

St Albans Rugby Club, Oaklands Lane, St Albans
Hertfordshire, AL4 OHR
Tel: 01727 869945



St Albans Rugby Football Club

First Aid Policy

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First Aid Arrangement, Emergency Policy and Procedures

Not every injury can be prevented especially in a contact sport such as rugby, so it is essential that in the event of an injury, adequate first aid procedures/ first aider's are in place. This will dramatically increase the chance of a full recovery for the individual involved.

The safety of all players is of paramount importance and St Albans RFC will ensure that, whenever a game or training occurs, appropriate first aid cover and equipment will be provided. There is always access to a telephone in the clubhouse so that emergency assistance can be summoned immediately.

When describing the location of the club it is: **St Albans Rugby Football Club
Oaklands Lane
Smallford
St Albans
Hertfordshire AL4 0HR**

Phone Number: **01727 869945**

Everybody involved in rugby at St Albans Rugby Club has a responsible attitude towards the prevention and management of any injury. The safety of the individual takes priority over the game of rugby.

ACUTE / SEVERE INJURY

In the event of a suspected acute or catastrophic injury, it is important that everyone - players, coaches, referees and administrators - knows what to do. This should be documented in the emergency plan as follows:

1. Call for help.
2. Call for an ambulance:

Act promptly and call immediately for professional medical help – in the event of a suspected spinal or other serious injury, DO NOT MOVE THE PLAYER. Wait until a properly qualified person is able to supervise the procedure.

1. Speak to the player.
2. Check airway - remove mouth guard.
3. Check breathing.
4. Check circulation.

5. Do not move the player.
6. Stay with the player and continue communication.
7. Keep player warm until professional help arrives.

If an acute injury has occurred, after the player has been dealt with:

Notify the Club's Safeguarding Officer who will notify the RFU if required

Stay in touch with the injured player, family, players and other match officials.

REMEMBER:

NEVER remove an injured player from the pitch to enable the game to continue.

NEVER lift or carry an injured player from the pitch if the player cannot move him or herself.

ALWAYS stop the game a serious injury is suspected.

CONCUSSION

IRB Regulation 10 provides as follows: 10.1.1 A Player who has suffered concussion shall not participate in any Match or training session for a minimum period of three weeks from the time of injury, and may then only do so when symptom free and declared fit after proper medical examination. Such declaration must be recorded in a written report prepared by the person who carried out the medical examination of the player. 10.1.2 Subject to sub-clause 10.1.3 below, the three week period may be reduced only if the player is symptom free and declared fit to play after appropriate assessment by a properly qualified and recognised neurological specialist. Such declaration must be recorded in a written report prepared by the properly qualified and recognised neurological specialist who carried out the assessment of the Player. 10.1.3 In age grade Rugby, the three week minimum period shall be mandatory.

Symptoms of concussion may include the following:

loss of consciousness

loss of memory, confusion and disorientation

double or blurred vision

giddiness or unsteadiness

vomiting and headache

Playing Consequences

NOTE: If a player shows any signs of concussion he/she must not be allowed to continue playing or to return to the game. The player should be evaluated by a medical doctor.

BLEEDING

When treating any player, gloves should be worn to protect the player and the first-aider from possible transmission of blood borne diseases such as HIV and hepatitis. Blood must not be transferred from one player to another and as such ALL blood injuries must be treated and covered before a player can return to the game. Any items that have been contaminated by blood must be sealed in a plastic bag and safely discarded.

Major bleeding must be treated as soon as possible to reduce the flow of blood, as this may be enough to preserve a life. Apply direct pressure to a wound first and only apply indirect pressure if this is not possible. Arrange urgent transport to a hospital or doctor's surgery.

INJURY REPORTING

Injury reporting is important as it allows the tracking of why and how injuries happen – and the finding of ways to prevent similar injuries from happening again. Coaches should encourage players to tell them about injuries; otherwise, they risk worsening or never healing. This can have serious consequences, particularly with respect to concussion. Injury audit is essential to enhance player safety and performance. Each club, province and Union should have a nominated officer responsible for injury audit. All injuries should be recorded by the age group first aider and serious injuries requiring medical attention/follow-up must be reported to the Club Safeguarding officer.

28th February 2017