



South Yorkshire Children & Young People's Alliance

Healthier Together in South Yorkshire

Barnsley | Doncaster | Rotherham | Sheffield



Supporting Information for Accreditation of Asthma Friendly Clubs

This document has been created to support your club to accredit as an asthma friendly club. We are conscious of the fact that every club is different and therefore the processes implemented within one club may differ to another.

To accredit as an Asthma Friendly Club, you will need to achieve the following 7 points which are part of the Asthma Friendly Clubs Charter.

As an Asthma Friendly Club, we will:

1. Ensure all club leaders, managers or coaches have completed the appropriate level of training to effectively deal with children and young people's asthma.
2. Ensure leaders, managers, or coaches are aware of those children with asthma under their care and as a club this information is available as a part of routine health information collected for the child or young person.
3. Ensure all children with asthma are included in activities they wish to participate in.
4. Have a process to allow quick and easy access to a child's inhaler.
5. Always have information easily accessible to all managers/coaches/leaders on how to manage an asthma attack.
6. Have a process to escalate to parents where we have a concern about a child with asthma including if a child has used their inhaler.
7. Encourage our club locations to be designated smoke free areas.

The following sections will give advice on how to achieve each point within the charter, however this is not exhaustive and we welcome new ideas.

1) Ensure all club leaders, managers or coaches have completed the appropriate level of training to effectively deal with children and young people's asthma

All club leaders, managers or coaches should complete tier 1 training – Supporting Children and Young People's Health: Improving Asthma Care Together, which is an e-learning course.

Tier 1 training can be accessed free of charge here:

<https://www.educationforhealth.org/supporting-children-and-young-peoples-health-improving-asthma-care-together/>. The link will take you to this page where you can either register as a new user or access the course.

Supporting Children and Young People's Health: Improving Asthma Care Together.

Tier 1 learning resource for individuals supporting children and young people with asthma. Please be advised, we strongly recommend accessing this eLearning from a laptop or desktop computer as functionality may be affected when using mobile devices.

We have recently made some changes to this course page. Please choose from the options below, depending on whether you have previously completed the eLearning or are new to the site:

1. I am a **new learner** or need to **revalidate** my learning (e.g. because my certificate has expired, I have changed roles etc)

[Register as a new user](#)

2. I am an existing user (registered **on or after 2nd September 2024**) and want to access my course or certificate:

[Access your course here](#)

3. I am a returning user (registered **prior to 2nd September 2024**) and want to access my **certificate only** (you will be relocated to the Education for Health user login screen and can access via the 'My Certificates' section in your user account). If you want to revisit the learning material, please select Option 1 above and register as a new user.

[Login on this site and access your previous certificate](#)

It is advised to use a personal email address to register and access the course particularly if you work for the NHS and have an nhs.net email address as registering using an nhs.net email may affect how you can access the course.

Please retain copies of the certificate issued on completion of the course so that this is available if needed for your accreditation as an Asthma Friendly Club.

2) Ensure leaders, managers or coaches are aware of those children with asthma under their care and as a club this information is available as a part of routine health information collected for the child or young person.

You could do this in one of the following ways:

- Keep a whole club register of children and young people attending your club who have asthma.
- Keep a team by team register which is held by the team manager/coach.
- Collect information about asthma diagnosis as part of routine health information collected for the child or young person including consent to use inhalers.
- Giving parents/carers of or children with asthma the opportunity to make themselves known to group leaders at the start of an event (for example if you are a park run with no register of attendees you may want to include this in your pre-race briefing.)

3) Ensure all children with asthma are included in activities they wish to participate in

Physical Activity for children with Asthma

- Children and young people with asthma should be encouraged to warm-up and cool down appropriately before and after exercise, to use their inhalers as necessary, and to participate in all physical activities on offer.
- It is not recommended for children with asthma to routinely use salbutamol before exercise.

4) Have a process to allow quick and easy access to a child's inhaler

You could do this by keeping labelled inhalers in a designated safe space in your club for example in a basket near the first aid kit. Below is an example of how one football club stores inhalers during a match or training.



Communicate to parents/carers the importance of the child bringing their inhaler with them and storing in the relevant safe space. By making inhalers easily accessible it means as a leader, manager or coach you or the child will be able to access them quickly in the event of an emergency. If inhalers are kept with the parent or in the child's coat for example this may delay access.

If you are an event like park run you may wish to encourage participants with asthma to carry their inhaler with them during the event. For junior park runs where there is a smaller course area you may wish to have a labelled basket where inhalers can be safely stored during the event. Information could be provided in the pre-race briefing.

5) Always have information easily available to all managers/coaches/leaders on how to manage an asthma attack

You may wish to ask for a copy of each child's Personalised Asthma Action plan (PAAP) to be held by the manager/coach/leader. This is usually an A4 leaflet which contains information specifically for that child. The PAAP will usually have a **RED** section which explains what symptoms to look out for and what to do in the event of an asthma attack.

In addition, we have produced some guides and you may want to print these for each coach/manager/leader to hold. "How to recognise an asthma attack" guide can be found [HERE](#) and "What to do if a child is having an asthma attack" can be found [HERE](#). These could be laminated back-to-back and held with the first aid kit.

6) Have a process to escalate to parents where we have a concern about a child with asthma

You may wish to issue a standard letter to parents/carers if you have concerns about the child's asthma. This will include if they have needed to use their inhaler whilst in your care. It is important that parents/carers are aware of any inhaler use so that they can track if the child's asthma is deteriorating. A standard letter is available which you can adapt for your club for this purpose. [See Appendix 1](#).

7) Encourage our club locations to be designated smokefree areas

We understand that there is no legislation to support you becoming a smokefree area however the following are some things you could do to encourage a smoke and vape free area around your club:

- Pin a post to your club socials highlighting that you have made a commitment to no visible smoke around your club and that you encourage no smoking or vaping in or around the children at your club.
- Include information about your commitment to no visible smoking or vaping on your club website home page.
- Include information about your commitment to no visible smoking or vaping in your communications to visiting teams.
- Display signs around your club which support your club's commitment to no visible smoking or vaping for example:



We are an Asthma Friendly Club



**Please help us create a
smokefree environment for our club
and support us by not smoking or
vaping nearby.**



See [here](#) for an A4 printable version of this sign

Steps to Accreditation

- 1) Complete the **registration form** on the [Asthma Friendly Clubs web page](#).
- 2) Complete each of the 7 points from the charter.
- 3) Complete the **accreditation form** on the [Asthma Friendly Clubs web page](#) detailing how you have achieved each point from the charter.
- 4) Once submitted your accreditation form will be reviewed by the Children and Young People's Alliance Asthma Team. If all 7 points from the charter have been achieved you will receive your Asthma Friendly Club accreditation and certificate. You may use the Asthma Friendly Club logo on your club socials etc.
- 5) Remember to renew your training and accreditation after 2 years.



Appendix 1 Sample Parent letter for clubs



Dear Parent/Carer,

This letter is to make you aware that _____ has had problems with their breathing today.

This happened when _____

- They used _____ puffs of their own inhaler.
- They did not have their inhaler with them.

Although they soon felt better, we would strongly advise that you discuss this with their own doctor or asthma nurse as soon as possible.

Yours sincerely,

Signed: _____

Date: _____

Print name: _____

Child's name: _____

Please can you ensure your child brings a working in-date inhaler and spacer (if required) for their use when at the club: they should be clearly labelled with your child's name and date of birth.



HOW TO RECOGNISE AN ASTHMA ATTACK

- It is important to be able to recognise the signs and symptoms of an asthma attack in a child who is in your care.
- Be aware that an asthma attack can appear gradually over a few days.
- Early recognition is important to help prevent the child 's asthma getting worse.

A child may have one or more of these symptoms during an asthma attack:

BREATHING HARD AND FAST



You may notice the child breathes faster or you may see the chest pull inwards with each breath because the muscles around the collarbone or in between or underneath the ribs pull inwards. Also watch out for flaring of the nostrils.

NOISY BREATHING OR WHEEZING



Listen for sounds like grunting or wheezing. Wheeze is a high-pitched whistling noise heard when breathing in or out. This sound is produced because the airways have become inflamed and narrowed.

COUGHING



The child may have a worsening cough. This may be worse at night and may prevent the child from having restful sleep.

BREATHLESSNESS



The child may appear less active, they may refuse to eat or they might even be restless. This could be a sign that they are too breathless to run around, eat or even sleep. The child may not be able to speak in full sentences.

TUMMY OR CHEST ACHE



Often in younger children they may complain of tummy ache when it is actually their chest which is causing the discomfort.

INCREASED USE OF THEIR RELIEVER INHALER



The child may ask for their reliever inhaler more frequently during an asthma attack.

CLAMMY SKIN



Feel the child's skin to see if it is cool but also sweaty. The head may be sweaty while the skin feels cool or clammy.

PALE OR BLUISH SKIN COLOUR



Check around the lips, eyes, hands and feet, especially the nail beds.



WHAT TO DO IF A CHILD IS HAVING AN ASTHMA ATTACK



SEEK EMERGENCY HELP - CALL 999

- STAY CALM
- SIT THE CHILD UPRIGHT
- LOOSEN TIGHT CLOTHING



IF THE CHILD HAS A BLUE EMERGENCY INHALER



- Give one puff with a spacer every 30-60 seconds (up to 10 puffs) until help arrives.
- If after 10 minutes help has not arrived repeat the step above

IF HELP DOES NOT ARRIVE CALL 999 AGAIN

IF THE CHILD HAS A DIFFERENT RELIEVER INHALER



Some children might have a different inhaler which they use as a daily treatment and as a reliever or just as a reliever. They might call this their MART inhaler or their AIR inhaler.

- Ask the child to take one puff of their inhaler.
- Wait 1-3 minutes, if there is no improvement in symptoms ask them to take another puff.
- Repeat this up to a maximum of 6 puffs.
- **IF HELP DOES NOT ARRIVE CALL 999 AGAIN**

When giving information to the emergency services always inform them that the child is having an asthma attack. Tell them the symptoms the child is experiencing and if they have used their inhaler.

Please note a child's inhaler may look different to the images shown



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