



## MARSA SPORTS CLUB SUMMER CAMP- FIRST AID POLICY

The First Aid Policy at the Marsa Sports Club (MSC) Summer Camp is in operation to ensure that every student/candidate, member of staff and/or visitor will be well looked after in the event of an accident, no matter how minor or major. All members of the MSC should be aware of the support available and the procedures to be followed.

The purpose of the Policy is to:

- provide effective, safe First Aid cover for students/candidates, staff and/or visitors
- ensure that all staff and students/candidates are aware of procedures in place
- The MSC is equipped with an AED (Automated External Defibrillator) on campus. The AED is located at the main entrance of the MSC next to the reception area. Appointed Persons have received hands-on AED familiarization. Furthermore, equipped first-aid boxes are available on the MSC Campus. These are maintained at all times by the relevant first-aiders at the MSC.
- A sufficient number of first-aiders who hold a valid certification in first-aid are also available on campus. *The term appointed first-aiders refers to those members of the MSC who are in possession of a valid First Aid certification obtained upon successfully completed a first-aid course conducted by a Competent Body in Malta.*

### **First Aiders will:**

- attend to a casualty when requested to do so and treat the casualty to the best of their ability in the safest way possible. This includes wearing gloves where any loss of blood or body fluid is evident and calling for help from other First Aiders/staff or the Emergency Services;
- help fellow First Aiders at an incident when called upon and provide support during any aftermath;
- act as a person who can be relied upon to help when the need arises;
- ensure that they have access to first aid kits and notify Admin when supplies need to be replaced;
- complete an accident report form for all accidents/incidents where an injury has been sustained and for 'near misses' and submit to the MSC Admin.

- insist that any casualty who has sustained a significant head injury is sent to hospital immediately to be assessed by professionals;
- ensure that any incident requiring first aid treatment (other than minor cuts and grazes) to students is reported to the Summer Camp Management Team, to enable them to report the matter to parents as and when appropriate;
- ensure that a child who is sent to hospital by ambulance is either accompanied in the ambulance at the request of paramedics or followed to the hospital by a member of staff to act in loco parentis, if a relative cannot be contacted;
- ensure that the site of an accident/incident is cleared of all detritus, using gloves, and every dressing, etc., is put in a yellow bag for contaminated/used items and sealed tightly.
- ensure that contaminated waste bags will be safely disposal.
- Any bloodstains on the ground must be washed away thoroughly and no contaminated or used items should be left lying around.
- ensure that first aid boxes are well stocked and out-of-date items replaced and disposed of appropriately.

**The MSC Summer Camp Management Team will:**

- provide adequate First Aid cover as outlined in LEGAL NOTICE 11 of 2002, as amended by Legal Notice 348 of 2011 Work Place (First Aid) Regulations
- ensure all staff members of the MSC Summer Camp are made aware of First Aid procedures in the MSC.
- ensure that in the event that an injury has caused a problem, the injured person **must** be referred to a First Aider.

**All staff of the MSC Summer Camp will:**

- familiarise themselves with the first aid procedures in operation and ensure that they know who the current First Aiders are;
- be aware of specific medical details of individual students when provided by the MSC Management Team;
- ensure that their students/candidates and their are aware of the procedures in operation;
- never move a casualty until they have been assessed by a qualified First Aider, unless the casualty is in immediate danger;
- send for help to the Reception/Duty Staff as soon as possible either by messenger or by telephone, ensuring that the messenger knows the precise location of the casualty; where possible, confirmation that the message has

been received must be obtained such that a certified first-aider will go on the spot;

- reassure but never treat a casualty, unless staff are in possession of a valid certification in First Aid;
- ensure that they have a current medical consent form for all students/candidates that attend the Summer Camp, which will indicate any specific conditions or medications of which they should be aware;
- have regard to personal safety.

#### **Office Staff will:**

- call for a qualified First Aider, unless they are one themselves, to treat any injured person. This should be done by telephone in the case of minor injuries or by a messenger in the case of serious injuries, giving the specific location of the casualty;
- support the First Aiders in calling for an ambulance;
- support the Summer Camp Management Team in contacting relatives in an emergency.

#### **Guidance on when to call an ambulance**

If there is a First Aider in attendance, the First Aider will decide when an ambulance needs to be called. In all other situations, the following provides general guidance:

- Is the victim's condition life threatening?
- Could the victim's condition worsen and become life threatening on the way to the hospital?
- Could moving the victim cause further injury?
- Does the victim need the skills or equipment of paramedics?
- Would distance or traffic conditions cause a delay in getting the victim to the hospital?

If the answer to any of these questions is "yes," or if you are unsure, it would be best to call an ambulance. Although you may be able to get to the hospital faster by driving than by calling an ambulance, the ambulance crew will communicate with the hospital by radio. They are trained to begin medical treatment on the way to the hospital which would prevent any delay that could occur if the patient is driven to the hospital. The ambulance will also alert the hospital of the patient's condition in advance.

Be aware of the symptoms which can be a warning of a medical emergency:

- difficulty breathing, shortness of breath
- chest or upper abdominal pain or pressure
- fainting
- sudden dizziness, weakness or change in vision
- change in mental status (such as unusual behaviour, confusion)

- sudden, severe pain anywhere in the body
- bleeding that won't stop
- severe or persistent vomiting
- coughing up or vomiting blood
- large burns/facial burns
- choking
- allergic reaction
- loss of consciousness
- convulsions
- excess alcohol
- suicidal or homicidal feelings