



## **Alton Hockey Club – Covid-19 First Aid Update**

Alton Hockey Club are grateful for the support of the volunteers who provide first aid cover for training, matches and other Alton Hockey Club activities. During the Covid-19 pandemic there are a few things that we would like to update first aiders on. This relates to providing first aid and the use of Personal Protective Equipment and an update from the Resuscitation Council (UK) on CPR and Resuscitation in First Aid and Community Settings. Please note that this is not a replacement for first aid training but is merely an update to ensure that those with an active in date first aid certificate are aware of how they can protect themselves from the potential of cross infection of Covid-19 if needing to administer first aid. Please note that first aiders who are immunocompromised or have an underlying health condition should not provide first aid assistance.

### **Providing a First Aid response for someone with a minor injury:**

Due to the risk of potential cross infection of Covid-19 we advise that you follow the advice below when administering first aid:

- Advise others to give you space and ask them to leave the area (unless they are a supervising parent or guardian).
- Consider if the person can self administer first aid, for example if they have a cut can they clean the wound and put a plaster on themselves. If they can self administer first aid, keep at a safe distance and provide them with the first aid equipment that they need. If the person receiving first aid is a junior member and their parent or guardian is with them advise and support the parent/guardian to administer first aid.
- If the person can't self administer first aid, please follow the steps below to protect yourself and others:
  1. decontaminate your hands using the alcohol gel provided,
  2. Ask the person to cover their mouth. If there is a face shield or mask available, you can wear this. If there is a spare face shield or mask available also ask the person that you are administering first aid too to wear one. If you do not have a face shield or mask you can use a cloth or item of clothing and ask the person to cover their mouth whilst you are administering first aid.
  3. Put the gloves on that are available in the first aid kit.
  4. When administering first aid, try to maintain 2 meters distance when possible. If you need to be within 2 meters to administer first aid, only remain within 2 meters for the minimum amount of time required.
  5. After administering first aid take off your gloves first and place them in a plastic bag for disposal. Then decontaminate your hands using the alcohol gel.
  6. After you have decontaminated your hands you can then take off the face shield or face mask if you are wearing one. Place these in the plastic bag for disposal and decontaminate your hands again.
  7. Double bag the items and dispose in the bin. Finally decontaminate your hands again using the alcohol gel.



### **Update on Resuscitation/CPR during the Covid-19 Pandemic:**

The Resuscitation Council (UK) has provided the following statement for anyone who is performing CPR/defibrillation in an out-of-hospital setting. Please ensure that you read the advice below and that you also read the advice for children/Paediatrics.

“Because of the heightened awareness of the possibility that the victim may have COVID-19, Resuscitation Council UK offers this advice:

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Do not listen or feel for breathing by placing your ear and cheek close to the patient’s mouth. If you are in any doubt about confirming cardiac arrest, the default position is to start chest compressions until help arrives.
- Make sure an ambulance is on its way. If COVID 19 is suspected, tell them when you call 999.
- If there is a perceived risk of infection, rescuers should place a cloth/towel over the victims mouth and nose and attempt compression only CPR and early defibrillation until the ambulance (or advanced care team) arrives. Put hands together in the middle of the chest and push hard and fast.
- Early use of a defibrillator significantly increases the person’s chances of survival and does not increase risk of infection.
- If the rescuer has access to any form of personal protective equipment (PPE) this should be worn.
- After performing compression-only CPR, all rescuers should wash their hands thoroughly with soap and water; alcohol-based hand gel is a convenient alternative. They should also seek advice from the NHS 111 coronavirus advice service or medical adviser.

Please [watch this video](#) from the Resuscitation Council UK for an update on Resuscitation and CPR during Covid-19.

### **Paediatric advice**

We are aware that paediatric cardiac arrest is unlikely to be caused by a cardiac problem and is more likely to be a respiratory one, making ventilations crucial to the child’s chances of survival. However, for those not trained in paediatric resuscitation, the most important thing is to act quickly to ensure the child gets the treatment they need in the critical situation. For out-of-hospital cardiac arrest, the importance of calling an ambulance and taking immediate action cannot be stressed highly enough. If a child is not breathing normally and no actions are taken, their heart will stop and full cardiac arrest will occur. Therefore, if there is any doubt about what to do, this statement should be used.

It is likely that the child/infant having an out-of-hospital cardiac arrest will be known to you. We accept that doing rescue breaths will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child/infant. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.”

[Resuscitation Council UK, 2020 accessed 29.05.2020](#)

**Based on the advice for paediatrics please follow the advice below:**

- **Call and ambulance immediately.**
- **Deliver rescue breaths as well as compressions for children/paediatrics.**