



Cobham

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Cobham Rugby First Aid Volunteers Guide

An all you need to know guide about this vital role at Cobham Rugby.

Managing the first aid and medical needs of a busy Rugby club can be challenging. To help the processes run smoothly we need your help to ensure all players are well cared for. This guide aims to cover the key information you may need to successfully ensure player safety is paramount, and every player gets the most from Rugby.

First Aider Volunteer (FAV)

Cobham Rugby Club aim to have at least one FAV per team who will be in attendance whether playing or training, at home or away. This can be a coach or parent, although a non-coaching parent is preferable. To qualify as a FAV a current First Aid at work certificate or first aid qualification and a DBS check are required. Cobham Rugby values FAV's greatly and arranges training accordingly. If you have volunteered and need to attend an Emergency First Aid course or update your First Aid qualification (please note, all First Aiders need to fully re-qualify every 3 years), or you know someone who would be keen to take on this role, please speak to the age group Managers and then use the contact details at the end of this guide.

NB: We ask Head Coach's of each age group to be First Aid qualified. This is to ensure one person has overall responsibility on whether an injured player continues to play or not, mainly in the case of Concussion.

The Role

The FAV is the first point of contact for any injured player. Their role is to quickly assess whether the player needs emergency treatment from the on-call Immediate Care Therapist (ICT), can be accompanied to the First Aid

Old Surbitonians Memorial Ground, Fairmile Lane, Cobham, Surrey KT11 2BU

Tel: 01932 864441 **W** : www.cobhamrfc.com **T** : @Cobhamrfc



Cobham

R U G B Y

room for assessment, or can be dusted down and carry on. They need to respond quickly should there be a serious injury and alert the ICT and emergency services should they be required. We ask that FAV's wear a first aid vest so they can be easily identified. They are the eyes and ears of the ICT. To this end communication is essential. The ICT has a phone on them at all times; they can be reached on;

07926 945680

Please put this number in your phone now. You can also check who the duty ICT is on the door of the First Aid room in the changing room corridor at the Memorial grounds. If you feel that a player should not move and requires emergency care on the pitch, call this number and direct the ICT to you.

Training

FAV's are required to attend a first aid training course every three years. FAV training is organised and hosted by the club. For more information on FAV training please contact FA co-ordinator Kathryn Dawson. (details at the end of this document)

Equipment

Many of the Cobham teams have their own First Aid kit bags. The designated FAV usually keeps it. If you are new to this role and do not have a bag please ask your coaches who was in the role previously and if they have the bag. The first aid bag belongs to the club. A reusable ice bag, water bottle and the odd roll of tape can also be handy. If you need any medical supplies please see the ICT therapist in the First Aid room, opposite the changing rooms at the Memorial Ground. A list of recommended First Aid kit is at the end of this document.

Concussion

From time to time players receive blows to the head. This is part and parcel of a collision sport. The majority of head injuries do not result in lasting symptoms, however it is important players are monitored closely. At Cobham



Cobham

R U G B Y

we have a designated protocol for concussion assessment and treatment. If you witness or are informed of a suspected head injury that has led to suspicion of concussion, the player should be **REMOVED FROM PLAY**. More information about concussion management can be found on the club website at;

<https://www.cobhamrugby.co.uk/medical-information>

Recording injuries

Players presenting to the First Aid room with an injury occurring on the day will have their details recorded. This is standard medical procedure and helps us track player welfare. The club uses PROactive app to log all injuries dealt with by FAV's. for more details on your role in recording injuries please see the website

<https://proactivereporting.com>

All medical records are kept in accordance with Health Care Professions Council (HCPC) guidelines.

Away from Cobham

A First Aider is essential when playing away at Youth tournaments. The tournament cannot go ahead without a First Aider from each team being present. If you are acting as a First Aider away from Cobham, please ensure that any serious injuries sustained by your players that require onward care are reported to the ICT or lead physio. When visiting unfamiliar grounds, consider ambulance access, ask where emergency equipment is etc. Be prepared.

Opposition players

Whilst at Cobham the ICT has a duty of care to all on the Cobham grounds. This covers all players, both home and away and spectators. This means that in the event of a serious injury or life-threatening situation they have a duty of care. This does not however extend to treating opposition player for minor injuries. This is not due to unsporting attitudes, but born from a lack of consent to treat from parents and the possibility, however slim, that someone could be harmed. This also applies to you. This does not mean you cannot assist other First Aiders with their players or give out advice, but please do not



Cobham

R U G B Y

actively treat. Instead, direct players to their coach or First Aider. It is their responsibility to provide suitable provision. If this is not provided, and you feel that the injury is serious enough to require your assistance, please speak with the players coach before offering any help.

FAQ's

Ice

We ask that you use a reusable ice bag when at either site at Cobham. If you do not have one, please ask. Most other clubs will fill a reusable bag for you if you ask nicely. An ice bucket can be found outside the main club doors on Sundays. Please be sparing and let the ICT know if it runs out.

Water

The drinking water tap is located within the flowerbed adjacent to the main club doors at the Memorial Ground. At the Covenham site the tap is on the exterior wall of the Changing Room, just as you enter the grounds. Please direct visitors to these sites rather than the bars for water.

Supplies

FAV's are responsible for first aid bags, their safekeeping and replenishment. If you are low on particular medical sundries please ask the ICT at the First Aid room. If you do not have something that you feel would be useful, please ask. All reasonable requests are considered.

Treatment

David and his staff run a private clinic for club members on Tuesday's and Thursday's at a reduced rate of £35 for a 40 Min session. Players over 18 can be seen on a Tuesday and Thursday evening during training times at no cost. Please contact David Silver for more info, Details at the end of this document.



Cobham

R U G B Y

AED's

Heartsine Samaritan automated AED's are located on both sites. Please visit the **video link below** or within the First Aid tab on the website for usage instructions.

Cobham Rugby AED use

Memorial Grounds

The AED is situated on the tennis court end of the main building next to the exterior access toilet.





Cobham

R U G B Y

Covenham site

The AED is situated in the emergency equipment Cupboard within the Changing Room (first room under the bays). Please ensure that the room is unlocked prior to ANY use of the grounds.



First Aid Kit Contents (recommended)

- Small, medium, large sterile bandages
- Triangular bandages
- Eyepad / dressings
- Hyper-allergenic plasters
- Eyewash
- Sterile gloves
- Sterile wound wipes
- Sterile wound strips
- Yellow clinical waste bags
- Vaseline – older age groups
- Reusable ice bag
- EAB tape
- Address Card



Cobham

R U G B Y

Key Contacts

Kathryn Dawson

FAV Coordinator

kathrynmariadawson@yahoo.co.uk

David Silver MCSP BSc MSc MCSP

Lead Physiotherapist

077936 50569

<mailto:Physio@cobhamrugby.co.uk>

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