



FIRST AID TRAINING

THIS IS OUR GAME, THIS IS WELSH RUGBY

DYMA'N GÊM NI, DYMA RYGBI CYMREIG

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As a minimum it is recommended that all matches and training sessions should be supervised by personnel trained in Basic First Aid. It is recommended that the club keeps a record of qualified first aiders including the renewal dates for renewing their qualification.

DID YOU KNOW THAT FIRST AID TRAINING CAN BE PROVIDED AND FUNDED BY THE WRU?

Emergency First Aid for Rugby

This is a 3 hour course tailored towards rugby volunteers focusing on injuries commonly seen on the pitch. The course is delivered at the clubhouse and volunteers attain a first aid qualification for three years. Suitable for all volunteers over the age of 16 years.

We also advise that players take up the course.

All coaches, referees and players should be encouraged to participate in First Aid training.

For further information on how to book please contact the WRU Integrity Team on integrity@wru.wales

EXAMPLES OF FIRST AID TRAINING INCLUDE:

- St John Cymru Wales first aid for sport course
- HSE Emergency first aid at work





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WHAT EMERGENCY EQUIPMENT SHOULD WE HAVE?

This equipment list is only applicable for use by practitioners with the appropriate pre-hospital pitch side care qualifications that have also undertaken the relevant recertification in accordance with their qualification.

Please note this is a suggested list and may be supplemented with additional items dependent on the provisions required and the qualifications of medical staff.

- A concaved spinal extrication device (e.g. Ferno EXL scoop) with head immobiliser/body straps and an appropriately trained extrication team i.e. those trained by medical staff to adequately and safely, under the direction of medical staff, transfer a player onto the extrication device and remove them from the field of play.
- An additional stretcher can be present but must be in addition to the concaved extrication device. Traditional long boards or metal bladed scoops should not be utilised for transporting patients.
- An assortment of collars available to fit every player of the respective team or two adjustable collars. Soft neck collars are not suitable.
- Splints (For immobilisation of the upper and lower limbs)
- Stethoscope and Sphygmomanometer
- Oropharyngeal airway (assorted sizes)
- Nasopharyngeal airway (assorted sizes)
- Supraglottic airway (assorted sizes) – preferably i-gel
- Pocket mask with one way valve
- Portable Suction (can be hand held or powered)
- Suture kits and equipment – must be disposable sets or sterilised to current national standards
- Penlight torch
- IV giving sets
- 1l crystalloid (not 5% dextrose)
- IV Cannulae (14G-22G)
- Green/blue/orange needles with sharps box for disposal
- 1ml, 2ml, 5ml, 10ml syringes
- AED Cardiac defibrillator with wall mounted storage
- Clothing shears
- Nebuliser mask and tubing - only to be utilised if the appropriate training has been delivered and the clinician has been deemed competent
- Crutches
- Shoulder sling
- Immobilisation boot
- Multi-angle knee brace

EXAMPLES OF PRE-HOSPITAL PITCHSIDE TRAINING INCLUDE:

- WRU Immediate Care in Rugby course
- WRU Introduction to immediate care in rugby course
- England Rugby PHICIS (level 3 and level 2)
www.englandrugby.com/rugbysafe/education/icis/
- Lubas sports trauma management course
www.lubasmedical.com/sports-trauma-courses
- RFL IMMOFP course
www.rugbyleague.com/the_rfl/child__player_welfare/first_aid_and_concussion
- FA ATMMiF course
www.thefa.com/get-involved/coach/courses/all-courses/the-fa-atmmif