



# 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 successful rugby club can be challenging. To help the processes run smoothly we need your help to ensure all of the clubs players are well cared for. This guide aims to cover all of the key information you may need to successfully ensure player safety is paramount, and every player get the most from their rugby.

### **Volunteer First Aider (VFA)**

Cobham Rugby Club aim to have at least one volunteer First Aider per team, who will be with that team whenever playing or training at home or away. This can be a coach or parent, though a parent is preferable as the coaches have their own role to conduct and cannot get caught up in injuries that may require a more bit more than a quick glance. To qualify as a VFA you require a current First Aid at work certificate or first aid qualification and an up to date DBS (old CRB). Cobham Rugby values volunteer first aiders greatly and arranges training accordingly. If you have volunteered and need to attend a course or an update, or you know someone who would be keen to take on this role, please speak to the age group Manager first and then use the contact details at the end of this guide.

### **The Role**

The VFA is the pitch-side 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 room for assessment, or can be dusted down and carry on. Their key job is to respond quickly should there be a serious injury and alert the ICT therapist and emergency services should they be needed.

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;



# 07516 054557

Please put this number in your phone now. You can also check who the duty ICT is on the door of the treatment room in the changing room corridor at the Memorial grounds or look out for them onsite. 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.

## Equipment

Many of the Cobham teams have their own First Aid kit bags. The designated first aider usually keeps these. If you are new to this role and do not have a bag please ask the coaches who was in the role previously and if they have the bag. The first aid bag belongs to the club and as the first aider you are entitled to hold it. First aid bags are ideal to keep emergency kit in such as an Airway in that can save a life. 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 **First Aid Kit Essentials** 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 vast majority do not result in injury however it is something that should be monitored closely. At Cobham we have an advanced policy on concussion assessment and treatment. Using a specific concussion tool the medical staff aim to baseline test every player before competitive matches begin in September. If a player then goes on to receive a blow during a game, we can re assess them and compare results, in addition to the RFU/IRB guidance. This is conducted by the ICT however all of the testing kit is held in a pack in each first aid kit. **If yours does not please ask for one at the physio room.**

In simple terms, if you think a player has received a blow that has led to concussion they are to be REMOVED FROM PLAY. The symptoms of concussion are listed on the testing pack. More information about concussion can be found on the club website at;

<http://www.cobhamrfc.com/physiotherapy/concussion>

and in the Scenarios section below.



## Recording injuries

All injured players that present to the physio room will have their injury recorded. This is standard medical procedure and helps us to track the player's welfare. New to 2014/15 will be computerized record keeping. This will help speed up the process and make records more secure and accessible. This will be coming on line as the season progresses.

## Away from Cobham

If you are acting first aider away from Cobham please ensure that any serious injuries sustained by your players are reported to the ICT or David Silver. Minor knocks are not necessary however anything that requires onward care needs to be reported.

## 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 nature, 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 actively treat. Direct people to their coaches or first aiders. It is their responsibility to provide suitable provision. If however this is not the case, and you feel that the injury is serious enough to require your assistance, please speak with the players coach before offering any help.

## Scenarios

- ***A player from the team you are supporting remains on the floor following a tackle and is clearly in pain. He is holding his knee. The game continues.***

In this circumstance please do not enter the field of play until play has stopped. The last thing we want is for you to be injured. If the player is demonstrating pain, he will live! Once the game has stopped, head on and assess the problem. This does not need any formal assessment other than a quick look at something. The player will tell you all you need to know about the extent of the injury. Most of the time, by the time the ball goes dead they will be up and off! Therefore be guided by their responses. Ask them to move the body part in question, if that is ok, try





gently weight bearing on it. Again, by this stage if its nothing serious they will be keen to carry on. if not, and you are concerned. Remove them from play. If at the memorial ground and the player can walk, send them in to see the ICT. If they need support to move get people to accompany them. Do not bring them yourself, you are needed pitch side.

- ***A player receives a heavy blow at a ruck on the Covenham site.***

The same protocol applies in this circumstance. If you think that the player requires immediate attention from the ICT ensure that the player is **escorted back to the Memorial ground**. This is especially the case for an injury where the player is unsteady on their feet. Again, ask someone to do this for you. If the injury is not serious but precludes further play, ask the player to wait with you and them come back across collectively.

- ***A player receives a suspected blow to the head (you didn't see it) and is rubbing their head following.***

Once play has stopped approach the player looking out for the symptoms of concussion.

- brief loss of consciousness after the injury.
- memory problems.
- Confusion.
- Drowsiness or feeling sluggish.
- Dizziness.
- Double vision or blurred vision.
- Headache.
- Nausea or vomiting.

In this instance we can use the Maddocks questions to assess short-term memory loss. These are:

- *At what venue are we today?*
- *Which half is it now?*
- *Who scored last in this match?*
- *What did you play last week?*
- *Did your team win the last game?*

Or for younger children...

- *Where are we now?*
- *Is before or after lunch?*
- *What did you have for breakfast?*
- *What is your coaches name?*

For more info: <http://www.momsteam.com/health-safety/sports-concussion->



[safety/concussion-recognition-evaluation/maddocks-questions-test-concussion#ixzz38qjd0COQ](#)

If the player answers all of the above correctly, does not have any visible signs of concussion and reports they are happy to continue, they may. If however you have ANY **doubt** about the suitability to return **remove** them from play. They can then be directed to the ICT for a full concussion assessment and be tested against their baseline scores.

**If a player has had a blow to the head that you have assessed pitch-side, regardless of outcome, please send them in to be checked out fully .**

If you are away from Cobham, you can conduct the KD test which all players should have conducted pre-season. This will be in a brown envelop in your kit bag. Please see the ICT if you do not have one or a pocket sized copy of the Maddocks questions.

- ***A scrum goes down and as the bodies clear you see a player lying motion less, face down, on the pitch.***

Enter the field of play ensuring it is safe to do so. Do not call out to the player. A player's neck is not our main concern in this circumstance. Breathing is, therefore check to see that the player is conscious. This is the time to speak to them. If they do not respond either through words or noise and are totally motionless, even if you touch them lightly, ask someone to call the ICT immediately.

Then follow the simple ABC principles. If you cannot detect any breathing (Highly unlikely) try to open the players airway. NB gum shields often can be the blockage). Remember, their neck is not the primary concern, breathing is. The ICT should be with you at any point now. If their head is turned to one side, get supporters to gently roll them whilst you keep their head in-line with their body. Then open the airway with a jaw thrust. (If you rusty with this technique please ask an ICT as it is essential).

**NB** This is the only procedure that is time critical in this circumstance. Everything else can wait for the ICT. Finding a player unconscious and not breathing is extremely unlikely. However if a player is unconscious but breathing, LEAVE THEM ALONE and call the ICT. The only time immediate action is required is when you cannot detect ANY breathing.

When the ICT arrives please assist them as best you can and follow their instruction.



- ***A player is caught awkwardly in a tackle and is lying on the floor screaming in agony...***

Again, wait for play to stop. On approaching the player you can see that they are in a lot of pain and report badly twisting their ankle. After giving the player a moment to calm down ask if they can move it at all. If they can barely move the ankle, call the ICT. They will help safely remove the player and treat them. If the player can and begins to move ask others to help them up. If they cannot weight bear on the ankle call the ICT. If they can partially put the foot down ask supports to escort the player to the treatment room.

NB you have to make a judgment, based mostly on what the player reports, on whether they are safe to move. If you can clearly see something doesn't look right/normal. Leave the on the pitch and call the ICT. This is never an easy decision but the better you know the players you support, the easier it is.

If this happens at the Covenham site and the player should not be moved, contact the ICT immediately; they will be there within 5 mins. Emergency equipment is stored at the ground for this use. It is only to be used in the presence of the ICT. (Excluding defibrillator). This is housed inside the Green Room just inside the gate.

- ***A spectator close to you is on all fours pitch and struggling to breath....***

**SEND SOMEONE FOR THE DEFIBRILATOR and ICT!** Incidents involving people pitch side do happen occasionally. Always suspect the worst. Go through your usual ABC process whilst getting the defibrillator to hand.

**At the Memorial grounds** the defibrillator is stored behind the bar (where its most likely to be used) at the furthest end. Check where it is next time you are there. The use of the defibrillator is part of the first Aid training however , If you would like to see it and get a demo ask the ICT. The more familiar you with it, the better.

The Coveham Site defibrillator is a different model and stored with the spinal board in the Green Room. Again, get it and call the ICT immediately.

## **FAQ's**

### **Ice**





The treatment room has a freezer with ice in it. This is not an endless supply, please be sparing with it. As a rule we ask that you use a reusable ice bag when at either site at Cobham. If you do not have one please ask. A very small supply of

disposable ice packs are kept for away fixtures only. Ask for an emergency one from the ICT. Most other clubs will fill a reusable bag for you if you ask nicely.

## **Water**

The drinking water tap is located in the flowerbed adjacent to the main club doors at the memorial site. At the Covenham site the tap is on the exterior wall of the green room.

## **Supplies**

The First aiders are responsible for the first aid bags, for their safekeeping and replenishment and they should follow you through the age groups. If not continuing with FA duties please ensure the bag is returned to the Manager of the age group for re distribution or the ICT in the treatment room. Any losses of bags will need to be funded by the age group as they are expensive to keep buying. So keep a close eye on it if in charge. If you are low on particular medical sundries please ask the ICT at the treatment 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 a Tuesday and Thursday at a reduced rate of £35 for a 45 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.

## **First Aid Kit Contents (recommended)**

KD testing kit  
Maddocks questions pocket card  
Reusable ice Bag  
Water bottle  
Assorted plasters/dressings  
Vaseline

Scissors  
Assorted tape  
Foil Blanket  
Gloves  
Alcohol wipes  
Triangular bandage



## Key Contacts

David Silver MCSP BSc MSc MCSP  
Lead Physiotherapist

077936 50569

[Physio@cobhamrugby.co.uk](mailto:Physio@cobhamrugby.co.uk)

Dino Adams  
First Aid Co-ordinator

07960351470

<mailto:dino.adams@blueyonder.co.uk>