



## Play your best.. On and Off

*Make sure you and everyone around you  
has a good time, on and off the pitch.*

# Play Your Part

## Emergency Arrangements

### 1st Aid | Fire | Lightning 1/2

**All GSFC coaches are to hold as a minimum the FA Emergency Aid certification. In the event of an incident the following procedures apply:**

- Session will halt, unless a 2nd coach or volunteer is in attendance.
- Coach to assess injury to participant by asking relevant questions.
- Coach to assess if injury serious and if possible move injured participant to safe position.
- Coach to administer first aid where appropriate: ice pack, plaster, bandage, cleaning pads in accordance with consent given by parents.
- Emergency contact will be called should participant not be able to re-join session.
- In the event of serious injury i.e. head injury, broken bones; Coach will call Emergency services (999).
- In cases of participant collapsing or Sudden Cardiac Arrest – where the participant is not responding and or appears to not be breathing, CPR should start immediately. If a defibrillator is available someone should be sent to collect the device. Defibrillators once opened will advise the user by voice commands what actions should be taken – you cannot hurt anyone using a defibrillator, but it can save lives. Emergency Services (999) should be called without delay.
- There is a defibrillator located at Kings College School, Guildford inside the 3G pitch.
- Coach will stay with participant until such time as parent/guardian or emergency services arrive.
- Coach will enter details into GSFC accident book/process.

**In the event of a fire breaking out at: GSFC training ground:- Kings College School**

- Register of attendance to take place prior to all sessions.
- In the unlikely event of a fire in or close to the vicinity of organised session, the Coach will raise the alarm verbally to gain attention of all those present.
- The organised session will cease, all in attendance will in an orderly manner leave the venue not collecting personal possessions, by a safe route determined by the Coach.
- All participants will assemble in a safe area of the car park located to the right of the 3G pitch where the Head/Lead Coach will ensure all are present and accounted for, including other coaches, volunteers and parents if on site. If this exit route is unsafe the Head/Lead Coach will determine an alternative safe area and lead all present to this area. Head/Lead Coach will ensure all are present and accounted for, including other coaches/volunteer and parents if on site.
- Once verified all are safe call 999 for Emergency Services.
- Coach remains with participants until it is safe to either return to the activity or participants are collected by their parents.



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# Play Your Part

## Emergency Arrangements

### 1st Aid | Fire | Lightning 2/2

#### In the event of lightning/inclement weather

**In case of a lightning strike/thunder or hailstorm: Although there is no absolute protection from lightning, the following measures should be considered/taken, if extreme weather conditions occur during training or match day: -**

- Ideally seek shelter in a building, the nearest available to pitch if it is deemed to be safe to move from the pitch to the building.
- Allow parents to remove their child/children from the session to seek shelter in cars.
- If exposed to the elements with nowhere to shelter, participants should make themselves as small a target as possible by crouching down with feet together, hands on knees and head tucked in. Keep off the ground as much as possible.
- Do NOT shelter beneath tall or isolated trees.

If someone is hit by lightning, call emergency services (999) without delay. Whilst waiting for emergency services CPR should be administered if required until help has arrived – this will save lives.

Once the weather improves, the Coach/Manager should decide if its safe to resume the session, or if the session should be cancelled. In case of cancellation parents should be telephoned and asked to collect their child/children.

#### Code of Conduct: Viral infections

All participants taking part in GSFC activities: players/coaches/managers/parents/supports/officials must carry out a self screen check list prior to delivering a training session or other football activity.

If you answer 'yes' to any of the questions you should not travel to or deliver the session and follow all applicable Government Guidance (e.g. call NHS 111).

#### Self-assessment includes:

- Do you or have you had a high temperature (above 37.8oC);
- Have you developed a new continuous cough.
- Do you have s shortness of breath or a sore throat;
- Have you a loss of or change in normal sense of taste or smell;
- Are you feeling unwell.

Injuries: should a participant, Manager or official suffer an injury, the assessment of the condition must be made at a social distance. If the injury is minor, advise can be given from a safe distance, or a member of the injured parties household or support bubble may administer 1st aid.

Should the injury be more serious (blood injury) the 1st aider must wear the correct PPE to administer or investigate the injury: gloves, mask, apron (which must be disposed of responsibly after use - one time use only).

On assessment if the injury is serious and untreatable by inhouse 1st aiders, Emergency services should be called 999.