

Covid-19 Pandemic: First Aid Protocol For Return To the Mat

Introduction

British Wrestling Association (BWA) official statement, Players/Coaches/Volunteers have a duty of care for themselves and others. The following protocols will ensure that there are clear guidelines for dealing with injuries on the return to wrestling where abiding by government social distancing and hygiene rules will be essential in reducing the risk of Covid-19 being transmitted in British Wrestling clubs.

First Aid

Individual Wrestler:

It is recommended that wrestlers to bring their own first aid equipment with them to their clubs.

Personal First Aid Kit (PFAK):

Water, plasters, tape, scissors, sling, towel, hand sanitiser, kitchen roll, anti-septic wipes, disposable rubber gloves, face mask.

First Aid Qualifications:

The club must ensure anyone administering first aid has up to date minimum qualifications recognised by the BWA.

Personal Protection Equipment (PPE):

The club must ensure they have face mask and disposable gloves available for anyone who is going to administer first aid.

Reporting an Injury:

All injuries must be recorded as per BWA Guidelines using the report form below.

If a Wrestler Needs Administration of First Aid:

- They will sit down if possible, in their Designated Training Area (DTA).
- Attract the attention of the Coach and/or Designated First Aider (DFA).
- If they cannot attract the attention of the Coach/DFA, they will ask a wrestler next to them to do so or a parent/guardian nearby in the Club.
- Ideally, they will administer first aid themselves using their own PFAK and carry on with the session if safe to do so ensuring they have put any equipment used in their personal bag that will be in their DTA.
- If they cannot treat themselves the Coach will arrange for their parent/guardian/DFA to come into the Club to treat them and carry on with the session if safe to do so.
- The person administering first aid must wear face mask and disposable rubber gloves.

- If a wrestler is unlikely to be able to carry on with the session, they should leave the mat and Club as soon as possible if safe to do so, go home and/or to hospital as advised by the Coach/DFA.
- They should not hang around, socialise or interact with people inside or outside the Club.
- If they came to wrestling with other family's members who are participating in the session they should go into their parents/guardian's car and wait for the session to finish or ensure they comply with Government Social Distancing Guidelines if they need remain in the building/Club.
- The wrestler's parent/guardian are responsible for a them once they have left the Club.
- If a wrestler cannot move off the mat the Coach will ensure the adjoining DTA are cleared.
- The Coach will assign responsible people to stand on the mat 3 metres away from the wrestler facing outwards to ensure they do not get injured further.
- The wrestler should be encouraged to move off the mat if capable as soon as possible.
- If a wrestler moves off their DTA it should be cleaned as per the guidelines before anyone else uses the DTA.
- If the wrestler cannot move from their DTA for example due to a dislocation/fracture the Coach will ensure the adjoining wrestler designated areas will be cleared and if safe to do so the session may continue.
- If an ambulance has been called the Coach/DFA will assign a responsible adult to meet the ambulance outside the Club and show the NHS Staff etc to the injured wrestler.
- If the injury is serious for example a wrestler has hurt their neck/spine or they are having a seizure the Coach will stop the session, call an Ambulance and clear the Club/Building apart from essential people who need to stay.

Injury Report Form

Please use this form to report any injuries that occurred in an organised wrestling session of the British Wrestling Association (BWA) where it was required to administer First Aid (FA) to a wrestler or a wrestler was advised to go to hospital, or a wrestler did go to hospital due to an injury.

Heading	Information
Name of reporting person	
Date of report	
Position/Role of reporting person	
Contact details of reporting person	
Date of injury	
Time of injury	
Venue of injury	
BWA Club	
Name of coach in charge of session	
BWA membership of coach	
Nature of suspected injury	
What activity was taking place when injury occurred	
Name of player injured.	
BWA Membership of Wrestler	
Date of birth of wrestler injured or age	
Wrestlers contact number	
Name of wrestler's emergency contact	
Number of emergency contact	
Relationship of emergency contact	
Did the wrestler receive first aid treatment	
Who administered first aid	
Where was first administered	
Describe first aid treatment given	
Did the wrestler continue training	

Did the wrestler retire from training	
Was an ambulance called for	
Was the wrestler advised to go to hospital	
Did the wrestler go to hospital	
Who accompanied them to hospital	
How did they get to hospital	
Did the wrestler report back to the Coach/Club after attending hospital	
What was the outcome of attending hospital	
Name of witness/es	
Contact details of witness/es	
Name of witness/es	
Contact details of witness/es	
Name of witness/es	
Contact details of witness/es	
Signature of reporting person	

Once completed, please send this form to British Wrestling
admin@britishwrestling.org