



## First Aid Recommendations for consideration by EH.

A Disciplinary Panel was concerned with the First Aid provision provided to a player who incurred a serious injury during a SE Area game. This lead to a question as to why only EH national competitions have mandated First Aid provision when the risks at lower league levels is still the same? After reviewing this incident and a comparable incident at another club, the SE Disciplinary Team has forwarded recommendations to England Hockey for enhanced first aid provision.

Recommended First Aid provisions to be considered - Info has been taken from First Aid requirements in England Netball

1. First aid courses should cover essential skills that can help to treat common match injuries, thereby minimising damage and the time required for full recovery, and even to saving a life.

All accredited First Aid courses should cover:

- Recognising injury or illness in a player.
- Communication with the casualty and on-lookers.
- Recognising when a player is experiencing difficulty breathing.
- Treating asthma attacks and seizures.
- Performing CPR and using an [automated external defibrillator \(AED\)](#).
- Treating internal and external bleeding.
- Wound management.
- Treating muscle and joint injuries.
- Assessing and protecting broken bones.
- Evaluating and treating concussion and head injuries.

2. EH only **recommends** that one first aid trained individual should be available at any given match , but consideration should be given to following more closely the rules governing other team sports which have more stringent requirements.

England Netball state that at all games or tournaments you **must** have an '**Appointed person**' designated - *someone who is nominated to take charge of first aid arrangements, such as looking after the first aid kit and calling an ambulance in an emergency, and also, a 'First Aider' who is someone who is qualified to give first aid treatment in the event of an injury or illness.* This can be same person and he/she must be easily identifiable

3. Umpires should be required, as part of their checks before the game, to ensure that these First Aid requirements are available.

4. The First Aid qualification requirements are recommended to be stepped, as per other sports, so as not to incur unaffordable cost to clubs, especially for smaller ones.

## **Recent Serious Medical Incidents – South East Area**

Since the beginning of the season, at least two serious medical incidents have occurred at matches in the South East area:

1. Sudden Cardiac Arrest (SCA)
2. Head injury resulting in concussion symptoms following a poorly timed tackle

### **Key Issues Identified**

#### Lack of Designated First Aider

- No individual appears to have been designated as a First Aider at either match.
- This resulted in a severe lack of trained medical response.
- During the SCA incident, players looked to the Club Chair for guidance, despite him having no medical training, highlighting the absence of a clearly identifiable First Aider to take charge.

#### **Sudden Cardiac Arrest Response**

- The casualty survived only because two teachers who happened to be watching the match took control and initiated CPR.
- The 999 handler asked whether CPR had been started and advised if it hadn't then an ambulance would not be dispatched as an emergency because it could not arrive within 10 minutes.
- This is a critical, time-limited medical emergency, where survival is heavily dependent on immediate CPR. It is estimated that up to 60,000 SCA happen within the UK each year and 90% of SCA events are fatalities due to a lack of basic CPR intervention.
- The caller to 999 did not know the address or postcode of the pitch, causing further delay and confusion.

#### **Concussion Incident**

- The injured player displayed a number of recognised concussion “red flags”.
- No trained medical assessment appears to have been carried out.
- The player was offered a lift but was ultimately allowed to drive home, despite symptoms that should have precluded this.
- The First Aid kit was not easily accessible pitch side and someone had to be sent to retrieve items from a nearby members car.

Question - Did any of this incidents get officially recorded on the EH website?

This would not have been recorded by the umpires because

- The umpires were club umpires
- The umpires were not aware that the player had to go to hospital with a head injury.
- Who is mandated by EH to record injuries

### **Example of Good Practice initiated by the club following the SCA incident**

Following the recent SCA during a match, a South East club has implemented the following measures:

- The club already had **AEDs located close to the hockey pitch**, which proved vital.
- **Clear signage** has now been installed at the pitch side showing:
  - Postcode
  - What3Words reference  
( information required by a 999 handler)
- **A First Aider training programme** has been introduced by the club to ensure a wider pool of qualified individuals are present at matches.
- The club recommends that **First Aid training should be hockey-specific**, covering common injuries and scenarios (including concussion management), not solely CPR (see *Point 1 on page 1*).

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The following minimum standards are required for all England Ice Hockey fixtures:

- First aider
- First aid kit (checked before each game)
- Risk assessment (shared with visiting team)
- Medical emergency action plan shared with visiting team (MEAP)
- A telephone to summon the emergency services

The following minimum standards are required for all England FA fixtures:

At least one person with FA-approved first aid training must be pitch side at all times. Depending on the level of play, this may include:

- FA Emergency First Aid in Football (EFAiF) for grassroots
- FA Intermediate Trauma Medical Management in Football (ITMMiF) for semi-pro and academy settings
- Advanced trauma and resuscitation qualifications (e.g. ATMMiF, ALS, PHEM) for elite/professional tiers

<https://help.thefa.com/support/solutions/7000014799>

The following minimum standards are required for all England Rugby fixtures:

ADULT MALE	MINIMUM STANDARD		BEST PRACTICE
	TRAINING	MATCHES	MATCHES
National Leagues*	1 x First Aider per team	1 x Level 2 Immediate Care Practitioner per team	
Regional, County, Lower XVs and Non-BSR Super League Universities	1 x First Aider per team/training squad	1 x First Aider per match	1 x First Aider per team

### Sudden Cardiac Arrest : Know the Facts

<https://www.defibshop.co.uk/blog/post/sudden-cardiac-arrest-know-the-facts>

### Concussion : Know the Facts

<https://www.nhsinform.scot/illnesses-and-conditions/injuries/head-and-neck-injuries/concussion>