



FIRST AID PLAN

First Aid

Determine what level of intervention the player requires.

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual ***must first put on a mask, goggles and gloves.***

Gather the following information:

- Does the player need urgent care? If yes, call 911.
- Does the player have any obvious signs of COVID 19
- If player is stable, has mild symptoms, or is not in distress, instruct player to go for COVID testing

If no urgent/critical interventions are needed and if possible:

- Speak to the player from 2 meters
- Ask if he/she has been exposed to anyone sick or positive for COVID 19

Whenever providing direct first aid:

- Apply face mask and goggles
- Put on gloves
- If possible have player wear a mask

Upon completion of providing first aid

- Remove and dispose of gloves
- Wash hands
- Remove goggles
- Wash hands
- Remove and dispose face mask
- Wash hands
- Clean goggles with disinfectant wipes or cleaner

Coach/Manager to complete LMBA Injury Report and return to Division Manager and Player Agent of player injury and administration of first aid.