

HEALTH MEASURES FOR OVER 40s CRICKETERS

NB All captains should ensure their kit or home ground has a readily accessible well equipped First Aid Kit, known to all players.

A) ARE YOU AT RISK

1. You will be regarded as at risk of stroke/heart attack if
 - i) you are over 40, and
 - ii) you are male
 - iii) and you have any **one** or more of the following risk factors:
 - a. high cholesterol
 - b. high blood pressure
 - c. smoke
 - d. diabetes
 - e. family history of heart problems
2. These risk factors are cumulative and interact E.g. If you have high blood pressure and smoke and high cholesterol, your risk is not just multiplied by three.
3. Doctor's check up: initially just have a check up of blood pressure and cholesterol. If these are fine, no need to go further.
4. Stress Test: - if not fine and subject to doctor's advice, take a "stress test".
5. As a matter of routine unless medical reasons to contrary, take a low dose aspirin daily, even if you are healthy.

B) IF HEART ATTACK SUSPECTED OR ON FIELD

1. If you don't feel well **before** game, consider not coming or not playing. You do your team mates no favours by playing when unwell.
2. If you play and then don't feel well common symptoms include:
 - a) band round chest;
 - b) heartburn;
 - c) pain in jaw or arm;
 - d) grey sweaty appearance- but nb could be heat stroke.
3. Do not drive yourself to hospital –or ask team mate to drive.
4. **Dial 000 and call ambulance immediately:** - remember to give precise ground directions to ground entrance inc closest cross streets.
5. If collapsed, unconscious, check "ABC":
 - A** Airways unblocked- so can breathe
 - B** That breathing

C Check pulse

6. **CPR if not breathing and no pulse:-** basis of 2 breaths mouth to mouth and 15 massaging of chest; repeat till Ambulance arrives:-
 - a) Re mouth to mouth, if possible use/ keep in first aid kit Red Cross face mask (\$5)
 - b) re heart massage press on point about 2/3rds down breast bone with reasonable force, ideally using heel of hand.
7. Consider keeping in first aid kit:
 - a) Aspirins and
 - b) Nitro glycerine spray to spray under tongue
8. Keep a CPR chart (purchasable from Red Cross) affixed to wall of change room along with printed directions of precisely where your home ground is (with nearest cross street) to advise ambulance. Ensure it comes to street with vehicular entrance.
9. **DO NOT MOVE PERSON TILL AMBULANCE ARRIVES**
10. Send person to ground entrance to wait for/guide ambulance. Ensure entrance to ground accessible by ambulance (E.g. unlock gates)

C) HEAT STROKE

1. By definition still breathing and has pulse.
2. Minimise chances by
 - a) ensuring you're fully hydrated before game;
 - b) wearing sunhat;
 - c) short bowling spells;
 - d) frequent drink breaks c every half hour.
3. Get person in shade. Ensure someone else (eg on opposition) looks after him. Do not leave him alone. Treatment includes:-
 - a) Lie flat; feet up;
 - b) Under fan –if you have one;
 - c) Wet towel/icepack round shoulder/head;
 - d) Removing restrictive clothing (E.g. pads etc if batting);
 - e) Under shower- if you have one;
 - f) Cold drink, preferably room temperature, not too chilled.
4. If semi conscious and maybe had stroke,

- a) ask simple questions (I.e. their name/ age/the date)
 - b) grip both their hands and ask them to squeeze to see if one side more affected and weaker than other
5. If unconscious, turn on side with heads down so any vomit will come out and not go into the lungs and choke.
 6. If stroke is a possibility ring 000 immediately

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