



# RETURN TO RUGBY RESOURCES

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# EMERGENCY FIRST AID PROVISION FOR THE COMMUNITY GAME



August 2020

# INTRODUCTION

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This guide provides information and guidance for clubs on what first aid provision should be in place during the different stages of [Return to Rugby roadmap](#) following the coronavirus (COVID-19) outbreak.

The following guidance is for emergency first aid treatment only. As with normal practice, first aiders should only carry out first aid treatment that they have been trained to do. Any additional treatments by Health Care Professionals/Allied Health Care Professionals (e.g. physiotherapist, sports therapist) should be carried out in accordance with the most recent government and relevant association/regulatory body guidelines.

Clubs should ensure that all first aiders are made aware of the following guidance to ensure first aiders are confident that they can provide care to someone injured throughout the [Return to Rugby stages](#) following the coronavirus (COVID-19) outbreak.

Please be aware that this guidance has been developed based on current government guidance and may change regularly and at late notice. Please check regularly to stay up to date on the latest [Government](#) and [RFU](#) coronavirus guidance.

## Return to Rugby – Phased Return

The following document sets out some general principles to help clubs prepare for rugby activity based on the stages and progressions of the [Return to Rugby roadmap](#).

All clubs should consider the emergency first aid provision as part of a risk assessment, this should be reviewed and updated as larger groups and more contact training is permitted.

The below table provides an outline of minimum first aid requirements by return phases, but a risk assessment considering the type of activity, number of participants, facility and pitch locations etc. should be used to determine individual club need and any if additional provision is required.

General information on emergency first aid provision, including an explanation of roles e.g. Emergency First Aider (EFA) can be found in the [First Aid Provision Minimum Operating Standards](#) and [Regulation 9](#)

Activity Type	Minimum level of First Aid Provision
Non-contact only training small group training	Clubs should complete a full risk assessment of the activity and facilities to determine the level of emergency first aid required, however due to the non-contact nature of the activity, the requirements for first aid provision may be reduced and differ from those set out for contact rugby in Regulation 9.
Contact Training Larger groups, low and medium	One EFA per team and/or group (e.g. approx. one first aider per 20 players and/or per pitch)  plus one EFA per venue
Contact Training Whole team training,	As per Regulation 9
Touch & Ready4Rugby activity  Including: Adult, Mixed, Age Grade	One Emergency First Aider (EFA) per 4 simultaneous matches i.e. across two full adjoining pitches  plus one EFA per venue

## Guidance for providing First Aid treatment in a Community Rugby setting

The following information has been adapted from the [Health & Safety Executive](#) and [St John Ambulance](#) guidance.

### General Club Guidance

- Clubs should have completed a specific risk assessment and Emergency Action Plans (EAPs) to identify needs and protocols in an emergency situation, including how to manage a suspected COVID-19 cases on site. The EAPs should be shared with all relevant individuals such as coaches and team managers. A template Medical Emergency Action Plan is available on the [RugbySafe resources page](#).
- It is recommended that clubs provide an opportunity for first aiders to share and discuss any concerns and the practicalities of providing first aid in a manner that keeps both themselves and players safe. This should include awareness of what equipment they can use to minimise risk of infection transmission.
- Clubs should promote and encourage personal and environmental hygiene. Measures should be put in place so that individuals can practice the appropriate levels of hygiene at all times. For more information on the [RFU Coronavirus support page](#).
- Appropriate type and quantities of PPE must be available for first aiders and as part of the emergency first aid equipment. First aiders need to be appropriately trained in the correct use and application of PPE. The level of PPE used should be in line with the government COVID-19 PPE Guidelines (see PPE requirements for first aiders section).

- Clubs should ensure that the correct disposal of all PPE and contaminated equipment is carried out as per [Government and NHS guidelines](#).
- Appropriate cleaning products and systematic cleaning protocols should be in place for cleaning of medical treatment area and medical equipment and carried out before and after each use.
- Adherence to government social distancing restrictions should be maintained as much as possible. Where possible first aiders should maintain social distancing and coach injured player through self-administration of first aid (e.g. cleaning and self-dressing of abrasions) Should first aid treatment be required, first aiders should be perform treatment based on updated COVID-19 changes to the first aid treatment/procedures.

## First Aid/Medical Facilities

Wherever possible any first aid treatment should be undertaken outside. Ideally a minimum of 2 separate treatment areas should be set up:

- Area 1 (Green area): For low risk assessment and/or treatment of a patient not suspected of having COVID\_19 (negative screening questions and temperature screening).
- Area 2 (Red area): For assessment and/or treatment of a patient where there is an potential increased risk of transmission e.g. nose bleeds, CPR etc. or urgent assessment or management of a suspected COVID\_19 infected patient

If unable to have separate areas then a minimum distance aligning with government social distancing guidelines between zones needs to be established.

Equipment to be kept outside of red area and only brought in when required to avoid contamination.

Indoor first aid room/medical facilities should only be used in an emergency situation, with the following measures should be undertaken to minimise risk of transition.

- Thoroughly clean all equipment and beds before and after each treatment
- Open windows and doors (if appropriate) to promote ventilation
- Use the appropriate level of PPE (see PPE requirements for first aiders section)
- Reusable items e.g. towels, pillows etc. should be changed between each treatment and appropriately laundered. Disposable items should be removed and disposed of appropriately after each treatment.

## First Aid Qualifications

The Health & Safety Executive (HSE) have agreed an extension on first aid certificates that expired on or after 16 March 2020. This applies to the following qualifications:

- Emergency First Aid in Rugby Union (EFARU)
- Emergency First Aid at Work (EFAW)
- First Aid at Work (FAW)

The extension will run until **30 September 2020**.

Whilst some other first aid course providers have restarted the delivery of courses, due to some of complexities of running courses in clubs, cleaning equipment etc. there is currently no confirmed start date for the restart of the England Rugby Emergency First Aid in Rugby Union course.

Where possible, clubs should utilise first aiders with valid/in date qualifications, however in the case of an emergency, a first aider with a recently lapsed qualification could still provide treatment.

## Guidance for first aiders giving treatment

### Be Prepared and keep yourself safe

- Follow Government and RFU advice, make sure you wash your hands or where this is not possible to use an alcohol gel both before and after treating a player/casualty.
- Wear the appropriate level of PPE (see below)
  - All first aiders should be ready to attend to an incident/injury with Level 1 PPE
  - Level 2 PPE materials only have to be should be easily accessible for the first aider to use if required.

### Be aware of the risks to yourself and others

- Try to assist at a safe distance (i.e. 1m+) from the player/casualty as much as you can and minimise the time you share a breathing zone.
- If they are able, explain to them how they could treat themselves and to do things for you. However, ensuring the player/casualty is treated appropriately should be your first concern.

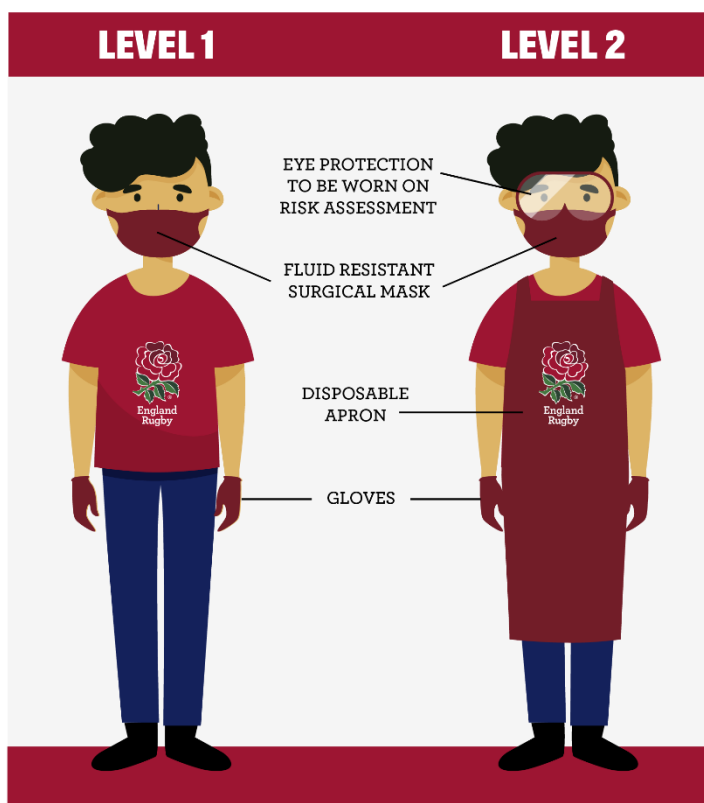
*Remember the 3P of first aid:  
Preserve life, prevent worsening, promote recovery.*

- If you have to attend to player/casualty, be aware of the risk of cross contamination – especially if you have to get close to the casualty to assess what is wrong or to check their breathing.
  - Avoid close face to face contact
  - Don't cough or sneeze over a casualty when you are treating them.
  
- Remember general first aid good practice and hygiene:
  - Wear gloves or cover hands when dealing with open wounds
  - Cover cuts and grazes on your hands with waterproof dressing
  - Dispose of all waste safely
  - Do not touch any part of a dressing that will come in contact with a wound.
  
- If you suspect a serious illness or injury call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms

In the unlikely event that a first aider has to perform CPR, the following has been recommended by the [Resuscitation Council \(UK\)](#) as [guidance on CPR during the coronavirus](#).

- Call 999 immediately – tell the call handler if the patient has any COVID-19 symptoms
- Ask for help. If a portable defibrillator is available, ask for it
- Before starting CPR, to minimise transmission risk, use a cloth or towel to cover the patient's mouth and nose, while still permitting breathing to restart following successful resuscitation
- Use Level 2 PPE :
- Only deliver CPR by chest compressions and use a defibrillator (if available) – **don't** do rescue breaths
  
- There is a risk that some facial, oral and nasal injuries (e.g. nose bleed) are aerosol generating procedures (AGPs) therefore there could be an increased risk of transmission. Where possible first aiders should encourage the player/casualty to administer treatment on themselves and/or the first aider should only carry out treatment that they are trained to do and feel comfortable undertaking.

## PPE requirements for first aiders



		Fabric / Cloth Mask	Gloves	Fluid Resistant Surgical Face Mask Type IIR	Apron	Eye Protection Goggles/ Face Visor*
<b>Non-medical scenario</b>	where social distancing may be breached including at training	☑	☒	☒	☒	☒
<b>Level 1</b>	Where government advised social distancing may not be maintained at all times	☒	☑	☑	☒	☒
<b>Level 2</b>	Within 2m of player, which may include face to face contact for assessment and management of all individuals including those who are positive or symptomatic	☒	☑	☑	☑	? **

\* Additional to personal spectacles

\*\*this should be decide as part of a specific risk assessment

First Aid Treatment / Medical situation	PPE Level required
<p>Maintaining social distancing as advised <b>NO</b> face to face contact risk</p> <p>Including:</p> <ul style="list-style-type: none"> <li>• Standing on the touchline as a first aider</li> <li>• An initial assessment with a responsive player (with no contact and social distancing)</li> <li>• Helping a player/casualty treat themselves (with no contact and social distancing)</li> </ul>	<b>1</b>
<p><b>NOT</b> maintaining 2m distance, <b>WITH</b> face-to-face contact risk</p> <p>Including:</p> <ul style="list-style-type: none"> <li>• Dealing with wounds &amp; external bleeding</li> <li>• Placing someone in the recovery positions</li> <li>• Dealing with Suspected Spinal Injuries</li> <li>• Dealing with Suspected Fractures</li> <li>• Dealing with Shock</li> <li>• Assessing a potential Head Injury and/or Concussion</li> <li>• Cardiopulmonary Resuscitation <b>WITH</b> face covered (towel or non-rebreather mask acceptable) continuous compressions, AED <b>WITHOUT</b> airway interventions</li> <li>• Choking</li> <li>• Facial, oral and nasal injuries (e.g. nose bleed) <ul style="list-style-type: none"> <li>- As potential aerosol generating procedures (AGPs), there could be an increased risk of transmission. Where possible first aiders should encourage the player/casualty to administer treatment on themselves and/or the first aider should only carry out treatment that they are trained and feel comfortable undertaking.</li> </ul> </li> </ul>	<b>2</b>

## Further Information

Useful sources of information for further guidance on first aid, general hygiene and good practice during the Covid-19 pandemic:

- [RFU Dedicated Coronavirus Update Page](#)
- [RFU First Aid Information](#)
- [NHS 111](#)
- [Gov.uk](#)
- [Health & Safety Executive](#)
- [St John Ambulance Covid-19 advice](#)
- [Resuscitation Council \(UK\) guidance on CPR during the coronavirus](#)
- [Sport England - Helping Volunteers Return](#)