

# EMERGENCY FIRST AID

2021-22 SEASON



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## **WHAT IS AN EMERGENCY FIRST AIDER (EFA) IN RUGBY?**

An EFA is an appointed individual who has a minimum of a Level 3 First Aid Qualification.

### **EFAs are trained to:**

- > Take charge when someone is injured or ill, including calling an ambulance if required
- > Provide emergency first aid to injured or ill persons until more expert help arrives;
- > Look after the first aid equipment, e.g. restocking the first aid box.

They should not attempt to give first aid for which they have not been trained.

Ideally the EFA should be a dedicated role, i.e., the individual is acting solely as the first aider and does not have other roles, e.g. coach.

### **An EFA's responsibility should end when either:**

- > The EFA and player agree that the player is in a fit state to re-join the training session or match.
- > An Age Grade player is handed over to their parent(s), who are appropriately informed of injury/incident and if seeking further treatment is recommended.
- > An adult player is deemed safe to leave the club/venue, having discussed the injury/incident with the EFA and if seeking further treatment is recommended.
- > The player is handed over to the ambulance paramedic crew.

## WHAT TRAINING IS REQUIRED TO BE AN EFA IN RUGBY?

The minimum qualification for an EFA involved in rugby is a Level 3 First Aid Qualification (based on the Regulated Qualifications Framework (RQF)), e.g. Emergency First Aid in Rugby Union or Emergency First Aid at Work.

The RFU's Level 3 Emergency First Aid in Rugby Union (EFARU) course is a rugby-specific first aid course. The EFARU is on the RQF, is awarded by 1st4sport Qualifications and in common with many other First Aid qualifications is valid for three years.

The EFARU course awards a qualification that is transferable to the workplace and/or other sports.

For more information on the EFARU course and how to arrange and/or book on a course please go to the **RugbySafe home page**.

Other Level 3 First Aid qualifications are recognised for EFAs covering rugby activity. If selecting an alternative Level 3 qualification, it should meet the minimum requirements:

- > Courses of this level should take a minimum of 6.5 learning hours (usually a one-day course).
- > Be recognised on the RQF and acknowledged with a certificate from the recognised awarding body.
- > The assessment criteria should be competency-based.
- > All courses should have a quality assurance process.
- > The course should cover both more common rugby injuries (such as concussion) and rare but serious injuries (such as spinal injury) in sufficient detail.

## WHAT DOES THE QUALIFICATION COVER?

The Emergency First aid in Rugby Union (EFARU) course will provide learners with the skills, knowledge and understanding required to give care, manage lifethreatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment. Learners will be able to assess an incident, recognise the signs and symptoms of the injury or illness, and, in a safe and effective manner, assist a casualty who is suffering from injury or illness.

The EFARU course covers

- conducting a Primary Survey
- Basic Life Support skills and injury reporting as well other First Aid skills including:
  - Cardiopulmonary resuscitation [CPR]
  - Concussion and head injuries
  - External bleeding
  - Minor injuries
  - Shock
  - Spinal injuries

## EFA (PITCH-SIDE)

The role and responsibilities of the EFA at training and matches will depend on the circumstances. Clubs and other rugby activity providers should ensure that all appointed EFAs for each training session and match are briefed appropriately and have a clear understanding of their role and responsibilities.

### **The role and responsibilities of an EFA (pitch-side) include:**

1. Being pitch-side and ready to assess and manage any incidents/ injuries immediately
2. Having their (age group) allocated fully stocked appropriate pitch-side first aid kit.
3. Being familiar with the club/venue Medical Emergency Action Plan for the venue.
4. Ensuring they complete all injury/incident report forms are appropriate.