



First Aid Policy

1. Introduction

At Skipton RFC, the safety and well-being of our players, coaches, and staff are of utmost importance. This first aid policy aims to establish guidelines and procedures to ensure the provision of immediate and appropriate first aid in case of injuries or medical emergencies during rugby activities.

The club adheres to RFC Regulation 9 without challenge. The reader is expected to be familiar before continuing.

The policy applies to all participants involved in club activities.

2. First Aid Responsibilities

2.1 Designated First Aid Personnel

- The club will appoint trained individuals as designated first aid personnel responsible for administering first aid during training sessions, matches, and other club events.
- The designated first aid personnel will possess a valid first aid certification from a recognized provider.
- These individuals will have access to a fully stocked first aid kit and be familiar with its contents and usage.

2.2 Coaches and Staff

- Coaches and staff members should have a basic understanding of first aid and emergency response procedures.
- They should prioritize the safety of players and seek assistance from designated first aid personnel when required.
- Coaches and staff members will be encouraged to attend first aid training and refresher courses periodically.

3. First Aid Equipment and Facilities

- Skipton RFC will maintain well-equipped first aid kits readily available at all training and playing locations.
- The first aid kits will be regularly inspected, restocked, and replaced as necessary.
- The club will ensure that appropriate medical supplies, such as ice packs, bandages, antiseptic solutions, and splints, are available to address common rugby-related injuries.
- Adequate facilities, such as a designated first aid area or room, will be provided to administer first aid and provide privacy when necessary.
- Required equipment can be found in the appendix. It is coaches' responsibility to maintain provision for respective age groups against the equipment list.
- Additional stock is available via the Minis & Junior Chairperson. Contact for details.

4. Injury Reporting and Documentation



- All injuries sustained during rugby activities, regardless of severity, must be promptly reported to the designated first aid personnel with an 'Injury/ Incident Report Form' completed.
- An injury reporting form will be used to document details of the incident, including date, time, nature of injury, treatment provided, and the person responsible for administering first aid.
- In case of severe or potentially life-threatening injuries, emergency medical services will be immediately contacted.
- 'RFU Reportable Injury Event Report Form' will be used to report any injuries whilst playing rugby or taking part in organised rugby squad training sessions that fit any of the following definitions:
 1. An injury which results in the player being admitted to a hospital.
 2. Deaths which occur during or within 6 hours of a game finishing.
 3. An injury on artificial grass pitches or from equipment (e.g. sports goggles).
- 'Referee RFU Reportable Injury Event Report Form' will be completed where applicable by match referees.
- All reporting materials are available for download from the Skipton RFC website or the central RFU First Aid resource library. Paper copies are kept in a clearly marked folder in the understorey storage area, to the left of the door on entry.

5. Emergency Action Plan

- The club will develop and regularly review an emergency action plan (EAP) to outline procedures for handling serious injuries or medical emergencies.
- The EAP will include contact information for emergency services, nearby medical facilities, and important club personnel.
- All coaches, staff members, and designated first aid personnel will be familiar with the EAP and their assigned roles during an emergency situation.
- Regular drills and training sessions will be conducted to ensure preparedness and the ability to respond effectively.

6. Communication and Education

- The first aid policy will be communicated to all club members, including players, coaches, staff, and volunteers.
- Safety guidelines and protocols will be prominently displayed at club facilities and shared through various communication channels, such as the club website, newsletters, and social media platforms.
- Club members will be encouraged to participate in first aid training and educational programs to enhance their knowledge and skills.

7. Policy Review

- This first aid policy will be reviewed annually, or as necessary, by the Committee to ensure its continued relevance and effectiveness.
- Any updates or changes will be communicated to all club members and implemented accordingly.



8. Risk Assessment

- Skipton RFC will undertake a First Aid Risk Assessment twice per season and by exception where necessary.
- The [First Aid Risk Assessment Tool](#) provided by the RFU will be used.
- Results in raw form will be published to the Skipton RFC website and be available to all involved with the club.

By implementing this first aid policy, Skipton RFC aims to create a safe environment and provide appropriate care for all participants involved in rugby activities.



Appendix Equipment List

As recommended by the RFU, Skipton RFC will keep a provision of the below for each age group.

- 1x Antibacterial hand gel
- 1x Emergency foil blanket
- Action cards
- 1x Bag with logo
- 1x Antiseptic wipes
- 1x Disposable gloves (M,L,XL) Blue Nitrile Pack of 100
- 2x Non Adhesive bandages (assorted sizes)
- 2x Adhesive bandages (assorted sizes)
- 1x Steroban Cohesive Bandage - Tan - 7.5cm x 4.5m - Single
- 1x Blister Plasters - Pack of 6 (1 box of 6 plasters)
- 1x Sterile 20ml Eyewash Pod
- 2x Eye Dressing With Bandage
- 2x Assorted Washproof Plasters - Pack of 20
- 1x Steroban Cohesive Rip Tape 5cm x 4.5m
- 4x Firstaid4sport Non Woven Triangular Bandage
- 2x Firstaid4sport Non Woven Swabs 10 x 10cm (Pack of 5)
- 1x FirstAid4Sport Guidance Leaflet
- 2x Straight Edge EAB 5.0cm x 4.5m
- 2x Low Adherent Dressing Pad – 10cm x 10cm
- 2x Firstaid4sport PVC Sock Tape Black 19mm x 20m
- 3x Instant Cold Pack
- 2x Resuscitation Face Shield
- 1x FirstAid4Sport Branded Water Bottle 750ml
- 2x Self Seal BioHazard Disposal Bags
- 1x Nail Clippers
- 4x Firstaid4sport Big Plaster 7.5 x 10cm Single
- 1x Firstaid4sport Kit Identity Tag
- 1x Microporous Tape 2.5 x 500cm - Single
- 6x Medium Wound Dressing – 12cm x 12cm
- 6x Moist Wipes
- 2x Wound Closures 3mm x 7.5mm
- 1x Economy Green Handled Scissors - 11.5cm
- 1x Economy Clothing Scissors - 19cm
- 1x Safety Pins - Pack of 6
- 1x Petrelleum jelly tub - 250g
- 1x Applicators - Pack of 100