

Protocol for the Management of Sports Injuries

Version 1.0

June 2026

Glenstal Abbey School, Murroe, County Limerick V94 HC84

Roll No: 64150F

Sports Injury Protocol

All sports activities and fixtures are risk-assessed for potential hazards relating to the specific physical and sporting activity and /or fixture.

- **Training:** All staff involved in sports activities (teachers and coaches) are trained in basic first aid and injury management. Staff must have a relevant and up to date First Aid training programme completed
- **Emergency Equipment:** Staff involved in sport must ensure they have ready access to first aid kits. First aid kits are available and distributed to coaches prior to individual fixtures commencing. Emergency contact information is readily available via the school's data management system

1. Immediate Response

- **Injury Occurs:** A student sustains an injury during a sports activity including at sports fixtures.
- **Initial Assessment:** A qualified staff member (e.g., physiotherapist, coach, teacher) assesses the injury.
 - **Minor Injury:** The supervising staff member should apply first aid principles / treatment. Contact school Health Centre staff and, if required, transporting the injured party to the H/C.
 - **Serious Injury:** Medical assistance should be sought as necessary. This should include contacting school Health Centre staff. Call emergency services and ensure the student is not moved unnecessarily

2. Notification of School Health Centre

- **Inform Health Centre:** Provide the school Health Centre with details of the injury and assessment findings, using the assigned form, as soon as possible following the conclusion of the sports event. If possible, student should be presented to H/C for assessment
- **Documentation:** The H/C ensures there is a follow up with the injured student and parent where appropriate. H/C records all information in the school's health records for future reference and monitoring. This includes communication to relevant key staff

3. Parent/Guardian Notification

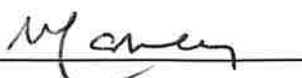
- **Contact Parents/Guardians:** Inform the student's parents or guardians about the injury, treatment provided, and any necessary follow-up actions.

7. Review and Evaluation

The protocol will be reviewed every year by the Board of Management. This protocol was adopted by the Board of Management on 3 June 2025 and renewed on 2 June 2026.

Signed: 
Chairperson of Board of Management

Date: 3 June 2026

Signed: 
Headmaster/Principal

Date: 2 June 2026

