

Steps to Follow When an Injury Occurs

Step 1: Control the environment so that no further harm occurs

- Stop all participants
- Protect yourself if you suspect bleeding (put on gloves)
- If outdoors, shelter the injured participant from the elements and from anyone else

Step 2: Do a first assessment of the situation

If the participant:

- is not breathing
- does not have a pulse
- is bleeding profusely
- has impaired consciousness
- has injured the back, neck or head
- has a visible major trauma to a limb
- Can not move his/her arms or legs or has lost feeling in them.

Activate the Emergency Action Plan below

If the participant does not show any of the signs above, proceed to Step 3

Step 3: Do a second assessment of the situation

- Gather the facts by asking the injured participant as well as anyone who witnessed the incident
- Stay with the injured participant and try to calm him/her; your tone of voice and body language are critical
- If possible, have the participant move himself/herself off the playing surface. DO NOT attempt to move an injured participant.

Step 4: Assess the injury

Have someone with first aid training complete an assessment of the injury and how to proceed.

If the person trained in first aid is not sure of the severity of the injury or there is no one available who has first aid training, activate the Emergency Action Plan below.

If the assessor is sure that the injury is minor, proceed to Step 5.

Step 5: Control the return to activity

Allow the participant to return to activity after a minor injury if there is no:

- Swelling
- Deformity
- Continued Bleeding
- Reduced range of motion
- Pain when using the injured part

Step 6: Record the injury on an accident report form and inform the parents

Emergency Action Plan

Call 999 immediately

Give your location, Wheldrake address above or other locations overleaf

State :

Your name

"There has been a suspected (type of injury) at (location)."

"Please send an ambulance to the (location). Someone will meet the ambulance there."

Give them your phone number or stay on the line.

Let them know a defibrillator is available.

A key to the Wheldrake Playing Fields gate is held within the football shed.

The barriers next to the village hall should be laid flat as well using the pins at the bottom.

Useful information

Accident & Emergency, York Hospital, Wigginton Road, York, **YO31 8HE - 01904 631313**

Minor Injury Unit, Selby Hospital, Doncaster Road, Selby, **YO8 9BX - 01904 724300**

NHS Direct - Dial **111** free from any mobile or landline

Emergency dentist - Monkgate Dental Department, Monkgate, York, **YO31 7WA**

01904 725422 / 0845 600 3249 (put tooth in milk immediately)

First aid - kits should be found in coaches bags. Ice packs can be found in tuck shop and football shed.

Away team addresses (as at Sept 2017)

| | |
|-------------------------------------|--|
| ABERFORD | Bunkers Hill, Main Street, Aberford, LS25 3DF |
| ACKWORTH | Oakfield Special School, Barnsley Road, Ackworth, WF7 7DT |
| Ackworth Juniors & Neighbourhood FC | Dickie Site Lane |
| ALLERTON BYWATER | Ninevah Lane, Allerton Bywater, WF10 2EW |
| ALTOFTS | 1 St Mary's Road, Lee Brig, Wakefield WF6 2JH |
| Altofts Juniors | Martin Frobisher Infants School, Church Road, Altofts WF6 2NU |
| Altofts Juniors Black | Altofts Junior School, Ash Tree Gardens, Altofts WF6 2NF |
| Altofts Reds | Church Road Playing Fields, Church Road, Altofts, West Yorks, WF6 2QY |
| BARLBY | Barlby High School, York Road, Selby, YO8 5JP |
| BARMBY MOOR | Barmby Moor Playing field, Flat lane, York, YO42 4EG |
| BRAYTON | Brayton Community Centre, Foxhill Lane, Brayton, Selby YO8 9AR |
| Brayton FC | Brayton Academy, Doncaster Road, Selby YO8 9QS |
| Brayton FC Blue | Brayton High School, Doncaster Road, Selby, North Yorkshire YO8 9QS |
| Brotherton and Byram All Stars | Brotherton Football Field, Coach Road, Low Street, Brotherton WF11 9ED |
| Castleford Town | Castleford Park Junior School, Pontefract Road WF10 4BG |
| Castleford Town | Pontefract Road Playing Fields |
| Cliffe FC Juniors | Oxen Lane, Cliffe, YO8 6NS |
| Collingham JFC U16 | St.John's School, Church Street, Boston Spa, Wetherby, Leeds LS23 6DF |
| Collingham Juniors B | Gateways School, Harewood LS17 9LE |
| COLTON | Temple Newsam Park, Colton Road, Whitkirk, Leeds, West Yorkshire LS15 0AD |
| Dearne & District Mighty Reds | Dearne ALC, Goldthorpe Road, Goldthorpe, Rotherham, South Yorkshire S63 9EW |
| DUNNINGTON | Dunnington Sports Club, Common Road, Dunnington, York, YO19 5NG |
| ELVINGTON | Lower Derwent Sports Centre, York Road, Elvington, York, YO41 4HP |
| Featherstone Flyers | St Wilfrid's Catholic High School, Cutsyke Road, Featherstone WF7 6BD |
| Fishlake Falcons | Kent Road Playing Fields, Kent Road DN16 4TD |
| Fishlake Falcons | Old Lane Hambleton |
| Fishlake Falcons | Sour Lane, Fishlake, DN7 5JX |
| Frickley | Frickley Country Park |
| GARFORTH RANGERS | Garforth Cricket Club, Church Lane, LS25 1HB |
| Garforth Rangers FC | Garforth Academy, Lidgett Lane, Garforth, West Yorkshire LS25 1LJ |
| Garforth Rangers FC | Garforth Community College |
| GARFORTH VILLA | Garforth Town, Cedar Ridge LS25 2BS |
| Garforth Villa | Micklefield C of E Primary School, Great North Road, Micklefield, Leeds, West Yorkshire LS25 4AQ |
| Garforth Villa Blue | Cedar Ridge, Next to Garforth Town FC, Cedar Ridge, Garforth, Leeds, West Yorkshire LS25 2PF |
| Garforth Villa U16 | Barley Hill Road Playing Fields, Barley Hill Road, Garforth, Leeds, West Yorkshire LS25 1DY |
| GILBERDYKE | Ings View Sports Field, HU15 2SP |
| GLASSHOUGHTON WELFARE | Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, WF10 4PF |
| GOOLE TOWN | West Park, Goole, DN14 6UY |
| Goole Town Tigers U16 | Goole High School, Goole, East Riding of Yorkshire DN14 6AD |
| Goole Town Tigers U16 | South Park, Swinefleet Road, Old Goole, DN14 8BD |
| Hemingbrough United | The Playing Field, School Road, Hemingbrough YO8 6QS |
| Hensall Hawks | Hensall Cricket & Football Ground |
| HOLME ROVERS | Playing Fields, Holme Upon Spalding Moor, YO43 4EN |
| HOLME ROVERS | Holme Village Hall |
| HOWDEN | Howden School and Technology college, DN14 7AL |
| Howden AFC U12s | The Ashes Playing Fields, Howden, Treeton Road, Howden DN14 7DN |
| KELLINGLEY | Marine Villa Road, Knottingley |
| KIPPAX | Brigshaw High School, Brigshaw Lane, Great Preston, Kippax, Leeds, WF10 2HR |
| Kippax Athletic JFC | Kippax Common, Green Avenue, LS25 7DP |
| Kippax Juniors FC | Kippax Welfare Ground, Longdyke Lane, Kippax, Leeds LS25 7BP |
| Knottingley Albion JFC | Howards Field, Marsh Lane, Knottingley, West Yorkshire WE11 9DE |
| Knottingley Albion Whites | De Lacy Academy, Middle Lane, Knottingley, West Yorkshire WF11 0BZ |
| Knottingley Town | Kellingley Club Field WF11 8ER |
| METHLEY | Church Lane, Methley LS26 9HN |
| MONK FRYSTON | Stocking Lane, Hillam, LS25 5HP |
| MOORENDS STINGERS | Coulman Street, Thorne, Doncaster, South Yorkshire DN8 5JS |
| Normanton FC | St Johns The Baptiste, Beckbridge Lane, Normanton WF6 2HZ |
| North Cave Tigers | Church Street North Cave HU15 2LJ |
| NORTH DUFFIELD | North Duffield Playing Fields, YO8 5RU |
| Pocklington Town | Henry Thirsk Sports Amenity Centre, The Balk, Pocklington, York YO42 2NZ |
| Pollington Panthers JFC | Pollington Village Hall, Main Street, Pollington, North Yorkshire DN14 0DW |
| PONTEFRACT COLLIERIES | Beechnut Lane, Pontefract, West Yorkshire WF8 4QE |
| PONTEFRACT SPORTS & SOCIAL | Willow Park School, Pontefract WF8 2ES |
| Pontefract Sports & Social U16 | Green Lane 1, Pontefract WF8 3NW |
| PONTEFRACT ST JOSEPHS | Carleton Community College, Green Lane, Pontefract, WF8 3NW |
| RAWCLIFFE | Rawcliffe Primary, Ridding Lane, Rawcliffe, Goole, DN14 8RG |
| RICCALL UTD | The Jubilee Field, Landing Lane, Riccall, North Yorkshire YO19 6PW |
| ROTHWELL JUNIORS | Fleet Lane, Woodlesford, Leeds , LS26 8NX |
| Rothwell Town U16 | John O,Gaunts Rothwell LS26 O4D |
| Ryecroft Colts | Havercroft & Ryhill Sports Centre, Mulberry Place, Ryhill, Wakefield, West Yorkshire WF4 2BD |
| SELBY OLYMPIA | Recreation Road, Barlby Road, Selby, YO8 5AL |
| Sherburn White Rose | Finkle Hill Sherburn, The Recreation Ground, Finkle Hill, Sherburn in Elmet LS25 6EL |
| SNAITH | Snaith Community Playing Fields, Punton Walk, Snaith, DN14 9TH |
| South Milford FC | South Milford Primary School |
| South Park Rangers | Old Goole mill, South Park road, Goole |
| Staincross Rangers JFC | Oakwood Road, Royston, Barnsley |
| STANLEY UTD | Ferry Lane, Stanley, WF3 4JU |
| Tadcaster A Yellow | Riverside School, Wetherby Road, Tadcaster LS24 9JN |
| Tadcaster Albion JFC U16 | The Ings, Tadcaster, LS24 9AY |
| THORPE UNITED | Field Lane, Thorpe Willoughby, Selby, YO8 9FL |
| TOCKWITH | Tockwith Lane, Tockwith, York, YO26 7PX |
| Townville Allstars | Townville Sports & Recreation Club, Poplar Avenue, Castleford, West Yorkshire WF10 3QF |
| ULLESKELF | The Sports field Ulleskelf, LS24 9EX |
| Ulleskelf | Riddlers Field, New Lane |
| West End Terriers | Sandygate Football Facilities, Sandygate Lane, Hemsworth, Pontefract WF9 4NQ |

Other locations

Naburn Village Hall, Vicarage Lane, Naburn, York, YO19 4RS

Wheldrake Primary School, North Lane, Wheldrake, York, YO19 6BB

Thorganby Playing Fields, Main Street, Thorganby, York, YO19 6DB