



College Sport Safety Action Plan



Activity: Squash Individual Champs

Date/s: Monday 21st and Tuesday 22nd May 2024

Venue/s: Eden Epsom Squash Club and North Shore Squash Centre

Class level: Secondary School

Staff: College Sport Shani Clark 021 124 1457 & Liv Patrick, School staff, Auckland Squash staff member, Centre Staff

No. of players: 100

Time of Event: 8.00am-3.30pm

First Aid: Schools responsible for bringing personal school first aid kit and individual student's medical requirements.

What could go wrong?	What would cause it?	How could we prevent it from going wrong?	Whose responsibility is it?	Emergency plan
Personal Minor injury/illness: - bruises - cuts - tripping/slipping - food allergies - sprain - hit by a racket / ball - Dehydration	- Accident while playing - students/players misbehaving - tripping and falling down on courts & stairs - uneven surface potholes in the carpark - Not taking appropriate medical/precautions before travelling/ playing/ eating - Student not drinking enough fluids	- Students/players are aware of acceptable behavior - Ensure students/players take medication before game. - Courts kept in a safe condition - potholes are filled in or warning signs are up -Ensure students have their own drinks and that they take them regularly. Water Fountains and taps	Students, Players, Teacher, Parents, Supervisors, Centre Staff Schools, players	- Treat injury where accident happened or move them to a more suitable location if possible. - Apply first aid as needed. School First Aid kits, College Sport first aid kit, centre first aid kits - Contact emergency services if needed. - Contact school or parents if necessary. - Prevent accident from happening again, eg wipe wet floor etc. and report accident to centre - Sit patient down, hydrate and rest. - Give the player electrolyte drink if available.

<p>Personal major injury:</p> <ul style="list-style-type: none"> - break - dislocation - head injury - heart attack - car accident 	<ul style="list-style-type: none"> - Accident while playing, - students/players misbehaving - falling down stairs - bleaches (seating) coming off - running to and from the carpark - keeping to the curb when walking up the driveway 	<ul style="list-style-type: none"> - Ensure students/players are wearing protective gear ie shoes - Courts kept in a safe condition - ensure there is no running on the seating - make sure the pathway is clear and that there are no oncoming traffic 	<p>Students, Players, Teacher, Parents, Student Supervisors, Centre Staff</p>	<ul style="list-style-type: none"> - Check ABC's (Air, Breathing, Circulation) - Break: Keep patient still, ensure blood flow is still going to end of limb. - Dislocation: do not relocate the bone, support, immobilize and - give pain relief. - Head injury: If unconscious treat as a neck/spinal injury, place in recovery position. If conscious allow to rest, if drowsy allow them to sleep in recovery position but make sure to check vital signs every 15 mins. - Bleeding: Stop/ Restrict bleeding with firm wrap-around bandaging. - Heart attack: Nearest Defibrillator, instructions are given by voice prompts from the machine. - In all above hazards ring '111' and follow the relevant instructions above while waiting for ambulance. - Contact school/parents. - Prevent accident from happening again, eg wipe wet floor etc. - Keep other students away from the patient and keep calm yourself. - Assign someone to be a support person and stay with patient - report to Centre Staff and ring 111
<p>Asthma Attack</p>	<ul style="list-style-type: none"> - Student/players didn't take inhaler or other circumstances cause an attack. 	<ul style="list-style-type: none"> - Ensure asthmatics take their inhalers 	<p>Students, Players, Teacher, Parents</p>	<ul style="list-style-type: none"> - Remove student/player from trigger. - Help patient use their inhaler. - Encourage to breathe slowly and deeply. Sit them forward, leaning on something with their elbows (if this is comfortable for them) Give small sips of fluid. - If the student's skin is pale/blue in the lips, hands or feet or if the use of inhaler doesn't help after 10 mins, can't walk, can't speak full sentences then seek medical help. Contact emergency services. - Contact school/parents - Keep other students away from the patient and keep calm yourself. - Assign someone to be a support person and stay with patient.

Natural disaster	<ul style="list-style-type: none"> • Weather • Tsunami • Earthquake • Eruption • Fire 	<ul style="list-style-type: none"> - Not likely to be preventable - no smoking or lighting fires on the premise 	Centre staff, College Sport	<ul style="list-style-type: none"> - Earthquake or Fire Emergency: Instructions from Centre staff - Civil Defense or Police Emergency: Remain where you are and wait instructions from the Police or other authorized person. - Contact emergency services for advice - Follow emergency services instructions
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