



### For minor injuries:

- A First Aid kit is available in front of the amenities building on TH #2 & TH #4 change room.
- Ice packs are available at the canteen or first aid esky.

Only call an ambulance in the case of a critical incident or serious injury.

If a player can be moved without causing further harm or undue distress, assist them safely from the field and seek professional medical advice .

Some injuries, while painful, may not require an ambulance but the patient may still require vehicle assistance from the field. Notify a club official who will guide a car/patient transport vehicle to the patient.

**AMBULANCES ARE FOR CRITICAL CARE INCIDENTS OR SERIOUS INJURIES.**

### For serious injuries:

#### FOR HELP:



- Call an ambulance. Ph: 000. Be specific with location to operator.
- Advise the operator of the most appropriate emergency entrance ie Park Road or Renown Road
- Specify whereabouts in Ted Horwood Reserve the incident has occurred: ie Field 1
- Send someone to each emergency entrance to direct or re-direct emergency vehicle into the park.
- Open the emergency gates. (The gates will be closed but unlocked.)

#### FOR EMERGENCIES ON:

- Field 1, 2 & 3 \* Tennis courts
- Netball courts \* Children's playground

The emergency entrance is via Park Rd.

#### FOR EMERGENCIES ON:

- Field 4 & 5

The emergency entrance is via Renown Rd.

- If required, advise Team and Match officials on the adjacent field, the ambulance is on its way.
- The ambulance may use any field necessary to access the patient.
- Have a volunteer wait on the road to wave the ambulance down, and direct them to the appropriate field. Wear a fluoro vest. The ambulance drivers have requested we make it very obvious how they get in.

#### FOR THE PLAYER:

- Do not move the player
- Remove all external hazards/ and keep interested onlookers away.
- Keep the player calm. Keep the player still and warm.
- Communicate with the player and reassure them help is on its way.
- Do not give the player anything to drink, in case they require surgery.
- While you wait for the ambulance, clarify details of 'where', 'when' , and 'how' for the paramedics.

**24 HR ACCESSIBLE RESUSCITATION PACKS INCLUDING DEFIBRILLATORS CAN BE FOUND ON THE VERANDAS OF TH2 & TH4.**