

## **NEWARK RUGBY UNION FOOTBALL CLUB**

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### ***GUIDLINES FOR DEALING WITH AN ACCIDENT/INJURY***

- **Keep calm, act quickly and assess the situation e.g. is there danger of further injury? Check ABC - Airways - Breathing - Circulation**
- **Reassure the casualty, listen to what they are saying**
- **Alert the First-Aider who should take any appropriate action for minor injuries**
- **In the event of an injury requiring specialist treatment, call the emergency services**
- **Ensure an appropriate person is delegated to reassure and supervise the rest of the group**
- **On no account move someone with major injuries, keep them calm and reassured and wait for emergency services**
- **Contact the injured person's parent or guardian**
- **First-Aider or Coach to complete the accident/incident report form as soon as possible following accident**
- **A form is to be completed for both home team player and visiting team player, top copy to be given to the parent/carer and yellow copy to be placed in 'Accident Report' File**
- **Team managers/coaches to ensure this information is completed and filed in the 'Accident Report file' which is located in the club main office**