

Largs Thistle Football Club
Barrfields Park, 69-70 Brisbane Road, Largs
KA30 8NP



MEDICAL RISK ASSESSMENT AND MEDICAL PLAN

This Plan applies to all training sessions, matches and Club activities.

1. Purpose

This Plan sets out how Largs Thistle Football Club ("the Club") will manage medical emergencies, first aid requirements, and injury prevention during football activities. The Club follows:

- Scottish FA First Aid and Immediate Care in Football
- SFA Matchday and Training Safety Guidance
- NHS Scotland Immediate First Aid Standards

The safety and wellbeing of players is the Club's highest priority.

2. Responsibilities

2.1 Club Committee

- ensures Medical Plan is in place and reviewed annually

2.2 Manager and team Coaches

- conduct pre-session safety checks

Largs Thistle Football Club
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- monitor the physical wellbeing of players
- record injuries and incidents fully

2.3 First Aid Lead/First Aid-Trained Volunteers

- maintain first aid equipment
- take lead when responding to medical incidents

2.4 Club Child Wellbeing and Protection Officer (CWPO)

- oversees wellbeing concerns and follow-up

3. Medical Risk Assessment

Risk area	Potential hazard	Who is at risk?	Control measures	Risk level
Minor injuries	Cuts, bruises, muscle strains	Players and visitors	Trained first aider at every session; warm-ups/cool-downs implemented	Low
Concussion	Head collision with ball, ground or player	Players	Concussion recognition training; If in doubt, sit them out policy; return-to-play protocol	Medium

Sudden cardiac arrest	Pre-existing or undiagnosed condition	Players and visitors	AED location identified; coaches trained in CPR; emergency protocols in place	Medium
Severe Injury	Fractures/dislocations	Players and visitors	Stop session immediately, call emergency services, maintain player safety	Low/Medium
Environmental Hazards	Extreme heat, cold, lightning, unsafe surface	Players, officials	Pre-session pitch checks; weather conditions monitored; session cancelled if unsafe	Low
Medical Conditions	Asthma, allergies, diabetes, epilepsy	Players and visitors	Coaches aware of player medical needs and emergency action plans; medicines kept accessible	Low

4. Player medical information

- All players/parents must declare medical needs at registration
- Coaches must store player medical information securely and bring it to all activities
- Inhalers, EpiPens or other medication must be brought to every session

5. First Aid provision

5.1 First Aid Kit

A stocked first aid kit must be present at all training sessions and matches. Kit to include:

- Sterile dressings and bandages
- Sterile wipes
- Ice packs
- Triangular bandage
- Disposable gloves
- CPR mask/shield
- Tape and plasters (hypoallergenic)
- Emergency contact document for all players

5.2 First Aid training

- At least one adult present must hold basic First Aid certification.
- Coaches are encouraged to complete Scottish FA First Aid in Sport training.

6. Defibrillator (AED) access

Location	Notes
Barrfields Park Main Entrance, Brisbane Road	Always available
Travel AED	For away games and home dugout during games
	Call 999 and request nearest public AED code

7. Medical Emergency Action Procedures

7.1 Serious or life-threatening Injury

- Stop play immediately
- Assess danger; do not move player unless required for safety
- The trained first aider takes lead
- If required, call 999
- Send an adult to meet ambulance at entry point
- Inform parents and carers
- Complete Incident Report

7.2 Concussion Protocol

- If there is any suspected concussion, the player is removed from play
- No same-day return to play
- Follow SFA Graduated Return to Play, minimum 14 days' rest for under-18s.

7.3 Asthma attack

- Help the player use inhaler
- Encourage slow breathing
- If symptoms worsen or inhaler ineffective, call 999

7.4 Allergic reaction/Anaphylaxis

- Use an EpiPen if prescribed
- Call 999 immediately

8. Communication during emergencies

- Coaches must have fully charged mobile phone at all times
- Emergency contact numbers must be stored in paper and digital form
- Parents and carers must be informed as soon as appropriate

9. Record keeping

For any injury requiring treatment, the coach must complete a Club Incident Report Form. After completing the form, submit a copy to:

- Club Committee
- CWPO (if wellbeing is affected)

Records are stored securely for a minimum of three years.

10. Review and continuous improvement

This policy will be reviewed annually, or sooner if:

- a serious incident occurs
- guidance changes
- the Club structure changes
- the team playing venue changes

Approval

Signed (Chairperson):

Signed (CWPO):

DOCUMENT CONTROL

To be reviewed and published annually:

Reviewed by Club on 4 December 2025

Next Review Date: no later than 4 December 2026