



Warsash Wasps Sports & Football Club

Medical Emergency Action Plan (MEAP)

“The FA Level 1 Introduction to First Aid in Football provides you with the knowledge, practical skills and confidence to attend a conscious or unconscious player, ensuring that appropriate care is given until the emergency medical services arrive and takeover, or until an alternative healthcare professional(s) assumes responsibility. It is a practical guide to dealing with the essential components of saving a life, both in training and matches.”

Quote from the FA

Warsash Wasps SFC Medical Emergency Action Plan (MEAP)

The Medical Emergency Action Plan is for Warsash Wasps SFC members in the event of an injury or incident whilst a game of football is taking place involving a Warsash Wasps Team or being hosted by Warsash Wasps SFC.

Prior to any games taking place either *home* or *away* it is imperative that each team has an in-date Emergency Aid trained person accompanying the team and an adequately stocked First aid bag in attendance. (Please be aware that First Aid kit bags have an expiry date)

Before *home* games take place the Warsash Managers/Coaches should check that the Emergency access to the playing surface is not blocked and that the key(s) required to open any additional access routes are held in the respective key safe(s) where relevant. The Team Managers are to ensure they are familiar with this routine and key safe location(s), for both home and away fixtures. &/or training sessions

Warsash Team Managers / Coaches are to familiarise themselves with any specific Away Venue procedures that might be in place when they arrive on site for their respective away fixtures. This may be provided by a 3rd party organisation where the venue is a managed venue i.e. Fleming Park Sports Centre

The WWSFC MEAP will consist of 6 steps – Danger (Incident Safety), Response, Send for Assistance, Airway & Breathing, Circulation, Compressions and Defibrillation. The MEAP is also underpinned by The FA Emergency Aid Bridging Document.

<http://www.thefa.com/get-involved/coach/courses/all-courses/the-fa-level-1-introduction-to-first-aid-in-football-bridging-document>

Should an incident occur which involves a Participant (This could be a player, Team Official, Match Official or Match Spectator) being injured then the following procedure should be taken;

SALTAPS is the set procedure for recognising an injury to a participant.

S => See the Injury occur

A => Ask the participant questions about the injury

A B C for an unconscious participant (Airway, Breathing, Circulation)

L => Look at the injury

T => Touch; Palpate the Injured part of the Anatomy

A => Active Movements from the Participant

P => Passive Movements by the First Aider

S => Strength – Participant's Movements resisted by the First Aider

IF IN DOUBT CALL THE EMERGENCY SERVICES

When dealing with an open wound or any bleed it is important that protective gloves are worn.

Do not progress through SALTAPS if at any stage if there are signs or symptoms that are indicative of a severe injury.

Major / Serious Injuries – Most injuries that occur will be minor but in the case of a major injury then prompt action is required. An ambulance should be called for as soon as it is recognised that a participant has a life threatening or serious injury / illness

DO NOT move / change / alter the casualty's position or remove any equipment as this could cause further injury.

DO immediately organise for an ambulance so that specialist attention can be given to the casualty. Ensure that all emergency access to the area is opened. Steady and support the casualty by making them as comfortable and warm as possible until Paramedics arrive on site. Ensure that a guide is available to direct the Paramedics to site from the main road.

Airway, Breathing, Compressions if when checking the casualty, they do not respond, ensure there is an open airway and check for breathing. If breathing, then place the casualty in the Recovery position. Whilst awaiting further assistance, monitor the casualty for continued breathing until more qualified help arrives. If breathing is absent carryout treatment as per current Emergency Aid training.

Defibrillation is the emergency procedure usually carried out when qualified First aiders apply an electronic device (AED) to the chest of a cardiac arrest casualty. AEDs come with both instructions and audible directions to allow a trained Emergency Aid person to provide this process.

Head Injuries With head injuries, carryout First Aid treatment as per training advice.

IMPORTANT – Any casualty suffering a head injury should be transported to hospital if they become unconscious, show a lower level of responsiveness, vomits, feels sick, has a headache, becomes dizzy or drowsy, suffers from a fit , becomes confused, speaks with a slur, suffers a reduction in pulse rate.

Loss of Consciousness – arrange to transport the casualty to hospital via an Ambulance. Keep an open and clear airway until the arrival of the paramedics. **Do not** leave the casualty alone and do not give them any food or fluid once they have regained consciousness.

Make sure you are clear on the FA concussion (2015) guidelines

<http://www.thefa.com/get-involved/fa-concussion-guidelines-if-in-doubt-sit-them-out>

Points of Note

Any injury during a game, home or away should be recorded in the accident record for the venue, also ensure that the accident record is updated in the Warsash Wasps accident book even for away games.

Carry and use only medical items that you have been trained to use. Limit your First Aid kit treatment and or advice to the knowledge and practice to which you are formally trained.

Be aware of any pre-existing conditions that your players may have and ensure that this information is available when needed.

Team Managers/Coaches should have access to all players emergency contact details.

Escape Procedures and Exit routes

All exits will remain unlocked and unobstructed during your attendance at the club. All persons must exit the facility in a quiet and orderly manner.

The following diagrams detail the escape routes for the buildings used by Warsash Wasps at their home venues.

MEAP Site Plan - New Road

Club House, New Road, (Off Church Road)

Warsash, Hampshire, SO31 9UH



Key

Means of Escape



Assembly Point



Emerg' Services Access



Secondary First Aid Kit



(1st Floor Kitchen, at end of Committee Room)

MEAP Site Plan - Osbourne Road

Osbourne Road Recreation Ground, Osbourne Road,
Warsash, Hampshire, SO31 9GH



Key

Means of Escape



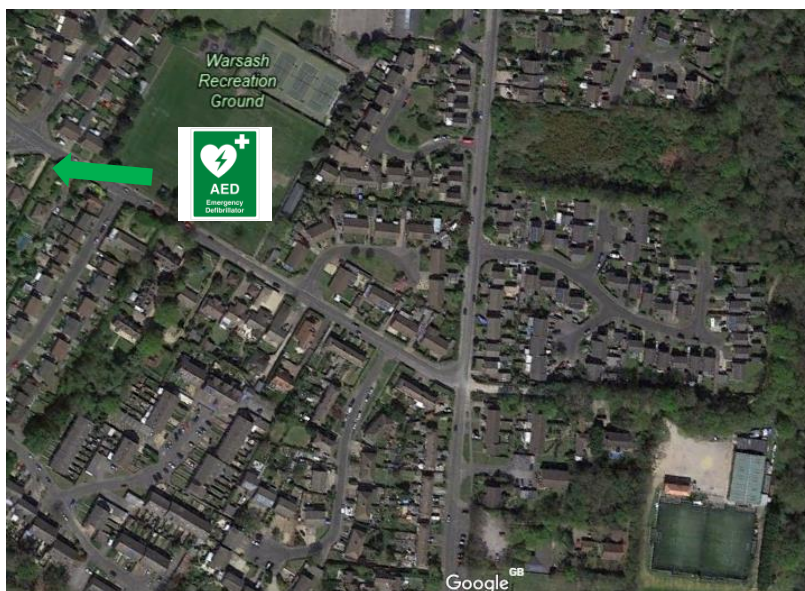
Assembly Point



Emerg' Services Access



Secondary First Aid Kit
(Referee's Changing Room)



Key

Public Defibrillator



Reporting Emergencies

A club official upon discovering an emergency situation shall immediately notify all persons in the area of the situation and will raise the appropriate alarm. When on New Road site, remember that there may be scouts also on site and need to be made aware of the situation. As soon as safely possible, the situation shall be reported to the appropriate emergency services. Following the incident, the club official is to report the matter, as noted in the club's reporting procedure.

Make sure you have a charged mobile phone with you at all times.

Communication of Type of Emergency

Fire – Club official on site to report - **call 999 or 112**

Medical – Club official on site to report - **call 999 or 112**

When giving the address for New Road, you must emphasise it is off Church Road.

Committee Members Contact Numbers

Club Chair – Mike Ashley – 0770883276

Club Welfare Officer – Andrew Jackson – 07811384994

Grounds/Facilities – Mike Fox – 07775674850

After exiting the buildings or site all persons are to assemble to the far north end of the car park away from the buildings. The Club official, coach, manager, or committee member is responsible for ensuring all persons are out of the buildings and all persons are accounted for and to make note of any persons missing and their last known whereabouts within the building / site.

Local Hospital A & E - Southampton General Hospital (8.4 miles)

Tel: 023 8077 7222

Address: Tremona Road, Southampton, Hampshire, SO16 6YD

Local Hospital A & E - Queen Alexandra Hospital (9.7 miles)

Tel: 023 9228 6000

Address: Southwick Hill Road, Cosham, Portsmouth, Hampshire, PO6 3LY