

SIDCUP RUGBY FOOTBALL CLUB

Injury Management Procedure Policy

At Sidcup Rugby Football Club we aim to ensure that the minimum of injuries take place during training/practice session and matches for both our own players and visiting sides.

To further this aim we will:

- Provide properly marked out and safe training and playing areas. This means that pitches have been clearly marked and flags and post protectors are available. All reasonable measures will be taken to make sure that games and training sessions are not undertaken on surfaces that are dangerously hard, uneven or wet due to extreme weather.
- Adequate pre training and playing preparation of all players to ensure their safety.
- The availability of appropriate First Aid kit and associated equipment.
- Training for First Aid personnel.
- The St John's Ambulance Brigade is in attendance every Sunday morning during the season to deal with any injury, accident or emergency situation. They base themselves in the Medical Room and can also be seen around the ground.

In the event of minor injuries in the Mini & Junior sections, i.e. cuts, grazes etc the coach or volunteer who is trained in first aid will treat the injury using the club's first aid medical kit or be dealt with by the St John's medical personnel.

Injuries to senior players are dealt with by either one of the club's two physiotherapists or a first aider.

In the event of more serious injuries to Mini or Junior players, senior rugby players or a spectator/person, an ambulance will be summoned. On arrival ambulance personnel will then assume responsibility for the injured player/spectator/ person.

If a young player, senior player/spectator/person is taken to hospital he/she must be accompanied by a responsible adult.

When the injured player/spectator/person had been dealt with a club accident report form must be completed. If the accident meets the RFU definition of 'serious' then the Club Secretary must be informed and complete the RFU Serious Injury Report Form. It will be the responsibility of the coach/manager of the team to inform the Club Secretary.

For all injuries it is the responsibility of the team coach or manager to ensure that the progress being made by the injured player/person is checked.

A standard first aid kit (see below) will be available to playing teams at all levels of the club for immediate treatment of minor playing injuries.

The club has a medical room where a FIRST AID box is available along with, stretchers blankets and spine board.

FIRST AID box is also available from the bar.

The Medical Room is located in the corridor leading to the changing rooms. This room is always open during training and matches. If locked keys to the doors of the medical room are situated behind the bar and are also in the possession of the Club Steward and the Grounds man.

It is MANDATORY that at any training session or match that there MUST BE A FIRST AID BOX and MOBILE PHONE in possession of a Coach, Team Manager or Physiotherapist.

RFU Guidelines for the Contents of a Standard First Aid Kit are:

Guidance card

Individually wrapped sterile adhesive dressings (assorted sizes) x 20

Sterile eye pads x 2.

Medium sized individually wrapped sterile wound dressings x 6.

Large individually wrapped sterile wound dressings x 4

Extra large individually wrapped sterile wound dressings x 4

Triangular bandages x 2.

3 Pairs disposable gloves.

Antiseptic wipes x 6.

Emergency foil blanket x 1.

Safety pins.

Guidelines for Dealing with an Incident/Accident

- Stay calm but act swiftly and observe the situation. Is there danger of further injuries?
- Listen to what the injured person is saying.
- Alert the first aider who should take appropriate action for minor injuries.
- In the event of an injury requiring specialist treatment, call the emergency services.
- Deal with the rest of the group and ensure that they are adequately supervised.
- Do not move someone with major injuries. Wait for emergency medical help.
- Contact the injured person's parent/carer.
- Complete an accident report form.