

FJFC Match Day Trainer Checklist & Information		
Home Checks	<p>Match Location: Important information for ambulance</p> <p>Home Grounds: W.T. Peterson Community Oval (Brunswick Street Oval), Brunswick St (Cnr. Freeman St), North Fitzroy. MelRef: 2C C2</p> <p>Alfred Crescent (southern end - near cnr. Grant St), North Fitzroy. MelRef: 2C D2</p> <p>Ramsden Reserve, Ramsden St, Clifton Hill. MelRef: 2D C3 Victoria Park, Abbotsford. MelRef: 44 E3</p> <p>Olney Oval, Deep Rock Road (off Yarra Bend Road), Yarra Bend, MelRef: 2D E4</p>	
Ground Checks	Stretcher location - place so visible at edge of ground	
	Locate Defibrillator and check is “rescue ready”.	
	Ice, bags for ice, towels/cloths	
	First aid kit (check contents) Order used supplies from Head Trainers if required for the next week	
	Ensure water bottles full	
	Previously Injured Players - ensure clearance from GP prior to return to play	
	<p>Injury Recording</p> <p>Head Injuries/Concussion : Ensure form completed by end of match.</p> <ul style="list-style-type: none"> - Notify parent/send form with parent for GP to complete - Give parent concussion checklist to take home - Email head trainer documentation - Follow-up with parent/carer during week <p>Other significant injuries : Ensure parent/carer informed, Head Trainers emailed the details, and parent/carer followed up</p> <p>Other minor injuries : Ensure parent/carer informed, follow-up as appropriate</p>	
	Familiarise with player medical details/conditions eg. asthma, allergy, injuries	

Ambulance	000 or 112 Tip: Download “Emergency +” App. for exact GPS location.	
Royal Children’s Hospital	50 Flemington Rd, Parkville Ph. 9345 5522 MelRef: Map 43 3E	
Austin Hospital	145 Studley Rd, Heidelberg Ph. 9496 5500 Emergency entry off Burgundy St MelRef: Map 31 K4	
Royal Dental Hospital	720 Swanston St, Carlton Ph. 9341 1000 MelRef: 2A K7	