

## 5. PHYSICAL CONTACT AND FIRST AID

### GUIDANCE ON PHYSICAL CONTACT

All forms of physical contact should respect and be sensitive to the needs and wishes of the participant and should take place in a culture of dignity and respect for all. Adults should be encouraged to express their views on physical contact.

In the first instance, coaching techniques are best delivered by demonstration (either by the coach, an athlete or video which can display the technique being taught).

Educational instruction should be clearly explained with a description of how it is proposed to handle or have contact with the adult before doing so. This should be accompanied by checking if the adult is comfortable. Manual support should be provided openly and must always be proportionate to the circumstances.

While we do not see the role of staff, coaches and volunteers to act as carers, if it is necessary to help an adult with personal tasks e.g. toileting or changing, the adult and family/carers/support workers should be encouraged to express a preference regarding the support and should be encouraged to speak out about methods of support with which they are uncomfortable. Staff/volunteers should work with family/carers/support workers and adults to develop practiced routines for personal care so that family/carers/support workers and the adult knows what to expect.

Do not take on the responsibility for tasks for which you are not appropriately trained e.g. manual assistance for an adult with a physical disability.

### FIRST AID AND THE TREATMENT OF INJURIES

All staff/volunteers must ensure:

- Where practicable all adult participants have been asked to provide relevant medical, emergency contact details and permissions before participating in curling
- There is an accessible and well-resourced first aid kit at the venue
- They are aware of any pre-existing medical conditions, medicines being taken by participants or existing injuries and treatment required
- Only those with a current, recognised First Aid qualification treat injuries. In more serious cases assistance should be obtained from a medically qualified professional as soon as possible
- A Significant Incident Form is completed if an adult sustains a significant injury along with the details of any treatment given. Common sense should be applied when determining which injuries are significant
- Where possible, access to medical advice and/or assistance is available
- An adult at risk's family/carers/support workers are informed of any injury and action taken as soon as possible
- The circumstances in which any accidents occur are reviewed to avoid future repetitions