

# CUMBRIA R. F. U. LIMITED.

## CONTENTS.

Code of Conduct (incorporating Fair Play Code)	78
Child Welfare Terms of Reference	84
Equity Policy	85
Guide to Players' Safety	88-96

## CODE OF CONDUCT CLUB & SCHOOL RESPONSIBILITIES

(Incorporating the Fair Play Code)

Let us all work together to help youngsters enjoy their rugby, to have fun, to revel in the team game- and win or lose, to make us proud of them, their coaches and referees.

The following regulations and recommendations are for Clubs and Schools to follow. Failure by Clubs or Schools to observe the regulations may invalidate their insurance cover. In contrast, recommendations represent best practice and Clubs and Schools must endeavour to follow these. In future it will be a requirement of entering County Competitions/Festivals that Clubs give an undertaking that they have appointed a Child Welfare Officer. If no such undertaking is given then that Club will not be allowed to participate in that particular Competition/Festival.

### REGULATIONS

#### 2.1 PLAYER REGISTRATION:

Clubs must ensure that all Mini-Midi players complete and return registration forms to the Constituent Body's Youth Registration Official within 45 days of their first joining a Club. Team managers may be required to produce, for inspection, registration cards for each player when participating in competitive matches and should therefore take registration records and copies of any special age dispensations issued by the RFU to each match so they can confirm the ages of their players to the match official or the coach of the opposing team, if requested.

#### 2.2 CHILD PROTECTION:

- (a) The Policy and Procedures for the Welfare of Young People in Rugby Union, issued by the RFU in conjunction with the RFUW and the NSPCC, are to be considered part of the Rugby Continuum. Clubs and Schools should be familiar with the Policy and Procedures and must endeavour to put its recommendations into effect.
- (b) Clubs and Schools should ensure that:
  - (1) The Codes of Good Practice in the Policy and Procedures for the Welfare of Young People in Rugby Union are drawn to the attention of their coaches and match officials-

- (2) The Codes (promoting fair play amongst parents, spectators, match officials and coaches) contained in each Section of the Rugby Continuum are circulated to the relevant persons involved with Mini-Midi Rugby at their Club or School;
- (3) A Child Protection Policy, conforming to the Rugby Football Union's recommendations, has been produced and that its existence is communicated to all involved with Mini-Midi Rugby;
- (4) Their child protection officers complete the Rugby Football Union's "Best Practice and Child Protection" Distance Learning Course available via the RFU Website [www.rfu.com](http://www.rfu.com) (Community Rugby pages) or by telephoning Twickenham (0208 831 7454); and
- (5) All adults at their Club and School involved in delivering Mini-Midi Rugby complete a Criminal Records Bureau (CRB) Disclosure Form.

### 2.3 THE SEASON:

The Continuum season starts on 1<sup>st</sup> September each year. Fixtures and Festivals may only take place during the period 1<sup>st</sup> October to the May Day Bank holiday each season. Outside this period players may only participate in training and recruitment initiatives.

## RECOMMENDATIONS

### 2.4 COACHING:

- (a) The RFU strongly recommends that Clubs and Schools ensure their coaches acquire and develop coaching skills that are appropriate for the age grades they are coaching. This ensures improved playing standards throughout the game, reduces the risk of players suffering injury, increases consistency in the development of youth rugby and adds to the enjoyment for players.
- (b) Coach training comprises a combination of attending RFU-approved coach education courses (leading to a qualification), supplemented by attendance at coaching seminars and regular reading of coaching materials and viewing of coaching videos and DVDs. For further information on up-to-date products email: [coachingyoungplayers@rfu.com](mailto:coachingyoungplayers@rfu.com) or visit [www.rfu.com](http://www.rfu.com) or call free phone 0800 834551.
- (c) Clubs and Schools are strongly advised that qualified coaches supervise all persons who do not hold current coaching qualifications appropriate to the age grades they are coaching. Details of RFU-approved coach education courses can be obtained from your Constituent Body or Rugby Development Officer and include:
  - Mini Tag Rugby courses where all attendees receive a certificate of attendance and supporting resources, qualifying them, to coach Mini Tag Rugby, Rugby (Under 7 & 8's); and
  - (2) Mini-Midi coaching courses leading to a qualification to coach Mini Rugby (Under 9 & 10's) and Midi Rugby (Under 11 & 12's).
- (d) The Rugby Football Union recognises that at Schools the game may be taught by those in possession of a Teachers' Certificate of Education who, having completed their probationary year, are fully qualified teachers. However, each School is recommended to pay close regard to its health and safety responsibilities in assessing the adequacy of its teachers' rugby coaching capabilities. This may include sending teachers on RFU-approved coach education courses.
- (e) The RFU recommends that the months of September and January are used by Clubs and Schools to help coaches develop their coaching skills and, as appropriate, to qualify themselves to coach their current age grade or to prepare for coaching another age grade the following season. While team coaching/training sessions and competitive matches may continue to take place in January, this should not prevent coaches from engaging in such education activities and Clubs and Schools should give priority to coaches' education during these months.

### 2.5 HEALTH AND SAFETY:

- (a) Every Club and School should have close regard to its health and safety responsibilities and carry out and record formal risk assessments each season to ensure the safe and competent coaching of rugby. By contacting the appropriate department at Twickenham, clubs can obtain further guidance on the provision of a safe rugby environment from the Rugby Football Union.
- (b) The Rugby Football Union strongly recommends that Clubs and Schools have suitably qualified people who can render first aid present to provide immediate assistance to any player who is injured, whether during training sessions or during competitive play against outside opposition.

### 2.6 THE GOOD SPECTATORS' CODE:

Clubs and Schools should encourage Spectators to-

- (a) Act as positive role models to all players.
- (b) Be recognizable with, and abide by, the RFU Child Protection Guidance in relation to verbal and emotional abuse.
- (c) Respect guidance from the Club or School with regard to spectator behaviour.
- (d) Remember children play sport primarily for their own enjoyment, not for that of the spectators.
- (e) Acknowledge good individual and team performance from all players irrespective of the team in which they play.

- (f) Respect match officials' decisions, even if they appear to make a mistake - remember, they are volunteers providing an opportunity for players to play rugby.
- (g) Never verbally abuse players, coaches, match officials or fellow spectators: such behaviour can create a negative environment for players and their behaviour will often reflect this.
- (h) Acknowledge effort and good performance rather than 'to win at all costs attitude'.

## 2.7 THE GOOD PARENTS' CODE:

Clubs and Schools should encourage Parents to-

- (a) Be familiar with the coaching and training programme in order that they can ensure their child is fully involved and the coaches are aware of their availability.
- (b) Be familiar with the teaching and coaching methods used by observing the coaching and training sessions in which their child participates.
- (c) Be aware that the Club or School has a duty of care to ensure the safety of players and therefore, where appropriate, assist coaches with the supervision of the players, particularly where numbers are large and there is a need to transport players to away games.
- (d) Be involved with Club and School activities and share their expertise.
- (e) Share concerns, if they have them, with Club or School officials.
- (f) Be familiar with the Good Coaches' Code contained in the Rugby Continuum. In particular be aware that:
  - (i) Coaches should recognise the importance of fun and enjoyment when coaching players; and
  - (ii) Coaches should keep winning and losing in perspective, encouraging players to behave with dignity in all circumstances.
- (g) Support coaches in instilling these virtues.
- (h) Remember that young people play rugby for their own enjoyment not that of their parents.
- (i) Encourage young people to play - do not force them.
- (ii) Focus on the players' efforts, rather than on winning or losing.
- (k) Be realistic about the players' abilities; do not push them towards a level that they are not capable of achieving.
- (l) Provide positive verbal feedback both in training and during the game.
- (m) Remember that persistent, negative messages will adversely affect the players' and referee's performance and attitude.
- (n) Always support the Club and School in their efforts to eradicate loud, coarse and abusive behaviour from the game.
- (o) Remember young people learn much by example.
- (p) Always show appreciation of good play by all players both from their own Club or School and the opposition.
- (q) Respect decisions made by the match officials, even if they appear to make a mistake, and encourage the players to do likewise.

## 2.8 THE GOOD PLAYERS' CODE

Remember skill development, fun and enjoyment are the most important parts of the session/game.

Work equally as hard for the team as well as for yourself.

Recognise good play by all the players, whether they are playing with you or in the opposition.

Play to the Laws and Spirit of the game, and accept without question any decision made by the Referee and/or his Touch Judges.

***REMEMBER IT IS ONLY A GAME.***

## APPENDIX TO CODE OF CONDUCT

IRB Regulation 19 Code of Conduct for which key aspects include that all associated persons including players, officials and spectators binds Cumbria Rugby Football Union Limited:

Must ensure that the Game is played and conducted in accordance with disciplined and sporting behaviour and acknowledge that it is not sufficient to rely solely upon Match Officials to maintain those principles.

Shall co-operate in ensuring that the spirit of the Laws of the Game are upheld and refrain from selecting players guilty of foul play.

Shall not repeatedly breach the Laws of the Game.

Shall accept and observe the authority and decisions of Match Officials and rugby disciplinary bodies, and not abuse, threaten or intimidate them whether on or off the field of play.

Shall not publish or cause to be published criticism of decisions made by Match Officials and rugby disciplinary bodies.

Shall not engage in any conduct or any activity that may impair public confidence in the honesty and orderly conduct of a Match or in the integrity and good character of any person.

Shall promote the reputation of the Game and take all possible steps to prevent it from being brought into disrepute.

Shall not commit a Doping Offence.

Shall not use crude or abusive language or gestures towards Match Officials.

Shall not do anything that is likely to intimidate, offend, insult, humiliate, or discriminate against any other person on the ground of their religion, race, colour or natural or ethnic origin.

### Terms of Reference for Constituent Body Welfare Manager(s)

Support Clubs in the County to produce a Child Protection Policy.

Monitor Club implementation of Child Protection Policies within the Constituent Body.

In consultation with the Rugby Football Union Ethics and Equity Manager, advise on the management of all reported cases (in accordance with Rugby Football Union procedures), and ensure that all cases are reported to the Rugby Football Union.

In consultation with the Rugby Football Union Ethics and Equity Manager, plan the implementation of Criminal Record Bureau disclosures within the Constituent Body.

Establish contact with Social Services and Area Child Protection Committees.

Have a formal role on relevant committees within the Constituent Body.

### Terms of Reference for Club Welfare Officer(s)

Ensure that the Club has a Child Protection policy and implementation plan.

Ensure that Codes of Conduct and Responsibilities are well published and adhered to.

In consultation with the Constituent Body's Welfare Manager(s), ensure all reported incidents are managed at the appropriate level in accordance with Rugby Football Union procedures.

Ensure all parents, coaches, administrators and spectators are aware of the Club policy on Child Protection and correct protocol for voicing concerns.

Ensure all relevant Club members are aware of all the training opportunities.

Be aware of the local Social Services and area Child Protection Committee contacts.

# RFU AND RFUW EQUITY POLICY

## 1. Policy Statement

The RFU/RFUW recognises the importance of affording equity, equal opportunity and fair treatment to all present and potential employees and members.

The RFU/RFUW aims to ensure that all people irrespective of their age, gender, ability, race, religion, ethnic origin, creed, colour, nationality, social status or sexual orientation have a genuine and equal opportunity to participate in Rugby Union at all levels and in all roles. That is, as a beginner, participant or performer, and as a coach, official, referee, manager, administrator or spectator.

It is the aim of the RFU/RFUW in its relationships with its members, employees, job applicants and in the provision of its services, not to disadvantage any individual by imposing any conditions or requirements which cannot be justified. Failure to comply may result in disciplinary action being taken.

Advice and training will be given to all those working for and on behalf of the Unions.

Direct discrimination is defined as treating a person less favourably than others are or would be treated in the same or similar circumstances.

Indirect discrimination occurs when a requirement or condition is applied which, whether intentional or not, adversely affects a considerably larger proportion of people of one race, sex or marital status than another and cannot be justified on grounds other than race, sex or marital status.

## 2. Objectives.

The RFU/RFUW Equity Policy has the following objectives:

- To adopt a planned approach to eliminating perceived barriers which discriminate against particular groups. This will include widening the traditional approach and include communities experiencing disadvantage, poverty and health inequalities;
- To ensure that no-one working or wishing to work for and on behalf of the RFU/RFUW receives less favourable treatment on the grounds outlined in the Policy Statement above;
- To give clear guidance to individuals working within the RFU/RFUW, either employed or as volunteers, on the commitment to equal opportunities;
- To ensure that all those who participate in Rugby Union, at all levels and in all roles, receive fair and equitable treatment;
- To ensure that all materials prepared, produced and distributed by or on behalf of the RFU/RFUW promote a clear image of all those are apart of the game;
- To ensure that the format and content of all competitions, regulations and assessments provide equity for all, except where specific situations and conditions properly or reasonably prevent this.

## 3. Implementation.

The RFU/RFUW will seek to promote equity and equality through:

- The monitoring of practices, procedures and data relating to the operations of competition, schemes, initiatives and development materials;
- A regular review of existing rules and regulations to ensure that they do not inhibit the participation of people from groups which may suffer discriminations;
- Increasing collaboration with partner organisations to ensure equity, fair and consistent treatment of all members;
- The provision of appropriate training for all employees, members of the Executive Committee and other key volunteers of the RFU/RFUW to raise awareness of both collective and individual responsibilities, to support their progress within the Union and, where appropriate, provide specialised facilities, equipment and individual training;

In pursuance of this policy, the RFU/RFUW may take special measures or positive action in favour of any group that is currently under-represented in its membership, representative bodies or its workforce. In this, the RFU/RFUW recognises its legal obligations under the following Acts of Parliament:

- Race Relations Act 1976 (Amendment 2000)
- Equal Pay Act 1970
- Sex Discrimination Act 1975, 1986, 1999
- Disability Discrimination Act 1995
- Rehabilitation of Offenders Act 1974
- Human Rights Act 1998

#### 4. Monitoring

- The Equity and Ethics Manager of the RFU/Managing Director of the RFUW will be responsible for providing their respective Unions with data for monitoring the effectiveness of this policy, and for providing information to members about the policy and its implications and impact;
- The RFU/RFUW will continuously monitor and review the selection criteria and procedures in relation to participation and employment to ensure individuals are selected, promoted and treated soely on the basis of the skills and abilities which are appropriate to the position;
- The RFU/RFUW will work with key equity partners and accountable officers within the respective organisations to ensure that all programmes and initiatives are inclusive.

#### 5) Exemptions

- The RFU/RFUW reserves the right to limit competitions to persons of specific age, gender or disability groups where this is necessary to ensure, safe and equal competition.

#### 6) Responsibility

The RFU/RFUW expects all those acting on behalf of the organisation to adhere to this policy.

In pursuance of this policy the RFU/RFUW reserve the right to discipline any of its members or employees who practice any form of discrimination on the grounds of a persons age, gender, ability, race, sexual orientation, creed, religion, ethnic origin, colour, nationality, or social status.

Rugby Football Union, Rugby House, Rugby Road, Twickenham, TW1 1DS

Telephone Number 020 8892 2000. Email: communityrugbyinfo@rfu.com

## Cumbria Rugby Football Union Limited:

### A Guide to Players' Safety.

Rugby Union is a strenuous physical contact game incorporating running, handling, kicking and tackling. Simple safety precautions should be considered to ensure adequate protection for all participants.

#### 1. The Spirit of Rugby:

The rules of the game of Rugby Football are known as Laws, but these laws mean less to the game than a long established, accepted spirit in which the game is played and supported. You will not find all the following in the Law Book, but you will find them all in the hearts and minds of true rugby supporters and players.

- a). The referee's decision is accepted without question on the field of play. After the game, the referee will be more than happy to discuss the game and certain decisions over the traditional pint in the bar. Remember, the referee is not being paid, and serves the game for his enjoyment.
- b). From the touchline, it is imperative that spectators treat the opposition at times of success or tension as they would their own side, e.g. that they applaud (if a little less loudly) their good tries, and are silent for their kicks at goal.
- c). Retaliation plays no part in our game; restraint is a lesson well learnt and practised. The referee might not see the initial act of foul play, but is almost certainly to witness the retaliatory action.
- d). Shouts from the touchline encouraging any form of violence or malpractice should not be heard. Spectators who are involved in this way should be dealt with immediately.
- e). Applause for the opposition and the referee after the match should be warm and genuine; it takes two teams plus the referee to create an enjoyable game.
- f). Remember, it is a game played for fun, to make friends; it is not so much the winning or the losing but the playing that is important. This is especially so with young people; encourage them to enjoy themselves (to win with modesty, as if used to it), to lose with dignity so that after the match the fun continues and friendships are created.

#### 2. Player and Ground preparation:

- A) General safety rules...players.
  - i) Always warm up, but not on hard surfaces.
  - ii) Never wear dangerous projections such as rings.
  - iii) Always wear a mouth-guard.
  - iv) Never chew gum during a match.
  - v) Ensure that you have a preventative course of tetanus injections.
  - vi) Players may wear the following items of protective clothing if they conform to LAW 4 and IRB regulations: elasticised bandages; shin guards; ankle supports; fingerless gloves; shoulder pads; head guards.

vii) Always stretch off and cool down after a match.

B) General safety rules... ground.

- i) Playing surfaces should be good and clear of stones and potholes.
- ii) The pitch should be clean, avoiding the use of organic fertiliser and creosote mixtures to mark out the pitch, particularly those containing paraquat.
- iii) Free access to the pitch for an ambulance should be available.
- iv) The RFU recommends that all clubs and schools should pad their goal posts and any projections or barriers close to the pitch.
- v) Use flexible flag sticks which do not splinter on contact.

### 3. Pre Match Preparation:

- 1) Disposable gloves should be worn at all times, whilst carrying out treatment.
- 2) Before the match or training, ensure that the first aid equipment is in order.
- 3) A stretcher, pneumatic splints, bandages and ice should be readily available in a treatment room.
- 4) Treatment room should be clean, warm, have running water and good lighting.
- 5) Check First Aid supplies: Waterproof First Aid bag should include:
  - Iced water with a clean sponge.
  - Gauze swabs in packets of five.
  - Assorted waterproofs sticking plasters.
  - Crepe bandages 5cm & 10cm(for knee and ankles).
  - Elastic adhesive bandages 10cm, 7.5cm, 5cm & 2.5cm.
  - Scissors
    - g) Adhesive tape 5cm. and 2.5cm.
    - h) Roll of pre-taping under wrap (7.5cm) to apply before support strapping and for those allergic adhesives.
  - Roll of 3m-x5m non-allergic transport adhesive.
  - j) Two triangular bandages.
  - A tube of embrocating cream.
  - Antiseptic cream and Antiseptic solution.
  - m) Vaseline.
  - An airway.
  - Plastic bag for soiled swabs.
  - Ampoules of saline.
  - Eye bath
- 6) Don't forget ice or cryogen cold pack in a thermos flask, a clean towel, a blanket, and an unbreakable container of fresh drinking water. The treatment room may be a long way from the pitch so take all you need, carry in a kit bag.
- 7) It should be quite clear that the first aid bag is under the jurisdiction of one person. No player should be allowed to help himself to the contents.

### 4. The successful coach is concerned with the well being of his players:

- a). The teaching of the correct techniques of the game, e.g. tackling, how to play in the scrum, and falling on the ball will not only lead to improved playing standards and therefore improved results, but will also contribute to safer rugby.
- b). Ideally groups should not be larger than twenty to one coach, and teams in opposition should be comparable in size and age.
- c). What are the aims of coaching?
  - to help the individual player and the unit of which he is part, to improve performance in order that the team may...
  - to win by scoring the greater number of points which the conditions of the day allow and..
  - to involve all players and create such exciting rugby within the laws of the game that more people will want to participate.
- d). DO- Prepare the session thoroughly, put it on paper if necessary- relate sessions to previous match- include much purposeful activity-give enjoyment-vary the approach-vary your voice-set up game situations for practising skills-improve the individual as well as the team-encourage selectors to help-listen to what players have to offer-include warm up/stretch off/cool down routines.
- e). DO NOT- Be late-insult players-talk too much-coach from a static position-be too dogmatic-neglect some players-wear untidy kit-ignore injuries-don't ignore suggestions from players.

Warm-up: before stretching increase the blood supply to the muscles by running on the spot doing large arm swings, trunk rotations and deep knee bends.

### 5. First Aid:

- A) Injuries to muscles, tendons, ligaments, capsules, skin and tissue layers readily bleed and fluid rapidly accumulates. Immediate injuries cannot be run off, heated, rubbed, manipulated, stretched or injected away. To arrest further soft tissue damage immediate treatment is necessary. (rest, ice, compression, elevation, immobile). Elevate the limb, protect wounds, oil the accessible area of skin over the lesion with olive oil or Vaseline (to prevent ice burn) and apply cubed or crushed ice in a plastic bag inside a cold damp towel for 20 minutes in each hour for 12-24 hours. Alternatively, a proprietary preparation, e.g. Cryogen, wrapped in a thick towel can be moulded to the part for 20 minutes.

Remember the lesion should be cleaned, inspected, protected, compressed and supported. Within the first 48 hours the part should be elevated but most importantly it must be locally compressed to restrict the bleeding. Do not use a tourniquet.

Use cotton wool to pad out the joints and uneven surfaces then apply a crepe bandage sufficiently large so as to extend well above and below the injury. It is better to use two bandages if one does not give enough cover or support. The use of cotton wool or lyofoam is essential to give an even pressure to the area. Remember, keep the pressure on, if it feels loose, and then rebandage. No hot baths. Seek expert advice as soon as possible. Do not leave it 48 hours to become more uncomfortable and more painful.

B) Principles of First Aid:

- 1) Initial treatment in severe injuries is designed to save guard life and, in all degrees of injuries, to prevent further damage. It must be carried out correctly and swiftly.
- 2) Immediate care is the first stage of rehabilitation and is crucial period of treatment.
- 3) The pitfalls are many but can be avoided through experience. The first aider, whether he be trainer, coach or doctor must not be over enthusiastic or too timid in approach. Enrol on an injuries/first aid course- it is most useful also to have a sound basis of functional anatomy and a knowledge of movement in injury and health, also of movement that will cause injury.
- 4) Correct diagnosis is important. Know what not to do as well as the right action to take. Immediate treatment directed towards the wrong aims means valuable time is lost.
- 5) The length of the time out of the game depends upon the speed with which initial treatment of the acute injury is made.
- 6) Players should be dissuaded from continuing playing after injury. Get them off the field. To stay on may worsen the situation and cause further injury. There is no place for heroics ("just let me try it and see what happens").
- 7) No one should play who requires a pain killing injection.
- 8) Take particular care with youngsters.
- 9) If in doubt suspect the worse, treat accordingly and remove the player for medical evaluation.
- 10) Do not leave the player alone. If he has been concussed, do not give him alcohol or allow him to drive.
- 11) Do not move the player unnecessarily.
- 12) If concussed-check breathing, remove gum shield and maintain a clear airway. Wait for player to gain consciousness, and assess level of consciousness and physical condition.
- 13) Ask questions of the injured players-  
do you have a pain, where is it?  
do you feel numbness, pins and needles anywhere?  
can you bend and straighten your arms?  
can you move your legs?
- 14) Do not forget:
  - i) stop the match.
  - ii) telephone for an ambulance if required.
  - iii) do not move player before giving correct treatment.
  - iv) act quickly, calmly and decisively.

6. Guidelines to Constituent Body and Club Officials:

- 1) Appoint a Medical Officer and/or medically trained persons regarding the arrangements for the management of the injured player.
- 2) Each County/Club should make every endeavour to have a match Honorary Medical Officer and or medically trained person and/or physiotherapist.
- 3) The ground should possess a medical room with adequate first aid facilities and basic necessities: Adequate lighting; Clean and Disinfected wash basin; A couch; A stretcher must be easily available before the match; Inflatable splints; Hard cervical collar; An airway tube for mouth to mouth resuscitation; The club phone, phone number and address should be displayed prominently.
- 4) The Medical Officer should be seated as near as practicable to the player's entrance from the field of play.
- 5) All should be conversant with LAW 3 and IRB regulations relating to replacements.
- 6) The location and phone number of the nearest hospital with A&E facilities plus arrangements for emergency ambulance services must be known beforehand.
- 7) A Liaison Officer should be appointed before the match. Should hospital treatment be considered necessary for the injured player the Liaison Officer should travel with the injured player to the hospital for communication with relatives, County/Club Officials etc. This is most helpful to the visiting team. The Liaison Officer should carry a mobile phone, and sit near the Medical Officer.

7. Summary:

Consistently applying some simple good practice in terms of physical conditioning and treatment of injuries can help everyone enjoy their rugby more.

(Medical Officer, Cumbria Rugby Football Union Limited)

## APPENDIX TO GUIDE TO PLAYERS' SAFETY

### IMPORTANT NOTICE

The safety of all players, especially the younger players, is of paramount importance and, therefore, in addition to other medical and safety requirements, all clubs must be aware of the potential seriousness of injuries. Please ensure that the following points are in place at all matches:

- There is convenient and suitable access for an ambulance or other emergency vehicle.
- A warm dry area for the casualty is available in a suitable secure area.
- There is access to a telephone to ensure emergency assistance can be called immediately.
- Stretchers and blankets are readily available in the Clubhouse or Changing Room area, and not locked away in a cupboard.
- First Aid Kit is kept in a suitable secure area, and available on all match days.
- All emergency telephone numbers for police, doctor and hospital are readily available in the Clubhouse.
- Do not risk further injury by moving the players, wait for professional assistance.
- Ice is available from the bar, and make sure that there is an icebox readily available.

(Medical Officer, Cumbria Rugby Football Union Limited)

### *SYSTEM FOR REPORTING INJURIES*

Collecting player injury information has helped the Rugby Football Union's Governance Committee to make certain recommendations on safer practice to the Council and International Rugby Board, resulting in a number of changes in Law and rugby practice.

The system for reporting injuries is now being changed with the aim of reducing time consuming administration and to provide more up to date injury statistics so that the R.F.U. and everyone involved in the game can make it as safe as possible.

All Rugby Clubs and Schools in Cumbria need to be aware that this new system of injury reporting is in place. The old serious and very serious injury definitions are replaced by the single definition of reportable injuries.

The old definitions of injuries, reported in returns twice a year, have been replaced by the single term reportable injuries, which should be sent immediately after an injury.

These can be sent:

- a) Via email to: [sportsinjuriesadmin@therfu.com](mailto:sportsinjuriesadmin@therfu.com)
- b) By using the pro forma on the Community Rugby Downloads of [rfu.com](http://rfu.com); or
- c) By telephone to Dave Phillips on 01942 670122 or by fax on 01942 512683.

Reportable injuries are:

- Any head or neck injury that requires a player to be transported directly from the ground to an accident and emergency department.
- An injury that results in admission to a hospital as an inpatient after the game/training has finished and is game/training related.
- Any injury that prevents a player from playing or training for a period of eight weeks or longer.
- Deaths that occur during a game or within six hours of the game/training finishing.

A full guide to injuries and insurance can be found in the RFU Handbook and also on-line at [www.rfu.com](http://www.rfu.com).

Clubs and Schools in Cumbria must contact our Serious Injury Reports Liaison Officer, for details see the County Handbook.

(Serious Injury Liaison Officer, Cumbria Rugby Football Union Limited)

## SUMMARY NOTICE

THE SAFETY OF ALL PLAYERS IS OF PARAMOUNT IMPORTANCE AND THEREFORE, IN ADDITION TO OTHER MEDICAL AND SAFETY REQUIREMENTS, ALL CLUBS MUST ENSURE THAT WHEREVER THE GAME IS PLAYED:

1. THERE IS VEHICULAR ACCESS FOR AN AMBULANCE OR OTHER EMERGENCY VEHICLE.

AND

2. THERE IS ACCESS TO A TELEPHONE TO ENSURE EMERGENCY ASSISTANCE CAN BE CALLED IMMEDIATELY.