








Lara Netball Primary Carer Role Description






A Primary Carer is required for each and every junior and senior game in all divisions/grades across the Saturday GFL netball competition. If this responsibility is shared between parents and friends then the task becomes less onerous. Below is an outline of what is required from the Primary Carer.

1. Sit on bench during game alongside coach and team manager
2. Wear yellow primary carer jacket and bum bag with first aid equipment enclosed
3. The Primary carer is the only person allowed on court to attend to players.
4. Tend to players' basic needs on or off court, as required, when time has been called due to injury or blood rule
5. Give asthma pump to players on court, when requested, even when game is playing
6. Request assistance of first aid personnel should further treatment be required other than a basic Band-Aid or wiping of blood.
7. If injury requires player being carried from court, liaise with umpire re assistance from non-coaching personnel
8. Ice and additional first aid will be located alongside massage table, if required, to source any necessary items for medical assistance to players
9. Communicate to umpires when player no longer as blood exposed on body or clothes
10. Stretcher available in container if needed
11. Note coaches have confidential Medical Forms on all players. Copies of these forms are also located in the first aid case if required

Each team must provide a primary carer for all matches. The primary carer preferably needs a first aid certificate and should have experience of strapping, taping and sport injury management.

All injuries must be reported to court supervisor for record purposes. Blood policy as outlined in the rule of netball applies to all games. Clubs are to ensure that appropriate vests for court primary carers are available and worn at all times during game time.

Asthma First Aid	
1	<p>Sit the player comfortably upright</p> <ul style="list-style-type: none"> – Calm and reassure the player – Don't leave the player alone 
2	<p>Give 4 puffs of blue reliever puffer</p> <ul style="list-style-type: none"> – Use a spacer if there is one – Shake puffer – Put 1 puff in spacer – Player takes 4 breaths from spacer (there is a spare one in the netball first aid bag if the player doesn't have their own). <p>Repeat until 4 puffs have been taken Remember: Shake, 1 puff, 4 breaths</p>  
3	<p>Wait 4 minutes</p> <ul style="list-style-type: none"> – If there is no improvements give 4 more puffs as above – have someone fetch an official MFNC trainer (wearing yellow trainer shirt) 
4	<p>If there is still no improvement you may need to call emergency assistance, ON THE TRAINERS ADVICE (DIAL 000)</p> <ul style="list-style-type: none"> – Say 'ambulance' and that someone is having an asthma attack – Keep giving 4 puffs every 4 minutes until emergency assistance arrives 
<p>Call emergency assistance immediately (DIAL 000)</p> <ul style="list-style-type: none"> – If the player is not breathing – If the player's asthma suddenly becomes worse, or is not improving – If the player is having an asthma attack and a puffer is not available – If you are not sure if it's asthma <p>Blue reliever medication (puffer) is unlikely to harm, even if the person does not have asthma</p>	

Bleeding cuts and grazes	
1	<p>Get the blood container from the netball first aid bag</p>  
2	<p>Put on a set of gloves</p>
3	<p>Smear some Rectinol over the cut/graze</p> 
4	<p>Place a cotton pad over the cut/graze</p> 
5	<p>Use blood tape (white or brown bubbly feeling tape) to hold the pad in place. You may need to place some rigid tape (brown flat tape) over the end of the blood tape to secure it</p> 
6	<p>If the cut is deep stem the flow of blood by applying pressure (wearing gloves). Have someone fetch an official MFNC trainer (wearing yellow trainer shirts).</p>
<p>Blood Policy</p> <p>An umpire is required to call 'time' when no "on court" player has called time and the umpire observes that a player is bleeding or there is blood on the court, ball or any other player.</p> <p>Play may be stopped for up to two minutes and the rules regarding stoppages shall apply.</p> <p>Before any player may retake the court:-</p> <ol style="list-style-type: none"> 1. the flow of blood must be stopped 2. any wound must be cleaned and adequately covered 3. any blood stained clothing must be cleaned or removed 4. if necessary, the ball and court must be cleaned before play restarts. 	