

FC NOMADE

Health & Safety Policy and Procedure

Updated 2022/07/05

Injuries or Sickness

In case of a player gets injured or sick during the camp, we can take him/her to the doctor or to the hospital after contacting the parents. In case of an accident or injury during the practice, the club's insurance will cover part of the medical expenses for registered members at FC Nomade.

Extreme Heat Policy and Procedure

Official Resource

As with all health related issues, our requirements will be based on the recommendations of the Japanese Health Authority. In the case of extreme heat, please refer to the official Heat Index located here:

<https://bit.ly/3ymRFho>

Activities Impacted by Extreme Heat

All activities requiring participants to enter non-air conditioned spaces exposed to direct sunlight (with limited shade) where physical activity beyond rest or slow movement is required for durations beyond 15 minutes. This includes:

- Travels, walks
- Formal Sports and practices (i.e. Soccer)
- Any outdoor activities (i.e. beach activities)

When the heat index falls in the red danger zone, and should activities be held that require students to go outdoors, everyone involved must be well-prepared, and staff responsible must take extraordinary precautions and ensure they have the support, means of communication, and resources they require to keep the children safe.

Of course, the higher the index rises in the danger zone, the more important it becomes to adjust, restrict or avoid outside activity altogether.

Indoor Optimal Temperature Ambient Temperature: 25°C (sports facilities, cottages, restaurants)

Safety Precautions & Resources

Should players be required to participate in outdoor activities in extreme heat situations, supervisors must be careful to ensure that players have:

- A source of drinking water
- Appropriate head gear
- Protection against sunburn
- Access to emergency and first aid supplies (including cool packs)
- Access to cool spaces
- Emergency contact resources (emergency health providers)

Parent-Staff Shared Responsibilities

Both parents and FC NOMADE staff have responsibilities regarding the health and safety of the children.

Parents should ensure that they are aware of their children's activities with FC NOMADE each day, and they should prepare them appropriately. This means to ensure their children are wearing the right clothing (weather and lesson appropriate), and that they are bringing with them the resources they need (water, hats, sunscreen, etc.).

Care of Apparent Cases of Heat Stroke

Symptoms of heat stroke may include combinations of the following, depending on the severity, and all staff must be aware and understand how to respond appropriately:

- Feeling unwell after 30 minutes of resting in a cool place and drinking plenty of water
- Vomiting
- Not sweating even while feeling too hot
- A high temperature of 40°C or above

- Fast breathing or shortness of breath
- Confusion and incoherence
- Seizure
- Loss of consciousness
- Unresponsiveness

If anyone displays signs of heat illness, it is imperative that their body temperature is lowered conditions are prevented or stopped that could progress to heatstroke. In a lesser heat emergency, such as heat cramps or heat exhaustion, the following steps may lower body temperature:

- Get to a shady or air-conditioned place.
- Cool off with damp sheets and a fan. If you're with someone who's experiencing heat-related symptoms, cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan.
- Immerse in cool water. If you're outdoors and not near shelter, soaking in a cool pond or stream can help bring your temperature down.
- Rehydrate. Drink plenty of fluids. Also, because you lose salt through sweating, you can replenish salt and water with some sports drinks. If your doctor has restricted your fluid or salt intake, check with him or her to see how much you should drink and whether you should replace salt.
- Don't drink sugary drinks to rehydrate. These drinks may interfere with your body's ability to control your temperature. Also, very cold drinks can cause stomach cramps.