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ISLECROFT STADIUM DALBEATTIE DG5 4HE

01556 611151

**FIRST AID PLAN FOR SEASON 2025/26**

**Introduction**

Dalbeattie Star Football Club is a member of the South of Scotland Football League.

It is the policy of Dalbeattie Star Football Club to take all reasonable and practicable steps to safeguard the Health and Safety and welfare of all employees at work and to protect all other persons against hazards to Health or Safety arising out of the Clubs activities. This document details the Club's first aid plan, and should be read in conjunction with the Health and Safety Policy, and the Spectator Safety Policy document.

**Purpose**

This plan is to provide guidance to staff on the provision of first aid in our workplace (Islecroft Stadium). We are committed to providing a safe and healthy environment for all staff, supporters, or other visitors, and the appointment of qualified first aid officers will ensure that anyone on our premises will have access to first aid assistance should an injury or illness occur.

All Dalbeattie Star Football Club members of staff have a duty of care, to themselves and others within Islecroft Stadium, to provide assistance when required, to the level of their competence, including calling on expert assistance when necessary, as set out in this first aid plan.

**First Aid Procedures**

**1. First Aid Officers**

* Dalbeattie Star will train an appropriate number of personnel to the standard of Sports Injury Training, carried out by an approved body.
* Dalbeattie Star will maintain a register of all personnel who have a Sports Injury certificate.
* Dalbeattie Star will ensure that a minimum of one person holding a Sports Injury certificate will be present at each home game.
* For each home game a lead First Aid Officer will be appointed by either the; Chairman or Secretary.

**2. First Aid Officers Responsibilities**

First Aid Officers must:

* Provide initial first aid attention when necessary to members of staff and the public whilst within Islecroft Stadium.
* Must remain with an injured or ill person until no further treatment or assistance is required, or until the person is handed over to ambulance or other medical personnel, unless the officer’s personal safety is at risk.
* Recognise their limitations and only administer or carry out duties that have been included in their training.
* Ensure the Club's accident book is updated for the treatment of any person in relation to any injury/incident. The Club accident book is kept in the First Aid Room.
* Ensure that they are aware of the location of the Clubs first aid kits and medical room.

**3. Absence of First Aid Officers**

In the event of a First Aid Officer not being immediately available to administer first aid in an emergency, Dalbeattie Star Football Club staff should:

* If possible escort the patent to the Dumfries & Galloway Royal Infirmary (14 miles).
* If possible escort the patent to the Medical Centre Castle Douglas (6miles)
* Call an ambulance.

The Dumfries & Galloway Royal Infirmary is approximately 20 minutes from Islecroft Stadium by car. The nearest doctors surgery is approximately 5 minutes away by car.

**4. Staff Awareness**

All staff will be advised of the nature of first aid facilities in Dalbeattie Star; the location of first aid kits; the names of first aid officers; the procedure to follow when first aid officers are absent, and the procedures to be followed when first aid is required.

This will be communicated to all Dalbeattie Star personnel at the start of each new season, or if a new member joins the Club. The first aid plan will also be published on the Dalbeattie Star Football Club web site, along with all other policies and documentation.

**5. First Aid Kit**

* Dalbeattie Star will have available at each home game a mobile first aid kit which has been approved by the Club associate Doctor.
* Dalbeattie Star will have available a static wall mountable first aid kit located in the medical treatment room. This cabinet will meet the requirements of the Health and Safety (First Aid) (1981) act, and will be suitable for up to 50 persons.
* Dalbeattie Star will have available for each home game a mobile 50 person first aid kit.
* Dalbeattie Star will have available for each away game a mobile players first aid bag which has been approved by the Club associate Doctor.
* Dalbeattie Star will have available for each training session a mobile players first aid bag which has been approved by the Club associate Doctor.
* First aid kits will be under the control of trained first aid personnel.
* A list of all personnel who have the Sorts Injury certificate will be placed near the first aid kit in the medical room.
* Dalbeattie Star will ensure that all first aid kits under their control are fully stocked and will carry out regular audits on the contents, and arrange to replenish supplies when required.
* Dalbeattie Star will ensure the Defibrillator which is in the Medical Room is serviced and kept up to date.

The minimum items held in each first aid kit are detailed as follows:

**Static First Aid Kit in medical room:**

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| --- | --- |
| **Item Required**  | **Number** |
| Assorted Sterostrip Wash-proof plasters | 60 |
| 'Steropax' Standard Eyepad Dressings | 6 |
| 'Steropax' Standard Dressings (Medium) | 12 |
| 'Steropax' Standard Dressings (Large) | 4 |
| Triangular Bandages | 8 |
| Alcohol Free Cleansing Wipes | 20 |
| Safety Pins | 12 |
| Pairs of Disposable Gloves | 3 |
| Foil blanket | 2 |
| Scissors. blunt nosed | 1 |

**Mobile First Aid Kit:**

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| --- | --- |
| **Item Required**  | **Number** |
| Assorted sterile adhesive plasters | 60 |
| Eyepads | 6 |
| Standard Dressings (Medium) | 12 |
| Standard Dressings (Large) | 4 |
| Triangular Bandages | 8 |
| Alcohol Free Cleansing Wipes | 20 |
| Safety Pins | 12 |
| Pairs of Disposable Gloves | 3 |
| Foil blanket | 2 |
| Scissors. blunt nosed | 1 |

**Mobile Players First Aid Bag:**

|  |  |
| --- | --- |
| **Item Required** | **Number** |
| Plasters 10cm x 9cm | 4 |
| Crepe bandage 7.5cm x 4.5m | 1 |
| Triangular Bandages | 1 |
| Zinc Oxide  | 1 |
| Sterile dressing 12cm x 12cm | 1 |
| Cotton buds | 10 |
| Elastic adhesive bandage 2.5cm x 4.5m | 1 |
| Alcohol Free Cleansing Wipes | 1 |
| Pairs of Disposable Gloves | 1 |
| Sterile swabs 10cm x 10cm | 5 |
| Instant ice pack | 1 |
| Foil blanket | 1 |
| Scissors. blunt nosed | 1 |

**6. Medical Certificate**

Dalbeattie Star will obtain a yearly medical certificate which is issued by the SFA chief Medical Officer. This is normally renewed in August of each year.

To be reviewed June 2026 (Reviewed Annually AGM)