



ORFC First Aid and Injury Protocol

Coaches, First Aiders, Team Admin and Parents should read the RFU Rugby Safe Guidelines

A nominated First Aider must be on the touchline during training and matches

The First Aider must hold a certificated qualification (Certificate lodged with Welfare Officer)

The First Aider must have a fully equipped, regularly replenished First Aid Kit and wear the HiViz/armband

The First Aider must record details of injury and treatment given and sign

Blankets, sub suits etc are available in the club for extra warmth.

All injuries in Age Grade players **MUST** be reported to parent/carer, signature advised

All head or all other than minor injuries and incidents must be logged on the Rugbysafe App

Headcase and Return to Rugby Protocols must be observed at all times with suspected concussion players removed from play as below

Players considered to be seriously injured should remain in place, be kept warm, conscious, monitored until emergency services arrive. Very important to stabilise all head, neck or back injuries

999 calls should be made from the landline in the clubhouse 01572 723351 ORFC, The Showground, Off Burley Way, Oakham. **LE15 7TW Telephone 01572 723351**

A responsible adult must be dispatched to guide in the emergency services

Notifiable Injuries require that a form be completed then sent to the RFU and LRU Secretaries and logged with the ORFC Secretary

The Lead Coach must follow up the injury with a phone call that evening.

HEAD INJURIES/CONCUSSION

All Team personnel should complete the online Headcase Course

If concussion is AT ALL suspected

You **must remove player** from play immediately. It is **YOUR** decision, not the Parent/Carer. Continuing to play increases their risk of more severe, longer lasting concussion symptoms, as well as increases their risk of other injury:

- You should not let them return to play that day
- You should not allow them to be left alone, player must be accompanied by 2 people until checked out or responsibility is assumed by emergency services or parent with signature obtained
- You should make sure they are seen by a health care practitioner as soon as possible that day
- You should advise parents not to drive unaccompanied with the child
- Age grade players with concussion should be taken to hospital, via 999
- If parents choose to transport obtain handover signature as symptoms may be delayed

Concussion Guidelines

What is a concussion?

A concussion is a temporary injury to the brain that cannot be seen on routine x-rays or scans. It affects the way a person may think and remember things for a short time, and can cause a variety of symptoms.

What causes a concussion?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion.

Recognise the symptoms and signs of concussion

A player does not need to be knocked out (lose consciousness) to have had a concussion.

Problems the player may experience:

- Does not know time, date, place, period of game, opposing team, or the score in the game
- General confusion
- Cannot remember things that happened before and/or after the injury
- Seems slow to answer questions or follow directions
- Seems easily distracted
- Not playing as well as expected
- A blank stare/glassy eyed, “the lights are on but nobody's home”

Things the player may complain of or you may see:

- Knocked out
- Headache
- Dizziness
- Feel dazed or stunned
- Loss of vision, seeing double or blurred, seeing stars or flashing lights
- Ringing in the ears
- Sleepiness
- Stomach ache, stomach pain, nausea, vomiting
- Poor coordination or balance, staggering around or unsteady on feet
- Slurred speech
- Poor concentration
- Strange or inappropriate emotions (i.e. laughing, crying, getting angry easily)
- Feeling generally unwell

When can a concussed player return to rugby?

It is very important that the player does not go back to rugby or any other sport, if they have any concussion symptoms or signs

They should not go back to rugby/sport until they have been cleared to do so by a doctor.

How long will it take to get better?

The signs and symptoms of a concussion often last for 7-10 days in adults but may last much longer, especially in younger players and children. In some cases, players may take many weeks or months to recover. Suffering previous concussions may increase the chance that the person may take longer to recover.

Remember the 4 Rs:

Recognise the signs and symptoms

Remove the player from play

Recover fully before returning to sport

Return only after following a **Graduated Return to Play**

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