



St Neots RUFC First Aid Policy

FIRST AID POLICY STATEMENT:

This club is committed to encouraging our members to train hard and compete, but the health, well-being and safety of each individual is always our paramount concern.

FIRST AID POLICY:

1. Equipment

- a. Gum shields must be worn by all players during any contact rugby (training and matches) to prevent both teeth and head injury.
- b. Protective clothing such as scrum hats may be worn but are not advised as evidence suggests they can encourage more risk taking by players
- c. A fully stocked first aid bag should be available at every match and training session.

2. Prevention and treatment

- a. Each age group should have at least one first aider, ideally two first aiders to cover absence, having taken an RFU recognised course
- b. The first aider/aiders present should ensure that they have identified themselves at the commencement of each contact session/match.
- c. Coaches to ensure all players are fit to play and or train
- d. All players must declare any injury or health issue prior to training or playing.

3. Record keeping

- a. Incident/Accident forms¹ to be completed on PROACTIVE every occasion that a player leaves the field of play and is unable to return
- b. Incident/Accident¹ forms to be completed on PROACTIVE if a player seeks medical attention following a match or training.
- c. Completed Incident/Accident forms are monitored by the Club Safeguarding Officer and the Club Rugby Safe Lead.

¹ [PROactive \(proactive reporting.com\)](https://proactivereporting.com)



St Neots RUFC First Aid Policy

- d. Monthly Audit of Incident/Accident forms to be undertaken by the Club Rugby Safe Lead and the Club Safeguarding Officer and any issues shared with the executive committee and coaches

AS A CLUB MEMBER YOU HAVE A DUTY TO:

1. Take reasonable care for your own health & safety and that of others who may be affected by what you do or not do
2. Co-operate with the club on First Aid and Health & Safety issues
3. Correctly use all equipment provided by the club
4. Not interfere with or misuse anything provided for your health, safety or welfare.

PROCEDURE IF AN INJURY OR ACCIDENT OCCURS DURING A GAME

1. The club will, as far as is practicable with available trained resources, comply with RFU guidance on effective treatment of injuries.
2. The club will ensure that there is suitable trained and qualified first aid assistance available at all games played on club premises. If the match is not organised by the club, the organisers have responsibility for providing first aid support.
3. There are 3 entrances to the club which must remain clear at all times to ensure that ambulance access is always possible.
4. If an injury occurs in the course of play, the appointed first aid person will assess the injury and treat as appropriate.
5. If an injury is so serious that the appointed person assesses hospital treatment is required, an ambulance should be contacted through the 999 or 112 system. The 112 system has the advantage of GPS and will override passwords etc on a mobile phone.
The address of the club is

St Neots Rugby Club, New St, Saint Neots PE19 1RU

What3words location: Universe.inspects.layers.



St Neots RUFC First Aid Policy

6. The appointed person may deem it necessary that the player remains in situ until removed by ambulance personnel. If practicable, play may be moved to another pitch. If no pitch is available, the game should be suspended or if necessary abandoned – advice of the match official should be sought. The appointed person should ensure that another person is designated to meet the ambulance at the club entrance and direct it to the precise location of the injury.
7. If the injury appears to be of a catastrophic nature (severe spinal or head injury likely to result in paralysis), the appointed person shall ensure that the player is not moved without expert medical advice. The match must be moved or abandoned in consultation with the match official. The team first aider should consider what steps need to be taken to ensure an air ambulance (if required) can land at the club – if necessary, other games occurring that day may need to be suspended or abandoned in consultation with the match official.
8. If the injury results in the player being detained in hospital over-night, the club **MUST** report the incident using the appropriate form from the RFU web site²

On Site First Aid Facilities

First Aid Room

First aid bags for each team:

First Aid Bags should be made of suitable material and designed to protect the contents from damp and dust. A well-stocked first aid bag should contain the following:

1. Covid-19 PPE kit (masks and gloves) x 2
2. Emergency foil blanket x 1
3. Disposable resuscitation aid x 1
4. Assorted adhesive dressings (plasters) x 20
5. Sterile eye pads (No. 16) x 2

² [03. Injury Reporting & Incident Recording \(keepyourbootson.co.uk\)](https://www.KeepYourBootson.co.uk)



St Neots RUFC First Aid Policy

6. Medium sterile wound dressings (No. 8) x 6
7. Large sterile wound dressings (No. 9) x 2
8. Short life triangular bandages x 4
9. Disposable gloves (pair) x 3
10. Antiseptic wipes x 6

Under no circumstances should prescription drugs be administered by first aiders or kept in the first aid box. Boxes should be clearly labelled and easily accessible. Emergency first aid should only be given by appropriately trained persons.