst participating as a member.

ROLES AND RESPONSIBILITIES

Below are the roles and responsibilities of various groups within the Donvale Netball Club community. It is up to each group to ensure that they are aware of their duties in terms of administering, reporting and following up on first aid incidents.

First Aid Personnel

- DNC will ensure that first aid personnel have current and appropriate minimum first aid qualifications
- Where minimum qualifications/accreditation standards are not met, DNC shall support member/s to achieve the minimum standards
- In the event that DNC manages a serious injury, DNC first aid officer/committee member is to report the injury on the Injury Reporting Sheets (Appendix I) obtainable from the Club website.
- DNC will provide a First Aid Kit per Team.
- A DNC representative will maintain the first aid kit supplies and an inventory will be completed on a regular basis
- Where possible, DNC will have access to a designated area for the treatment of injuries.
- DNC personnel with First Aid competencies will provide a level of care consistent with their training and knowledge. Members must recognise the limitations of their training and competence, and will not act outside of these limitations.
- Where DNC participates in competition that provides qualified First Aid staff, DNC will work with the competition First Aid staff to ensure best injury management.
- Personnel with First Aid competencies will provide a level of care consistent with their training and knowledge. Members must recognise the limitations of their training and competence and not act outside of these limitations.

Club Management

- Members' individual team personnel are the first point of call for any injury related matters at training and at competition
- If deemed necessary, the player, when accompanied by a team or club representative, can seek assistance from the competitions' first aid representative in the designated first aid area
- Is responsible for making informed decisions in consultation with the parent/guardian regarding players participating in training or matches, when an ongoing injury or medical condition exists
- Must promptly communicate any health or safety concerns to the player or parent/guardian (where the player is under 18)
- Team Coaches and Team Managers are to be informed of current medical issues that may affect team members' ability to compete or attend training.

Individual players or parents/guardians (where the player is under 18):

- Are encouraged to take responsibility for their own health and safety
- Are to communicate accurate and current medical information to their team or club representative
- Are responsible for ensuring that they have, in their possession at all times, prescription medications and treatment requirements such as, but not limited to, asthma puffers, spacers, insulin, Epipens /Anapens.
- Are responsible for seeking primary first aid from their team or club representative
- In the event that the injury is serious in nature, and requires further advice, the player can seek assistance from a DNC first aid representative and/or the competitions First Aid representative.
- Are responsible for making informed decisions regarding participation in training or matches, when an ongoing injury or medical condition exists

- At the discretion of the injured player or parent/guardian (where the player is under 18), players or parents /guardians are responsible for downloading the Netball Victoria Insurance Claim forms and ensuring they are appropriately completed

BLOOD POLICY AND INFECTIOUS DISEASES

DNC will comply with Netball Victoria policies and Rules of Netball on blood and infectious disease.

EMERGENCY PROCEDURES

- Ring for an ambulance, if deemed necessary by the injured player or parent/guardian (where the player is under 18) and First Aid representatives
- Emergency phone numbers are quoted at the end of this document, and competition venues/competition first aid representatives will be able to assist.
- Emergency Management (Asthma, Anaphylaxis, RICERS, CPR) – Victorian State Government Better Health <https://www.betterhealth.vic.gov.au/a-zconditionsandtreatments>

FIRST AID KITS

First Aid Kits are for FIRST AID, and are equipped for each team with the following items:

- individually wrapped sterile adhesive dressing;
- sterile covering for serious wounds;
- small sterile un-medicated wound dressing;
- medium sterile un-medicated wound dressing;
- adhesive tape;
- bandages;
- disposable gloves;
- scissors;
- tweezers
- finger nail cutters
- tubes of sterile water
- a list of items contained in the First Aid Kit for inventory

PERSONAL MEDICAL SUPPLIES

With regard to the items listed below, appropriate medical documentation – includes medical alert tags - must be obtained, or a parent/guardian must give permission where practical and not risking the life of the patient concerned.

EPIPEN / ANAPEN

- Players with diagnosed anaphylaxis **MUST** carry their own prescribed EPIPEN / ANAPEN

DEFIBRILLATOR

- Where Competition venues provide a defibrillator, only suitably trained persons should administer it.

BRONCHODILATORS

- Players with diagnosed asthma **MUST** carry their own asthma medication, bronchodilator/spacer etc.

ANALGESICS & ANTI-INFLAMMATORY MEDICATIONS

- Members must supply their own analgesics and anti-inflammatory medications due to individual health risk concerns.

- Members with diagnosed diabetes must carry their own Insulin if required

STRAPPING TAPE, BAND AIDS, BANDAGING

- In the event of allergies, players should carry their own tape, band aids and bandaging.
- Players with known injuries are expected to provide their own strapping tape
- Approved Netball Victoria playing gloves are most strongly recommended ahead of individual finger nail tapping for prevention of injuries caused by finger nails.

FEMININE HYGIENE PRODUCTS

- Feminine hygiene products and any medications related thereto are the responsibility of the player and parent/guardian.

Emergency Ambulance - dial 000

Closest Hospitals - Emergency Departments open 24 hours:

Austin Hospital - ph. 9496 5000
145 Studley Road, Heidelberg

Box Hill Hospital - ph. 1300 342 255
8 Arnold Street, Box Hill

Closest Medical Centres - Open Saturdays to 5pm:

Manningham General Practice - ph. 88401400
Street Level (Level 4), Manningham Medical Centre, 200 High Street, Lower Templestowe

Blackburn Road Medical Centre - ph. 8841 5500
278-280 Blackburn Road, Doncaster East

POLICE

- Emergencies DIAL 000
- Non-urgent crimes and events, call 131 444 or submit an online report.