

## **360 Rugby First Aid Policy**

360 Rugby First Aiders – Joe Barnett (EFA), Tommy Strange (EFA)

- Act swiftly but stay calm.
- Assess whether there is danger of further injuries.
- Listen to what the injured person is saying about their injury.
- Alert the first aider (if not present already) who should administer treatment for minor injuries.
- If the injury requires specialist treatment call the emergency services on 999 or 111.
- Ensure that the rest of the group are adequately supervised.
- Do not move someone with major injuries. Wait for the emergency services.
- Observe the situation and ask bystanders what happened if not seen by coach or first aider.
- Contact the injured person's next of kin/parent/carer.
- Accident report forms should be completed by the coach/ first aider in accordance with RFU protocol. Injuries which result in hospitalisation must be reported to the RFU.
- Do not block the access for ambulances by parking in front of the yellow barrier areas of the car park.
- Each group has a trained first aider who is present at every training session.
- A first aid kit is supplied with adequate equipment for minor emergencies.
- First aiders, we aim to have at least one trained first aider with each age group.
- Prevention is better than cure. You should not play whilst carrying an injury. Please report all previous injuries to the coaches upon arrival.

360 Rugby treats the welfare and safety of all members and players at 360 Rugby as paramount

360 Rugby regularly conducts a risk assessment of all its facilities and equipment.