



WINN FAMILY T-20 LEAGUE

Module: First Aid Awareness
Module Number: WFA201
The Winn Family Association (WFA)

Module Objectives: Understand the importance of first aid. Know how to respond safely to common cricket injuries. Know when to call emergency services.



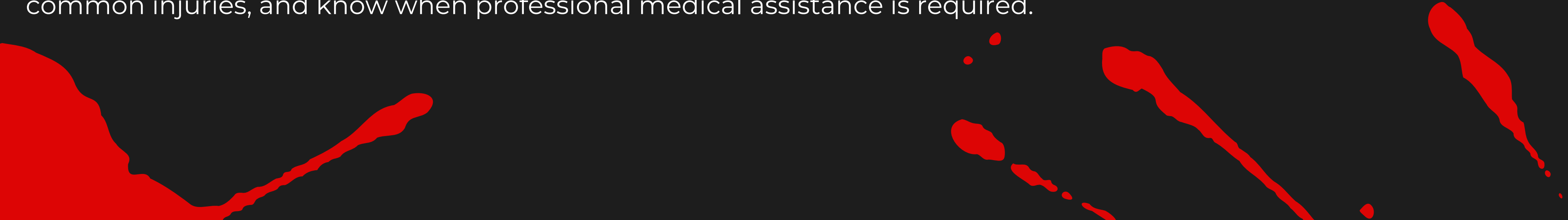
WELCOME TO WFA201 – FIRST AID AWARENESS

Welcome to WFA201 – First Aid Awareness, part of the Winn Family Association (WFA) Volunteer Training Programme.

Thank you for volunteering to support the Winn Family T-20 League. Our volunteers are the foundation of the league, helping to create a safe, enjoyable and professional environment for everyone involved.

Whether you are an umpire, scorer, grounds volunteer, committee member, coach or matchday volunteer, understanding basic first aid is an essential responsibility.

This training will provide you with the knowledge and confidence to respond safely to incidents, recognise common injuries, and know when professional medical assistance is required.



INTRODUCTION TO FIRST AID

What is First Aid?

First aid is the immediate assistance given to a person who has become injured or suddenly ill before professional medical help arrives.

The main aims of first aid are to:

- ❤️ Preserve Life – Provide immediate care to help save lives.
- 🛡️ Prevent Further Harm – Stop the injury or illness from becoming worse.
- 🌱 Promote Recovery – Help the casualty recover while waiting for medical assistance.
- 🤝 Provide Reassurance – Keep the casualty calm, comfortable and supported.

In cricket, injuries can happen at any time—from being struck by the ball to slips, falls, heat illness or medical emergencies. Knowing how to respond quickly and safely can make a significant difference.

As a volunteer, your role is to:

- Assess the situation safely.
- Protect yourself and others.
- Provide basic first aid within the limits of your training.
- Seek additional help when required.
- Report all significant incidents correctly.

Every volunteer plays an important role in making the Winn Family T-20 League a safe place for players, officials, volunteers and spectators.

WHY FIRST AID MATTERS IN CRICKET

Although cricket is considered a relatively safe sport, accidents and medical emergencies can happen at any time during training sessions, matches or league events.

Common Causes of Injury

- 🏏 Being struck by a cricket ball.
- 🏃 Slipping on wet grass or uneven ground.
- 🤺 Diving while fielding.
- 💪 Muscle strains and sprains.
- ☀️ Heat-related illnesses during warm weather.
- 🤝 Collisions between players.
- 🦴 Finger, hand or wrist injuries while catching.

Having volunteers who understand basic first aid means injured people can receive immediate support while professional medical help is arranged if required.

Key Takeaway: Quick action and correct first aid can make a significant difference to the outcome of an injury.

YOUR RESPONSIBILITIES AS A VOLUNTEER

Your Role During an Incident

As a WFA volunteer, your priority is always the safety of everyone involved.

You should:

- ✓ Stay calm and avoid panicking.
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- ✓ Assess the situation before taking action.
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- ✓ Keep yourself and others safe.
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- ✓ Provide basic first aid within your level of training.
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- ✓ Call for additional help when necessary.
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- ✓ Record and report incidents accurately.

Remember

You are not expected to replace trained healthcare professionals. Your role is to provide immediate assistance until qualified medical help arrives.

Key Takeaway: Know your responsibilities—and know your limits.

THE LIMITS OF A FIRST AIDER

Understanding Your Limits

Knowing what not to do is just as important as knowing what to do.

You should never:

- ✗ Diagnose illnesses or injuries.
- ✗ Give prescription medication unless authorised and trained.
- ✗ Move someone with a suspected neck or spinal injury unless there is immediate danger.
- ✗ Continue treatment if it places you at risk.
- ✗ Ignore serious symptoms or delay calling for help.

Always Remember

If you are unsure, seek assistance from a qualified first aider or contact the emergency services.

Key Takeaway: Never attempt treatment that you are not trained, confident or authorised to provide.

PERSONAL SAFETY COMES FIRST

Protect Yourself Before Helping Others

Before assisting anyone, make sure the situation is safe.

Ask yourself:

- Is there any immediate danger?
- Could I become injured?
- Are there any hazards nearby?

Protect Yourself By

- ✓ Wearing disposable gloves where available.
- ✓ Washing or sanitising your hands before and after treatment.
- ✓ Avoiding direct contact with blood or bodily fluids.
- ✓ Following good hygiene practices.

Remember:

If you become injured, you may not be able to help anyone else.

Key Takeaway: Your safety always comes first.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Personal Protective Equipment (PPE) helps reduce the risk of infection and protects both the casualty and the volunteer.

Common PPE

 Disposable gloves

 Face masks (when appropriate)

 First aid kit

 Hand sanitiser

 Soap and running water

When Should PPE Be Used?

Use PPE whenever there is a risk of contact with blood, bodily fluids or open wounds.
Always dispose of used PPE safely and wash your hands afterwards.

Key Takeaway: PPE protects everyone involved in first aid.

SCENE SAFETY

Assess the Scene

Never rush straight into an incident.

Take a few moments to check for hazards.

Look Out For

- ⚠ Cricket balls still in play.
- ⚠ Broken equipment.
- ⚠ Wet or slippery ground.
- ⚠ Vehicles.
- ⚠ Lightning or severe weather.
- ⚠ Aggressive behaviour.
- ⚠ Members of the public.

If the area is unsafe, move people away if possible or wait until it is safe before providing assistance.

Key Takeaway: A casualty can be helped—but only if the scene is safe.

EMERGENCY ACTION PLAN

Responding to an Emergency

If an emergency occurs, follow these simple steps:

Step 1

Stay calm and take control of the situation.

Step 3

Make the area safe and stop play if necessary.

Step 2

Assess the casualty and check the surrounding area for dangers.

Step 4

Ask another volunteer or spectator to call 999 if emergency medical assistance is required.

Step 5

Send someone to meet and guide the ambulance to the correct entrance.

Step 6

Continue monitoring and reassuring the casualty until professional help arrives.

Key Takeaway: Stay calm, act safely and follow the emergency action plan. Clear communication and teamwork can make a significant difference during an emergency.



THANK YOU FOR WATCHING

Winn Family T-20 League

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Ready for Your Assessment?

If you feel confident that you have understood the content of this module, you can now complete the WFA201 Assessment.

Upon successfully passing the assessment, you will receive:

- 🏆 Your WFA201 First Aid Awareness Badge
- 📜 Your Certificate of Completion

These will confirm that you have successfully completed this training module.

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