



MEDICAL POLICY

1. Policy Statement

The East Africa International Cup is committed to providing a safe and healthy environment for all participants. The health, safety, and wellbeing of players, coaches, match officials, volunteers, and spectators are a priority throughout the tournament.

This Medical Policy outlines the minimum medical standards, responsibilities, and procedures that will be followed before, during, and after all tournament activities.

2. Purpose

The objectives of this policy are to:

- Protect the health and welfare of all participants.
- Ensure prompt and appropriate medical care during the tournament.
- Establish clear emergency response procedures.
- Promote injury prevention and safe participation.
- Ensure clubs understand their medical responsibilities.

3. Scope

This policy applies to:

- Players
- Coaches
- Team Managers
- Match Officials
- Medical Personnel
- Volunteers
- Tournament Staff
- Spectators where emergency assistance is required

It applies to all official tournament activities, including matches, training sessions, opening and closing ceremonies, and any official event organized by the East Africa International Cup.

4. Medical Coverage

The Organizing Committee will provide:

- Qualified First Aiders at all playing venues.
- Medical personnel on duty throughout match days.



- A fully equipped First Aid Station.
- Emergency medical equipment, including first aid supplies.
- An emergency vehicle or ambulance on standby where available.
- Emergency referral procedures to the nearest hospital.

Medical personnel are responsible for assessing injuries and determining whether a player may continue or should be withdrawn from play.

5. Team Responsibilities

Each participating club or academy shall:

- Register only players who are medically fit to participate.
- Inform the Organizing Committee of any serious medical conditions, allergies, or ongoing treatments affecting their players.
- Ensure every player has parental or guardian consent to participate.
- Ensure players bring any prescribed medication they may require (e.g., asthma inhalers, allergy medication, insulin).
- Have a responsible team official available throughout the tournament.

Teams are encouraged to travel with their own qualified medical representative where possible.

6. Medical Consent

Each player must have a signed Participation and Medical Consent Form completed by a parent or legal guardian before taking part in the tournament.

The consent form should include:

- Emergency contact details.
- Relevant medical history.
- Allergies.
- Current medication.
- Permission for emergency medical treatment if required.

Players without completed consent forms may not be allowed to participate.

7. Injury Management

If a player is injured during a match:

1. Play may be stopped by the referee.
2. Medical personnel will assess the player.
3. Only authorized medical personnel may enter the field when permitted by the referee.



4. The player's safety will always take priority over continuing the match.
5. Medical personnel will determine whether the player may continue playing.

8. Head Injuries and Suspected Concussion

Any player suspected of sustaining a concussion or serious head injury shall be removed from play immediately for medical assessment.

A player diagnosed or suspected of having a concussion shall not return to play on the same day.

The Organizing Committee may require medical clearance before the player returns to tournament activities.

9. Serious Medical Emergencies

In the event of a serious injury or illness:

- Emergency medical personnel will respond immediately.
- The player will be stabilized before transportation if necessary.
- The player's parent, guardian, or team official will be informed as soon as possible.
- The player may be referred to the nearest appropriate medical facility.

10. Infectious Illness

Players, coaches, or officials showing symptoms of a contagious illness that could endanger others may be advised not to participate until medically fit.

The Organizing Committee reserves the right to implement additional health measures if required by public health authorities.

11. Hydration and Heat Safety

To reduce the risk of dehydration and heat-related illness:

- Drinking water should be available throughout the tournament.
- Teams should encourage players to hydrate before, during, and after matches.
- Cooling breaks may be introduced where weather conditions require.
- Coaches should monitor players for signs of heat exhaustion.

12. Blood Injuries

A player with an open wound or bleeding injury:

- Must leave the field immediately.



- May only return once the bleeding has stopped, the wound has been treated and covered, and any blood-stained clothing has been changed where necessary.

13. Player Welfare

The tournament promotes:

- Adequate rest between matches.
- Proper warm-up and cool-down exercises.
- Safe playing conditions.
- Good nutrition and hydration.
- Respect for medical advice.

No player should be pressured to continue playing while injured.

14. Insurance

Participating clubs and academies are strongly encouraged to ensure their players have appropriate personal accident and medical insurance.

The East Africa International Cup Organizing Committee shall not be responsible for medical expenses incurred beyond the emergency medical services provided at the venue.

15. Emergency Contacts

Each team must provide:

- Team Manager's contact number.
- Coach's contact number.
- Parent or guardian emergency contact for every player.

This information must be submitted before the tournament begins.

16. Medical Facilities

The Organizing Committee will identify and communicate the location of the nearest hospital or emergency medical facility before the tournament commences.

Emergency contact numbers will be available at all official venues.

17. Medical Authority

The decision of the Tournament Medical Officer regarding a player's fitness to continue participating shall be final during the tournament.



18. Acceptance of Policy

By registering for the East Africa International Cup, each participating club or academy confirms that it has read, understood, and agrees to comply with this Medical Policy.

Contact Us

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