Somerton Rugby Football Club

'Working together for Somerton through Rugby'

Everyone Welcome

First Aid and Immediate Care Policy

1.0 STATEMENT

1.1 Under RFU Regulation 9-Player Safety, each club is required to have in place a framework to provide, first aid and immediate care in relation to the level of rugby played. Within this, the Regulation requires clubs to track and monitor injuries through a reporting system, provide risk assessment to all those involved in Rugby.

1.2 Our purpose of this policy is to layout SRFC frame to comply with Regulation 9 and the RugbySafe First Aid and Immediate Care Provision Standards. SRFC recognises that Rugby is a contact sport and as such injuries may occur during training and match day to spectators, players and match officials. As such SRFC requires all members, coaches and other volunteers to be familiar with our framework and policies.

2.0 CURRENT PROCEDURE

2.1 SRFC appoints a First Aid Coordinator who undertake and records all injuries within the current playing season including social events, training and matches. A annual review of injuries would be collated and presented to the management to review areas of concern and to track players concussion protocol.

2.2 The First Aid Coordinator is responsible to order, organising and providing First Aid supplies to First Aiders and Coaches. A review of first aid provisions are made by a game-by-game scenario to provide at least one First Aider at each game with sufficient supplies. Recording of injuries are made by the First Aider on the day through the ProActive app. The First Aider is responsible in ensuring player medication is present and to notify the match officials highlighting any significant level of care of an individual such as asthma.

2.3 SRFC Emergency Action Plan is present for all First Aiders in a specific WhatsApp Group. The Plan gives details of actions for calling an ambulance and directions to the home pitch. Telephone numbers of all First Aiders are available within this document and actions to be carried out pitch side in the event of severe injuries and in the event of being unconscious. Where this scenario would take place the First Aider are to notify the RugbySafe Lead as soon as possible to initiate the appropriate level of care post incident.

2.4 Medical conditions are required by all playing members in the event of that individual being rendered unconscious. Details of such conditions are held on the RFU Game Management Service where specific people can access to pass details to medical services and notify next of kin.

2.5 The level of First Aid provision are as follows:

Men both training and match: Level 10 and below, 1 EFA per team/training session

Men both training and match: Level 5-9, 1 EFA per team/training session (minimum standard is for 1 EFA at home matches)

Age Grade training: U4- U8, 1 EFA per group

Age Grade Training and match: U9-U13, 1 EFA per training group, 1 EFA per match

Where there is a travelling group to other clubs for events, the head coach for that age group will be the first aider

3.0 FIRST AID TRAINING

3.1 SRFC will review the following seasons provisions and adjust the amount of First Aiders and supplies as necessary. The level of training is proportionate to the level of rugby played within the RFU leagues. All First Aid courses are conducted by a recognised RFU trainer and booked through GMS.

3.2 First Aiders will be selected based on, reliability, communication and dis position. The RFU course will train the individual with aptitude and ability to understand task and procedures. It is understood that the individual must be able to deal with the stress and physical demands of being a First Aider.

3.3 In addition to the level of First Aid training required due to the level of rugby played, each first aider is required to carry out the Headcase training e-learning module via GMS. SRFC further requires the First Aider if working with Age Grade rugby groups to attend a Play It Safe and introduction into safeguarding course.

4.0 FIRST AID BAGS

4.1 As per 2.2, the first aid provisions are maintained pre game. A master store held in the the SRFC container has all necessary items to restore game day first aid bags. Where items are used they must be disposed of correctly, where as sharps and specific player medication must be transferred to the local GP for disposal.

4.2 Each Bag/combination of bags should contain the follow items or sufficient alternatives:

- water proof plasters
- skin closure strips
- blister plasters
- non woven swabs
- triangular bandage
- eye pad dressing
- medium dressing
- zinc oxide tape
- cloth tape
- ice packs
- cooling and heating spray
- resuscitation face mask
- scissors
- foil blanket
- gloves
- biohazard bag
- cleansing wipes
- eye wash
- petroleum jelly
- CPR guidance
- Headcase information

4.3 All first aid bags are kept within the ARFC stores and are the responsibility of the first aider provided on that day. After completion of the training or match they are returned at the nearest suitable day and any items missing shall be replaced. If any items cannot be replaced then the First Aid Coordinator must be made aware.

5.0 AGE GRADE RUGBY

5.1 During training and matches the Age Grade sections have two first aid kits, the first being held with the head coach of age group, where the second is held at the SRFC container. The purpose of this is to allow easier transportation of first aid provision for coaches.

5.2 For home and away training/matches the head coach of the age group is the nominated first aider. This is to allow better care the child due to familiarity and contact with

parents. During events at SRFC grounds parents are to be present and provide additional care to the child. However if an away scenario occurs and the parent is not available then the head coach of the group must be aware of alternative provisions for next of kin.

5.3 All head coaches are to have a mobile phone present to have access to the emergency first aid action plan held on WhatsApp. The mobile phone is also used for contact of parents and emergency services if needed. The SRFC emergency action plan is suitable to Age Grade Rugby. Any incidents must be recorded within the ProActive app.

6.0 RECORDING ACCIDENTS AND FIRST AID TREATMENT

6.1 All first aiders will be provided with their own personal ProActive account where the First Aid Coordinator will maintain and provide suitable levels of access of reporting

6.2 Each head coach/ volunteer with First Aid qualification will have access to their age grade group. Where a coach/volunteer works with multiple groups then this will be adjusted as necessary.

6.3 SRFC recognises that injury reporting and medical conditions are sensitive information, as such the use of GMS and ProActive app with the First Aid Coordinator comply with GDPR rules. If any information is shared or used not for its intended purpose then that individual will be subject to the clubs disciplinary procedure and could result in being removed from the club and report the CB and RFU.

6.4 Concussion Protocol. In the event a player is suspected of concussion they will be subject to the RFU Graduated Return to Activities and Sport (GRAS). The First Aider should notify the coach and match official, where the club will adopt the RFU; Recognise, Remove, Recover, Return. The ProActive app allows the club to track symptoms and stages for each GRAS stage. GRAS is described within the RFU Headcase e-learning course. SRFC policy complies with GRAS and the appointed RugbySafe Lead is responsible for contacting the player to discuss the recovery process.

- Stage 1- Initial Relative Rest. 24-48 hours after concussion
- Stage 2- Return to Daily Activities and Light Physical Activities. 25-48 hours after initial rest period (min. 24 hours after event)
- Stage 3- Aerobic Exercise and Low level Body Weight Resistance Training. When symptoms allow e.g. mild symptoms are not worsened by daily activities
- Stage 4- Rugby Specific non contact training drills and weight resistance training. No Earlier than day 8
- Stage 5- Full contact practice. No earlier than day 15
- Stage 6- Return to play. No earlier than day 21

Where any suspected concussion is recognised the player will be advised to seek the attention of a health care professional to be diagnosed.

6.5 Where any death occurs during or within 6 hours of a game finishing, Any injury which results in the play being admitted to a hospital or any injury on artificial grass pitches or from equipment, the incident MUST be reported to the RFU via the injury event reporting form.

7.0 DEFIBRILLATORS (AED)

7.1 SRFC has 1 AED

7.2 The AED is readily and easily accessible at all times, where the location is made aware to the First Aider. The location is maintained to protect the AED. Use of the AED can be done by any person due to the make, however all first aiders will be trained on its used during the triennial firs aide training.

7.3 The first aid coordinator is responsible in checking the location, replacing items such as batteries, maintenance and items such as gloves and scissors within the AED.

8.0 ROLE OF RUGBYSAFE LEAD

8.1. First Aid / Immediate Care Pitch-side Provision

Review the club risk assessments and RFU's recommended minimum levels of immediate care (IC) and/or first aid (FA) guidelines to identify what level of first aid/immediate care is needed. Create a plan to ensure that every training session and match is covered by an appropriately qualified First Aider/Immediate Care Practitioner.

8.2. Training & Equipment

Organise training to ensure all appointed first aiders are trained and up-to-date with an appropriate level of qualification in line with RFU guidelines (e.g. RFU Emergency First aid in Rugby Union course). Manage the stocking and general maintenance of first aid supplies and equipment, making sure the first aid equipment and kits are suitable for the level/amount of activity and those trained to use it.

8.3. Emergency Action Plan

Along with our key personnel in the club, develop an Emergency Action Plan to ensure there is a clear process in the event of an incident/injury. Develop a process to ensure that these procedures are known and understood amongst appropriate individuals in the club.

8.4. Reporting

Ensure there is process in place to keep records of player medical conditions, monitor injuries and report incidents/injuries as they happen in line with RFU regulations.

8.5. RugbySafe

Utilise the RFUs RugbySafe scheme and guidelines (e.g. management of concussion), work with other key personnel (e.g. coach coordinator and safeguarding officer) to support wider best practice and ensure that all club volunteers and parents are aware of how to support player welfare.

9.0 ROLE OF FIRST AIDER

9.1 Hold RFU First Aid at work qualification appropriate to the level of rugby

9.2 All First Aiders shall hold copies of their in-date certificates with copies on GMS. If the individual does not have a RFU accredited course, the RSL will liaise with the RFU for recognition and self certification. All First Aiders working within the age grade setting shall be subject to DBS checks. Newly appointed first aiders working in age grade will be subject to references as per the volunteer application form.

9.3 In the event of an injury on pitch, the referee decides on the action to be taken with the first aider. Provision of the action taken will be discussed pre game with the match official, this would include on whether the first aider may enter the pitch whilst the game is being played

9.4 In the event of emergency action the first aider will carry out the SRFC emergency action plan, with this the first aider will submit a report via ProActive and notify the RSL

9.5 When giving first aid, the aider must remain professional and adopt the code of conduct of SRFC. Although giving first aid is a priority the aider must identify any risk to themselves.

10.0 LEGAL LIABILITY

In the event that a first aider who was present and conducting the given aid, the RFU Compulsory insurance provides protection for first aiders carrying out their duties for the club