

# SCA flowchart

## ADULT EMERGENCY FIRST AID ALGORITHM FOR NON-ELITE FOOTBALL DURING COVID-19 IN THE ABSENCE OF LEVEL 3 PPE

- Safe approach in appropriate PPE (gloves, apron, FRSM and eye protection).
- Look for signs of life – chest rise/fall (do not listen at the mouth for breathing).
- HTLC/Jaw thrust as required.
- If no PPE worn – establish signs of life from a two-metre distance (or current distance recommended by the Government.)

**SIGNS OF LIFE?**

**NO**  
(participant is **NOT** breathing normally)

**CALL FOR HELP**

- Ambulance
- Request AED immediately
- First aid responders (EAP) PPE as above

Open the airway HTCL/Jaw Thrust.  
Begin chest compressions **ONLY** with covering over face\*  
Apply AED as soon as it arrives  
Continue until ambulance arrives or player shows sign of life

Do not begin rescue breathing await ambulance. If the player shows signs of life, apply MILS depending on the mechanism of injury.