



Nottingham Moderns RFC Juniors

Health & Safety Policy

Nottingham Moderns RFC recognises that in a physical contact sport, injuries can occur, and it will accordingly seek to ensure that appropriate first aid resources will be available at all games and training sessions. It has accordingly adopted the RFU policy on first aid in the RFU A-Z of Community Rugby. This states:

"It is recommended that all Community Rugby clubs have at least standard first aid equipment and a trained person on match days and at training nights."

The RFU guidelines for Standard First Aid Equipment Boxes are that they should contain:

- Guidance Card
- 20 Assorted Adhesive dressings (Plasters)
- 2 Sterile Eye Pads (No 16)
- 6 Medium Sterile Wound Dressings (No 8)
- 2 Large Sterile Wound Dressings (No 9)
- 4 Short Life Triangular Bandages
- 3 Pairs of Disposable Gloves
- 6 Antiseptic Wipes
- 1 Emergency Foil Blanket
- 1 Disposable Resuscitation Kit

Boxes should be clearly labelled and accessible.

In addition the club will:

1. Encourage members to attend appropriate first aid courses. The club will stage first aid courses when there is sufficient demand. Coaches in particular will be encouraged to complete a course.
2. The club will seek to ensure that there is an identified member trained in first aid at all matches and training sessions.
3. The club will maintain a medical treatment facilities.
4. Access for ambulances will be maintained at all times.
5. Drinks will be available for players during matches and at half time.

It is acknowledged that for potentially serious injuries the aim of first aid is to keep a player safe until, he or she can be transferred to hospital.

Boots

Boots must be worn in match conditions. Shinguards are advised.

Only aluminium studs will be allowed. Plastic studs with jagged edges pose a serious danger to other players. Studs should be examined regularly to ensure there are no missing studs or rough edges.

Gumshields/Mouthguards

Mouthguards should be worn at all times during games and practices in which impacts to the teeth and jaw are possible. Custom-fabricated mouthguards should be the mouthguard of choice. Mouthguards should be replaced every two years or if they show signs of damage or deterioration (e.g. splits or loss of resiliency). Replacement should be more frequent for growing children.

Padded Clothing & Headgear

All padded clothing and headgear must carry the 'IRB approved' label and be in serviceable condition. It should be noted that headgear and padded clothing can only protect from superficial injury such as cuts and bruises. Fingerless gloves may be worn during a match.

Severe Weather Clothing

Severe weather conditions can occur during the rugby season. Players should ensure that additional clothing, gloves, hats and waterproofs are available during a match and training sessions.

Tetanus Injection

Nottingham Moderns RFC recommend that all players should have up-to-date tetanus injections.

Nottingham Moderns RFC
Junior Committee
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