

TUNBRIDGE WELLS HOCKEY CLUB

Founded 1898



First Aid and Injury Procedures

First Aid Kits and Safety

- All coaches/leaders have been issued with, and signed for, 1st aid kits.
- All coaches and assistants to carry fully charged mobile phones while training and at matches.

Injuries(also refer to Emergency Procedures for major injuries)

- Listen to what the injured person is saying. Ask people close by what happened. Alert a qualified 1st aider who will take appropriate action for minor injuries.
- In the event of an injury requiring emergency or specialist treatment, call the emergency services on one of the mobile phones available.
- Deal with the rest of the group and ensure they are adequately supervised.
- Do not move someone with major injuries. Wait for emergency medics.
- Contact injured person's parent/guardian(details available at reception hut)
- Complete incident/accident report form (in manager's possession or at reception hut). All coaches/assistants to inform junior coordinator if 1st aid kit is used so items can be replaced.

Individual Safety

- It is the individual's/parents responsibility to ensure that they are adequately protected and are as safe as possible whilst representing Tunbridge Wells Hockey Club (whether this be officiating or playing).
- Tunbridge Wells Hockey Club strongly recommends that playing members wear the correct safety equipment (to include shin pads, gum shield - a made to measure gum shield from either a dentist or a specialist company will provide the best protection, and hand guard).
- The club also recommends that all officials and players undertake a suitable warm-up and cool-down either side of a match of TWHC must abide by SHC Code of Conduct to ensure all matches involving TWHC are enjoyable and safe.

First Aid Representatives

- These will be the only individuals that Tunbridge Wells Hockey Club recommends administer minor first aid :-

Qualified 1st aiders

Steve Britton
Julian Barnaby
Andrew Wood
Steve Martins

- Members/Parents are welcome to use first aid kits but they do so at their own risk.
- Any injuries considered not to be minor should be dealt with by following TWHC First Aid Emergency Procedure.