

VECTIS RUGBY CLUB FIRST AID **ARRANGEMENTS AND EMERGENCY** **PROCEDURES 2018**

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 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 Vectis Rugby Club 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 so emergency assistance can be summoned immediately, and there is designated vehicular access for responding emergency vehicles through the main club car park.

Information has been provided to Isle of Wight Ambulance to ensure attending vehicles are directed to the correct entrance, and these are;

- Wootton Pitches - say “ Wootton Rec entrance off of Footways Road”
- Sandown Pitches - say “Rugby Club entrance off Sation Approach or Perowne way, entrance by zebra crossing”
- Ventnor Pitches - say “Ventnor Rugby Club, Watcombe Sports Centre, Whitwell Road”

The Isle of Wight Ambulance operator may ask for this information at the time of the 999 call.

VECTIS RUGBY CLUB FIRST AID ARRANGEMENTS AND EMERGENCY PROCEDURES 2018 cont

Everybody involved in rugby at Vectis 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.

General Injuries Assess the player on the field of play using the TOTAPS system:

Talk What happened? Where does it hurt? Observe Look at the injured area. Is it different from the other side (swollen, a different colour, etc)? Touch Feel for swelling, tenderness and pain. Active movement Ask the player to move the injured part without assistance. Passive movement If the player moves the injured part actively, then carefully move it through a full range of movement.

Skill test

If the active and passive movements did not produce pain ask the player to stand and, if lower limbs are affected, see if player can weight-bear and if he/she can walk. If unable to do so, the player may be assisted from the field, otherwise the player should be carefully accompanied from the field for a full assessment or, if the injury is only slight, the player can be allowed to resume playing.

Acute / Severe Injuries 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. The only circumstances in which a seriously injured player should be moved is

if his/her life is in danger (respiratory/cardiac arrest, environmental danger etc) and should only be carried out under medical supervision. Wait until a properly qualified person is able to supervise the procedure.

3. Speak to the player.
4. Check airway - remove mouth guard.
5. Check breathing.
6. Check circulation.
7. Do not move the player.
8. Stay with the player and continue communication.
9. Keep player warm until professional help arrives.

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

- Notify the Club's RugbySafe Lead - Victoria Winter 07805166658 - 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.

VECTIS RUGBY CLUB FIRST AID ARRANGEMENTS **AND EMERGENCY PROCEDURES 2018 Cont.**

Concussion

If any suspected or confirmed concussion occurs, first aiders and coaches are to follow the Headcase recommendations. All First aid kit have Headcase cards.

Follow the link below

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

If in any doubt treat for concussion and send to A&E for assessment

Report all suspected and confirmed concussions to the Club
Rubgysafe lead within 24hrs. Forms are on the club website.

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.

VECTIS RUGBY CLUB FIRST AID ARRANGEMENTS AND EMERGENCY PROCEDURES 2018 cont

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 RugbySafe Lead.

First Aid Kits.

All teams have been provided with a first aid kit plus an accident book, a yellow first aider tabard and resus mask. It is the responsibility of the first aiders in the team to keep the kit appropriately stocked and notify the Club RugbySafe lead if anything is required.