

## **MEDICAL OFFICERS OF SCHOOLS ASSOCIATION**

### **Guideline Covering Sporting Events Where Danger to Health is Possible**

Ideally all sporting events should be supervised by an adult member of staff who is appropriately first aid trained and qualified. This may be the school doctor in some cases.

Every school should have a written policy on handling sports' injuries. This would include the following recommendations:-

- Access to mobile phone to obtain help should the need arise.
- All adults (home and visiting sports staff) who are responsible for the safety of sporting activities need to know the plan of the school sporting facilities and location of medical aid such as stretchers and the medical centre
- Appropriate first aid kits should be available.
- Advise about management of specific injuries could be included in the first aid kit e.g. neck/ spinal injury management.
- Important phone numbers need to be available

The medical centre plays an important role in coordinating help if serious injuries occur and medical and nursing staff should also be appropriately first aid trained. Any certification should be current. There should be a procedure for documenting this procedure.

There should be clear guidelines available for managing injuries including communication to the following personnel:- parents, school staff, emergency services and security.

Thought needs to be given as to how well equipped medical centres are e.g. oxygen availability, pain relief, splintage facilities, suturing equipment

Accident forms should be completed

For special sporting events where the risk of injury is thought to be high it may be advisable to employ the services of St John Ambulance or other emergency service for the duration of the event.

The medical team may take an advisory role in preparing participants to prevent or minimize injuries in sporting events.

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