



Recommended First Aid Guidance for clubs



Football Clubs have a duty of care to ensure that children can enjoy football in a safe environment— part of that responsibility is to ensure that an adequate first aid kit is available at all matches. This guidance sheet provides a recommended list of equipment that should be included within your first aid kits.

The First Aid Kit Bag

First aid bags come in a variety of shapes, sizes and materials. The main considerations should be that the bag is lightweight, portable, waterproof, compartmentalised, and durable and is readily identifiable as the first aid kit (a white cross on a green background is the accepted symbol). Within the bag, transparent plastic containers are a useful way of retaining items in a clean and easily identifiable location.

Each team should be supplied with a first aid kit; a kit that is easily accessible and available in all locations where activities are taking place. There is no mandatory list of items to be included; the contents are determined by an assessment of needs which is based upon the potential injuries/ illnesses that may be sustained by the players. It is also important that the first aider only carries items that they have been trained (and are competent) to use.

The contents should be checked prior to use (note 'expiry date' of items), restocked after use and protected from dust and damp when not in use. First aiders should not routinely carry tablets or medicines, nor should they dispense them. In exceptional circumstances: when a player has been prescribed medication, e.g. anti-asthma inhaler, insulin injection or EpiPen, the medication which must be clearly labelled with the player's name, may be carried in the first aid bag. It is the first aider's role to ensure the medication is immediately accessible and assist the player to take their medication as and when required

Recommended List

- 4 pairs of latex-free (nitrile) disposable gloves.
 - Hand sanitiser/alcohol gel.
 - Face-shield or 'pocket mask'.
 - 'Tufcut' scissors
 - Water/spray bottle (and clean, preferably sterile water).
 - Gauze swabs.
 - 6 crepe bandages (2 x 5cm/2 x 10 cm/2 x 15 cm).
 - Cotton wool roll (or 'Gangee').
 - 2 large, sterile, unmedicated wound dressings (non-adhesive).
 - 6 medium, sterile, unmedicated wound dressings (non-adhesive).
 - 1 roll zinc oxide tape (to secure wound dressings).
 - 20 plasters (assorted sizes) sterile, individually wrapped, hypoallergenic.
 - 4 triangular bandages.
 - Antiseptic cleansing wipes.
 - 2 sterile eye pads.
 - 2 sterile water 'sachets'/'pods'.
 - 1 litre sterile water (normal saline) in a sealed disposable container.
 - 2 yellow disposable clinical waste bags.
 - Material and foil blanket.
 - Umbrella.
 - Pen/notebook.
- * Remember to have your ice-box/ice and plastic or towelling bags.

Basic First Aid Guidelines

- All clubs should have an Emergency Action Plan and be aware of plans at 'away' grounds.
- It is essential that all managers and club officials are aware of the medical history and needs of all the players registered. All parents and carers must complete a medical consent form at the start of each season.
- First Aiders should be aware of any allergies a player has in relation to First Aid (e.g. plasters)
- Coaches and managers must be aware of emergency contact numbers of all players
- It is essential for clubs to ensure that there is a qualified first aider at every match you are involved in.
- Ensure that any injuries or accidents are recorded officially.
- Designated First Aiders should keep their qualification up to date

