



WESTSIDE YOUTH SOCCER ASSOCIATION
2475 Dobbin Rd, Unit 22 – 703, Westbank BC V4T 2E9
778-755-6102, wssoccer@shaw.ca, www.wysa.ca



Westside Youth Soccer Association – First Aid Protocol

June 10th, 2020

In this protocol “participants” include an employee, volunteer, player, parent or spectator.

When a participant has an accident first aiders’ (coaches/staff) usually rush in to assess the extent of the injury. During the COVID-19 pandemic all participants need to change how they react and approach each accident. These new first aid protocols have been adapted from WorkSafe BC *OFAA protocols during the COVID-19 pandemic*, and the Red Cross *First aid protocols for an unresponsive person during COVID-19*.

- A guide for employers and Occupational First Aid Attendants:
<https://www.worksafebc.com/en/resources/health-safety/information-sheets/ofaa-protocols-covid-19pandemic?lang=en>
- First aid protocols for an unresponsive person during COVID-19:
<https://www.redcross.ca/training-andcertification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-personduring-covid-19>

When you observe or are called to an accident and potentially injured participant:

1) Stop, don’t rush in, maintain at least 2m (6ft) from the patient – **ASSESS**

- Can you see or are you being told there is a critical injury: severe bleeding, broken bones, difficulty breathing, severe concussion or patient is unconscious?
- If YES – put your disposable gloves and mask on and attend to the patient, stabilize and call for help (911 for the ambulance). See Red Cross protocols at the end of this document for an unresponsive patient.
- If you suspect the patient may have COVID-19 inform the 911 operator.

2) If immediate critical interventions are not required interview the patient from at least 2m (6ft) away

- Did the patient hit their head? If yes, are they suffering from any concussion symptoms: dizziness, nausea, blurred vision, ringing in the ears? If minor escort patient to field marshal to await pick-up. If serious, put gloves and face mask on and attend directly to the patient, call 911 and keep patient still, do not move.
- Talk to the patient in a calm, clear voice and guide them through a self-assessment: What happened? What hurts? How bad does it hurt? Is there blood, swelling or bruising? Etc.

Fostering a lifelong passion for the game of soccer, instilling the importance of fair play, and creating positive team experiences.



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- Minor injuries - can the patient self-treat while you provide direction and supplies? If yes talk them through first aid and provide necessary supplies while always maintaining a physical distance of 2m (6ft). If no...
- 3) If providing direct patient care within the 2m bubble put on disposable gloves and face mask.
- After you complete care dispose of gloves, mask and all first aid garbage in a proper garbage bin.
 - Clean your hands with hand sanitizer after disposing of first aid garbage.
 - Get replacement gloves and mask as needed.
- 4) After the soccer session inform the field marshal:
- Who was injured?
 - How did the injury occur?
 - What was the nature of the injury?
 - What first aid care was provided?
- 5) Field marshal will provide details to the parents of injured patient (player) either verbally, by phone or by email. In the absence of a field marshal the coach will provide details to the parents verbally and to the WYSA General Manager by phone or by email (wssoccer@shaw.ca).

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First aid protocols for an unresponsive person during COVID-19 www.redcross.ca

Providing first aid during the COVID-19 pandemic can raise questions around safety and transmission. Outlined below are the first aid protocols that should be followed when attending to an unresponsive person.

According to the Public Health Agency of Canada, the COVID-19 situation is rapidly evolving, and an individual's risk is variable depending on location. If someone's heart stops, and the First Aider is concerned they may have had respiratory symptoms, it is at the individual's discretion to perform or not perform mouth-to-mouth breaths based on personal preference. It's still important to call emergency medical services and find an AED. If the individual chooses to perform breaths, they can also use a barrier device, such as a pocket mask, to help protect themselves.

CPR with breaths is recommended for people who have been trained in CPR, but as an alternative, hands-only CPR can be performed until help arrives if the First Aider is unsure about putting their mouth on a stranger's mouth, or has concerns the person may have COVID-19. If the individual chooses to perform hands-only CPR, they should first call 9-1-1, lay a cloth, a towel, or clothing over the person's mouth and nose to prevent any potential spread of the virus through contaminated air or saliva, and then push hard and fast in the centre of the person's chest until advanced help arrives. If the First Aider believes the person may have COVID-19, they should state their concerns to the emergency response telecommunicator so everyone who responds can be aware of the potential for COVID-19 transmission.

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