



Norwich Union RFC
Accident and Emergency Procedure
October 2015

Accident and Emergency Guidelines

If any player is injured during training or a match, the first aider will in most instances be the first to assess the injury/incident.

The first aider will normally assess the player and decide upon the best action that benefits the situation:

If the injury is beyond the capability of the first aider 999 will be called for paramedic services and/or ambulance to attend and transport the player to hospital. Estimated arrival time is 10 minutes.

Minor injury will be dealt with and the player will probably be able to return to the field of play or training. Injuries that prevent the player from continuing play/training will be assessed and treated within the clinical ability of the first aider. A report will be made of:

- Location
- Time of injury
- Injury
- Action taken
- Whether the player went home/hospital/referred to GP
- Whether paramedical services were called.
- Whether coach was informed verbally.
- Report made to committee.
- NHS Direct 111 might also be consulted where necessary to seek advice.
- Norwich Union RFC is fortunate to have players and volunteers that are professionally qualified medical practitioners that have offered to assist in situations of more serious injury.
- Their contact details are included on the Norwich Union RFC Aider List in the Team Medical Kit Bag.

In some instances they may be an incident when a spectator is taken ill or collapses. A first aider who is on site will be the first point of contact.

If the situation is need paramedical support then 999 will be called for assistance and possible removal of the patient to hospital.

Injury reports should be completed on the day and submitted to the committee via email for recording and reports of serious injuries (as classified by the RFU) will be submitted to the RFU medical services.

First Aid Equipment

It is essential that first aid equipment is checked frequently to ensure sufficient quantities and that all items are usable.

First Aiders should always replenish contents of first aid bag and kit as soon as possible after use, items should not be used after the expiry date shown on packets.

For further guidance on RFU recommendations for first aid kits

<http://www.englandrugby.com/governance/game-support/medical-and-first-aid/first-aid-equipment/>