

PRUFC - FIRST AID POLICY

The Club recognises that in a physical contact sport, injuries can occur, and it will accordingly seek to ensure that appropriate first aid resources will be available at all games and training sessions. It has accordingly adopted the RFU policy on first aid in the RFU A-Z of Community Rugby. This states:

"It is recommended that all Community Rugby clubs have at least standard first aid equipment and a trained person on match days and at training nights."

The RFU guidelines for Standard First Aid Equipment Boxes are that they should contain:

- Guidance Card
- 20 Assorted Adhesive dressings (Plasters)
- 2 Sterile Eye Pads (No 16)
- 6 Medium Sterile Wound Dressings (No 8)
- 2 Large Sterile Wound Dressings (No 9)
- 4 Short Life Triangular Bandages
- 3 Pairs of Disposable Gloves
- 6 Antiseptic Wipes
- 1 Emergency Foil Blanket
- 1 Disposable Resuscitation Kit

Boxes should be clearly labelled and accessible.

In addition the club will:

1. Encourage members to attend appropriate first aid courses. The club will stage first aid courses when there is sufficient demand. Coaches in particular will be encouraged to complete a course.
2. The club will seek to ensure that there is an identified member trained in first aid at all matches and training sessions.
3. The club will allocate funds from its Playing Budget for the employment of a qualified physiotherapist who will be expected to be available at all 1st XV matches. The physiotherapist will attend club players who may be playing in other matches at the same time as the 1st XV matches who may be seriously injured and Junior home fixtures and Sunday training sessions.
4. The club will maintain a medical treatment room.
5. Access for ambulances will be maintained at all times.
6. Drinks will be available for players during matches and at half time.

It is acknowledged that for potentially serious injuries the aim of first aid is to keep a player safe until, he or she can be transferred to hospital.