

FIRST AID AND TREATMENT OF INJURIES

Introduction

This document outlines the procedures and guidelines for administering first aid at Acrobay Gymnastics Trust. The safety and wellbeing of gymnasts, coaches, officials and volunteers are paramount.

Responsibilities

Qualified Personnel

Acrobay Gymnastics Trust will ensure that there are qualified personnel trained in first in the building during all sessions, competitions and events

First Aid Kit

Acrobay will ensure that there are accessible well-resources first aid kits throughout the building

Pre-existing medical conditions and injuries

Parents/carers must complete medical details on registering with the club and ensure these details are kept up to date. Coaches should be made aware of medical conditions, injuries or any other relevant information prior to the gymnast taking part.

Record & Report

We will:-

- record any injuries or near misses that happen in a gymnastics session and inform the parents/carers.
- accidents or incidents will be reported to Scottish Gymnastics in accordance with Scottish Gymnastics First aid and treatment of injuries guidance
- have risk assessments in place

First aid procedures

Assessment

Upon encountering an injury or medical emergency, the first responder shall promptly assess the situation and the condition of the gymnast then call for the first aider.

First Aider

The onsite first aider will provide appropriate first aid measures based on the nature and severity of the injury of medical condition, following established protocols and guidelines.

Emergency Response

If the injury or medical condition requires emergency medical attention beyond the score of first aid, the emergency services will be called.

Inform Parents and Carers

We will contact the gymnast's emergency contact to inform them of the incident and actions taken.

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Inform Head Coach/Gym Manager

The Head Coach and or Gym Manager will be informed of the incident and actions taken

Documentation

First aid interventions, including the nature of the injury or medical condition, treatment provided and any follow-up recommendations will be documented.

Communicating and reporting

Incident Reporting

We will retain records of incidents requiring first aid intervention for 3 years after the incident or until the gymnast is 21

Reporting to Scottish Gymnastics

We will report accidents or incidents to Scottish Gymnastics in accordance with Scottish Gymnastics First aid and treatment of injuries guidance

Follow Up

We will follow up with the parents or carers of the injured gymnast for updates on their condition and medical advice for appropriate rehabilitation.

Review and Analysis

We will conduct regular reviews and analysis of first aid incidents to identify trends, areas for improvement, and opportunities for further training.