Saint Cuthbert Wanderers FC Ltd SC866459
St Mary's Park
Castledykes Road
Kirkcudbright
Dumfries & Galloway
DG6 4AW

St Cuthbert Wanderer FC

Castledykes Road, Kirkcudbright, DG6 4AW

First Aid Plan

Introduction

St Cuthbert Wanderers FC is a member of the South of Scotland Football League, and member of the Scottish Football Association.

It is the policy of St Cuthbert Wanderers FC to take all reasonable and practicable

steps to safeguard the Health and Safety and welfare of all volunteers of the Football ground.

It aims to protect all other persons against hazards to health and safety arising

out of the clubs' activities. This document details the clubs first aid plan and

should be read in conjunction with the safety policy of the club.

Purpose

This plan is to provide guidance to the volunteers on the provision of the first aid

at St Marys Park. We are committed to providing a safe and healthy environment for all volunteers, supporters, or visitors, and the appointment

of qualified first aid officers will ensure that anyone on our premises will have

access to first aid assistance should an injury or illness occur.

All volunteers at the club have a duty of care, to themselves and

others within the grounds of St Marys Park to aid when

required to the level of their competence including calling on expert

assistance, when necessary, as set out in this first aid plan.

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First Aid Procedures

First Aid Officers:

The Club will train an appropriate number of personnel to the standard of Sports Injury training carried out by the SFA.

The Club will maintain a register of all personnel who have a first aid certificate.

The Club will ensure that a minimum of one person holding a first aid certificate will be present at each home game.

First Aid Officers Responsibilities

Provide initial first aid attention when necessary.

Must remain with the injured or ill person until no further treatment or assistance is required or until the person is handed over to the ambulance or other medical personnel unless the officer's personal safety is at risk.

Recognise their limitations and only administer or carry out duties that have been included in their training.

Ensure the Club's accident book is updated for the treatment of any person in relation to any injury / incident. The club's accident book in the medical room.

Ensure that they are aware of the location of the Club's first aid kits and medical room.

Absence of First Aid Officers

In the event of a First Aid Officer not being immediately available to administer

first aid in an emergency one of the committees should: -

1 - If possible, escort the patent to Castle Douglas Hospital.

2 - If possible, escort the patent to Castle Douglas Medical Centre

3 - Call an ambulance. Castle Douglas Medical centre is open weekdays from 9am to 5pm

It is approximately 20 minutes by car.

Castle Douglas Hospital is approximately 20 minutes by car.

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Contact Numbers.

Castle Douglas Medical Centre Tel 01556 505900

Castle Douglas Hospital Tel 01556 502333

Ambulance Station Tel 01556 503383 & 999

Volunteer Awareness

All Volunteers will be advised of the location of first aid facilities in St Marys Park, the location of the first aid kits, the names of the first aid officers, the procedures to follow when first aid officers are absent, and the procedures to be followed when first aid is required.

This will be communicated to all Committee members and volunteers, at the start of the new season or if a new member joins the club. The first aid plan will also be published on the club web site along with other policies.

First Aid Kit

The Club will have available at each home game a mobile first aid kit that has been approved by the first aid officer.

The Club will have available for each away game a mobiles player's first aid bag approved by the first aid officer.

First aid kits will be under the control of trained first aid personnel.

A list of all personnel who have First aid Certificates will be placed near the first aid kit in the medical room.

Th Club will ensure that all kits under their control are fully stocked and items in date and carry out regular audits on the contents and replenish when required.

The Minimum items held in each kit are detailed as follow:

Mobile First Aid Kit Number	**Number**
Assorted sterile adhesive dressing	60
Eye pads	6
Standard Dressing (Medium)	12
Standard Dressing (Large)	4
Triangular Bandages	8
Alcohol Free Cleansing Wipes	20
Pairs of Disposable Gloves	3

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Foil Blanket	2
Scissors. Blunt Nose	1
AED will be in this kit on Match Days	

In addition, Th Club currently have two members of personnel trained and authorised to use an Automated External Defibrillator (AED).

That is Ian McIntyre and Naomi Cowen

The club is in possession of an AED at present.

Medical Certificate

Document Control

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Authorised for issue: -

Th Club Football Club Chairman:

Saint Cuthbert Wanderers FC Ltd SC866459
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Alison Campbell:

Date: 01/07/2026

Th Club Football Club Safety Officer:

Ian McIntyre

Date: 01/07/2026

Mandatory Review Date (To be reviewed and published every

year).

Review Date: 01/07/2027

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