



# Injuries and Medical Emergencies

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The Donvale Football Club adheres to the Management of Injuries and Medical Emergencies Policy that has been established by the AFL Community Club.

Further information can be obtained from

[aflcommunityclub.com.au/administrators/policiesandguidelines/injuriesandmedicalemergencies](http://aflcommunityclub.com.au/administrators/policiesandguidelines/injuriesandmedicalemergencies)

## 1. Introduction

The AFL expects that football matches at all levels will be played in good quality environments and the safety of participants is central to that environment.

As part of a risk management approach to the prevention of, and prompt attention to injuries in Australian Football, it is important that adequate and timely first aid is provided. In ideal situations one or more qualified trainers will be in attendance, generally attached to each team to provide the best possible support to participants.

Sports trainers and first aiders have been part of Australian Football since the origins of the game. They are part of the fabric of every club and play a key role in player preparation and safety at all levels.

In community Australian Football clubs, first aid is usually provided by sports trainers or by other volunteers with medical or higher level allied health (e.g. nursing, physiotherapy, occupational health & safety) qualifications and experience.

Sports trainers are likely to play a more major role when there is no-one else with medical or allied health qualifications at a game or training. It is important that sports trainers, and others, are well trained in the first aid needs specifically relevant to Australian Football at the level at which they are involved (e.g. Auskick, juniors, youth, seniors, females, talent pathway, AFL clubs, veterans etc.).

## 2. EFL Requirements

The EFL require that Trainers have the following qualifications:

- Provide First Aid (HLTAID003)
- Provide CPR (HLTAID001)
- Working with Children Check
- Level 1 Sports Trainer (for age groups Under 11 and above).



### 3. Definitions

- **Emergency Response Co-ordinator** – a person at the Club who has completed the AFL Emergency Response Coordinator Training (ERCT) course. Minimum competencies include emergency management procedures and responses, and the assessment and immediate management of severe injuries and life threatening medical emergencies
- **First Aider** – a person at the club who has completed Nationally Accredited Training in Level 1 First Aid or Level 2 or Sport First Aid
- **Register of Injuries** – reporting form that is required to be completed by the trainer or team manager should a player under the age of 18 sustain a serious injury and not be able to continue playing a game or participate in training.
- **Serious Injury** – in this instance it is defined as a player not being able to continue playing a game or participate at training due to sustaining an injury. Examples include a player sustaining a head injury, eye injury, concussion or any other injury deemed serious by the Trainer.
- **Sports Trainer / Trainer** - a person at the Club who has completed the AFL Sports Trainer Training. Minimum competencies include completion of the Emergency Response Co-ordinator Training and the basic competencies expected of an Australian Football Trainer in the areas of providing an appropriately safe environment and the prevention and management of injuries.

### 4. Requirements

The Australian Football League (AFL) believes that planning and practising what to do when an emergency occurs is an essential part of risk management. All football leagues and clubs must be conversant with first aid procedures and able to deal with emergencies so participants are well cared for.

All leagues and clubs should ensure that:

- A person with current first aid qualifications is available at all football games and training sessions.
- An appropriately and adequately stocked first aid kit and well maintained sport-specific rescue/transport equipment are accessible at all training and competition venues.

Qualified Sports trainers (as recognised by the AFL\*) meet or exceed the minimum requirements of this policy.

A sports trainer or first aid provider involved with a football club or team should have a clear understanding of the role and importance of injury prevention and immediate injury management in football. They should be aware of their responsibilities in relation to first aid equipment and facilities, and their obligations in relation to duty of care and record keeping.

At a minimum, at least one person competent in emergency management procedures and responses must be in attendance at all matches/competitions and, where practical, training/practice sessions.



This person must be competent in:

- Emergency planning—including ensuring access to a telephone, venue access for emergency vehicles and access to appropriate and adequate first aid equipment and supplies.
- On-field assessment of injured participants—including the **STOP** (Stop, Talk, Observe, Prevent) and **TOTAPS** (Talk, Observe, Touch, Active movement, Passive movement & Skills test – some of which will be completed off field). This includes the immediate management of severe injuries and life threatening medical emergencies including spinal & neck injuries; concussion & intracranial (brain) injuries; unconscious casualties; airway/respiratory distress such as choking, airway obstructions & asthma.
- On-field communication—including signals, team work and liaising with the umpire and others in official capacities.
- Understanding emergency response priorities and applying emergency procedures — including the **(DRSABCD)** Danger, Response, Send for help, Airways, Breathing, and CPR and Defibrillation procedure.
- Calling an ambulance
- Transporting injured participants—including lifts, carries and use of an appropriate stretcher (pole and scoop).

The Register of Injury Form should be completed by the trainer or team manager for the team if:

- a player sustains a serious injury that results in them not being able to continue playing a game or participate in training
- a player sustains a serious injury and is transported to hospital

## 5. Key Policy Directives

### **Matches**

There must be at least one person with the above competencies in attendance at a match/competition, otherwise the activity should be postponed, rescheduled or cancelled until such time as a suitably competent person is able to attend.

This policy must be complied with at youth and senior matches.

The AFL Emergency Response Coordinator role and training meets the minimum standards.

At AFL Auskick Centres and junior matches (up to Under 12), generally a person with a current, nationally accredited first aid certificate\* will be acceptable if someone with a higher level trainer accreditation/qualification is not available. [\*Must include assessed competencies HLTA301B (Apply First Aid) or HLTA201 (Provide Emergency Life Support)]

If a player has sustained an injury whilst playing in a match, it will be up to the Trainer and / or the Parent of the player to determine if the player should continue playing the game.

If a player has sustained a serious injury whilst playing in a match, as defined above, then it is expected that the player will not participate any further in the game. A documented Register of



Injury Form must be completed by the Trainer or Team Manager, and provided to the Junior Committee President or Secretary to be retained on file.

**At Training**

It is recommended that there is at least one person with the above competencies in attendance at all training/practice sessions.

In any case the club, generally through the coach, will be responsible for providing a safe training environment if there is no other person with those competencies present at training. Some coaches may have the required competencies through their own personal or professional training.

If a player has sustained an injury whilst at training, it will be up to the Trainer and / or the Parent of the player to determine if the player should continue with the training session.

If a player has sustained a serious injury whilst at training, as defined above, then it is expected that the player will not participate any further in the training session. A documented Register of Injury Form must be completed by the Trainer or Team Manager, and provided to the Junior Committee President or Secretary to be retained on file.

**General**

Generally, it is recommended that at least one person with an AFL recognised sports trainer or first aid qualification is in attendance at all training/practice sessions and matches/competitions. The AFL Injuries and Medical Emergencies Procedure states it is the overall **responsibility of football clubs** to provide a safe training environment.

**6. AFL Community Club Recommendations for Matches and Training**

Level		Senior 18+	Youth 13 - 17	Auskick / Junior 5- 12
<b>Match</b>	<b>Recommended</b>	Trainer	Trainer	Trainer
	<b>Minimum</b>	Emergency Response Co-ordinator	Emergency Response Co-ordinator	Current First Aid
<b>Training</b>	<b>Ideal</b>	Trainer	Trainer	Trainer
	<b>Recommended</b>	Emergency Response Co-ordinator	Emergency Response Co-ordinator	Current First Aid

