

ELITE YOUTH RUGBY

FIRST AID POLICY (FOR AWAY PLAY)



First aid policy

1. Purpose

The purpose of this EYR First Aid Policy is to ensure the safety and well-being of all players, coaches, and staff during the youth rugby team events. It outlines the procedures for managing injuries, illnesses, and emergencies while at our training facility, Bisham Abbey.

2. First Aid Personnel & Responsibilities

Qualified First Aiders: At least one (preferably two) certified first aider(s) with a valid Emergency First Aid in Rugby (EFAR) or equivalent (e.g., First Aid at Work) must be present at all times. <https://keepyourbootson.co.uk/Emergency-First-Aid/EFARU>

3. First Aid Provision and Kit

A fully stocked, portable first aid kit must be available at all matches, training sessions, and team activities.

Medical Information: Coaches must have access to players' consented medical status (including allergies, conditions, and emergency contacts) from EYR website database.

First Aid Kit Contents: The kit should include (but is not limited to):

i. Disposable gloves	vi. Antiseptic wipes/spray
ii. Sterile wound dressings	vii. Ice packs/instant cold packs
iii. Bandages (crepe, elastic, triangular)	viii. Scissors & tweezers
iv. Plasters (assorted sizes)	ix. Foil blanket
v. Antiseptic wipes/spray	x. CPR face shield

Pain relief (e.g., paracetamol – only administered by first aider with parental consent)

4. Injury & Illness Procedures

Minor Injuries (cuts, bruises, sprains):

1. Assess the injury.
2. Administer first aid (clean wounds, apply ice, bandage if needed).
3. Monitor the player; remove from play if necessary.
4. Record the incident in the Team Injury Log.

Serious Injuries (head injuries, fractures, suspected spinal injuries):

1. STOP PLAY IMMEDIATELY – Do not move the player unless in danger.
 2. Assess consciousness and breathing – if unresponsive, begin CPR if trained.
 3. Call emergency services (local emergency number should be known in advance).
 4. Notify parents/guardians immediately, if not present using EYR web details.
- **printed sheet** of each event participant Parent/Guardian in case of internet loss.
5. Record details of the incident and actions taken.

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Head Injury/Concussion:

If a player shows signs of concussion (dizziness, confusion, nausea, headache), they must be removed from play.

Follow RFU (Rugby Football Union) Graduated Return to Play Protocol – no same-day return.

Medical clearance required before resuming play.

Emergency Procedures

Emergency Contacts: All staff must have access to emergency numbers (local hospital, ambulance, tour accommodation).

Hospital/Clinic Locations: Know the nearest medical facilities before matches/training.

Wexham Park Hospital (Urgent Treatment Centre - UTC)

Address: Wexham Street, Slough, **SL2 4HL**

Phone: 01753 633 000 **Distance:** ~10 miles (~20 min drive)

- **Urgent Treatment Centre (UTC)** – treats minor injuries (sprains, cuts, minor burns).
- **Not a full A&E** – serious cases may be transferred to another hospital.

Emergency Transport: Ensure a vehicle is available for emergency transport if needed.

6. Communication with Parents/Guardians

- Parents must provide written consent for emergency treatment.
- In case of serious injury/illness, parents must be notified ****immediately****.
- If hospital treatment is required, a staff member must accompany the player.

7. Post-Injury Follow-Up

All injuries must be recorded in the Team Injury Log.

Players should not return to play without medical clearance if serious injury occurred.

8. Review & Compliance

This policy will be reviewed annually or after any major incident.

All staff, players, and parents must be aware of the policy before our events.

CSO PH Signature		Date / /
Head of Development JB Signature		Date / /