



# *Tyneside Ignite Cheerleading CAC*

## First Aid Policy

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## Purpose

The purpose of this First Aid Policy is to ensure the health and safety of all participants, coaches, and staff at Ignite Cheerleading. This policy outlines the procedures and responsibilities for providing first aid and emergency care during practices, competitions, and events.

## Scope

This policy applies to all members of Ignite Cheerleading, including athletes, coaches, staff, and volunteers.

## First Aid Provision

- First Aid Kits: First aid kits are readily available at all practice and event locations. They are regularly checked and replenished by designated staff members.
- First Aid Personnel: At least one certified first aider (coach or staff member) is present at all practices and events. Their certification is up-to-date, and they are trained in CPR and AED use.

## Emergency Procedures

- Minor Injuries:
  - Administer first aid as necessary.
  - Record the incident in the Injury Log.
  - Inform the athlete's parent/guardian if the athlete is under 18.
- Serious Injuries:
  - Call emergency services immediately.
  - Provide first aid until professional help arrives.
  - Notify the athlete's parent/guardian immediately.
  - Record the incident in the Injury Log and complete an Incident Report.

## Injury Prevention

- Warm-Up: Ensure all athletes complete proper warm-up exercises to prevent injuries.
- Safety Equipment: Ensure all athletes wear appropriate safety gear during practices and competitions and ensure athletes all unsafe clothing/jewellery is removed.
- Facility Safety: Regularly inspect practice and event facilities to ensure they are free of hazards.

## Training and Certification

- Coaches and Staff: All coaches and staff are required to have up-to-date first aid certification.
- First aid training is refreshed every 2-3 years.
- Athletes: Encourage inform athletes of risks and how to prevent them to increase their awareness and ability to assist in minor situations.

## Communication

- Emergency Contact Information: Maintain updated emergency contact information for all athletes and staff. Ensure this information is easily accessible during practices and events.
- Incident Reporting: All injuries, regardless of severity, must be reported and documented using the Injury Log and Incident Report forms.

## Review and Evaluation

- Annual Review: This policy is reviewed annually to ensure its effectiveness and compliance with current health and safety standards.
- Feedback: Encourage feedback from athletes, coaches, and staff to improve the first aid policy and procedures.

## Responsibilities

- First Aid Coordinator: Appointed to oversee the implementation of the first aid policy, maintain first aid kits, and ensure all first aid certifications are up-to-date.
- Coaches and Staff: Responsible for administering first aid, reporting incidents, and maintaining a safe environment.
- Athletes: Responsible for following safety guidelines and reporting injuries

## Contact Information

First Aid Coordinator:

Tyneside Ignite: Joanne Burrows

Email: [tyneside@ignitecheer.co.uk](mailto:tyneside@ignitecheer.co.uk)

Ignite Barnsley: Ashton Clarke

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By implementing this First Aid Policy, Ignite Cheerleading aims to create a safe and responsive environment for all participants, ensuring prompt and effective care in the event of an injury or medical emergency.