

# COMMUNITY RUGBY: PITCH-SIDE FIRST AID & IMMEDIATE CARE PROVISION STANDARDS & GUIDELINES - TRAINING & MATCHES



## 2022-2023 SEASON

## GENERAL INFORMATION

This document provides information on the first aid and immediate care provision standards (FA/IC standards) for all age grade rugby and adult community rugby. They exclude the Premiership, Championship, Women's Premier 15s and BUCS Super Rugby teams, all of whom have competition specific provision FA/IC standards for immediate care and minimum medical standards.

The standards set out in this document are specific to the requirements for on-field / pitch-side rugby activity (training sessions and matches) only. Off-field first aid provision should be determined as part of a general risk assessment and will be appropriate to each club's requirements.

The standards set out in this document are the minimum FA/IC pitch-side provision required as part of Regulation 9 (Player Safety). They set out the first aid and immediate care provision for the recognition, assessment and immediate management of potential life and limb threatening injuries during organised training and matches only. All other medical support or provision such as therapist led prehabilitation and rehabilitation, strapping, soft tissue massage and the treatment of potential non-life and limb threatening and musculoskeletal injuries is outside the scope of this document. Any organisation and/or practitioner providing additional provision should be appropriately qualified and insured.

## FIRST AID / IMMEDIATE CARE PROVISION PRINCIPLES

- A risk assessment must be completed for all rugby activity.
- The FA/IC standards are the MINIMUM levels of cover that must be provided by clubs and CBs. They may wish to put in place greater cover
- The FA/IC standards are highly recommended for all other providers of rugby activity (schools, colleges, universities, armed forces, commercial providers) who may have their own regulations, which they must comply with if the level of provision is higher than that specified in this guide.
- The FA/IC standards set out the minimum recommended FA/IC provision. CBs, clubs and all other activity organisers should consider how best to deliver the other elements of medical care and player welfare for participants.



# ANNUAL FIRST AID RISK ASSESSMENT

Clubs and rugby activity providers must consider the FA/IC provision as part of a first aid specific risk assessment. This must be reviewed and updated annually and as appropriate. The risk assessment must consider any specific individual club requirements, the type of activity, number of participants, facility and pitch locations etc. to determine if additional provision is required.

The risk assessment is particularly important for:

- Matches and or training which are simultaneously occurring on more than one site.
- Tournaments and festivals, where simultaneous matches are occurring on different pitches and or there are large numbers of players and multiple matches and high levels of activity happening in a short period.
- Age Grade Rugby Camps where there may be varying number of players across multiple age groups.

The [RFU Risk Assessment Tool](#) developed in conjunction with Howden, the RFU's brokers of Club liability insurance provides an online, easy to use platform for clubs.

## FIRST AID & IMMEDIATE CARE PITCH-SIDE PROVISION 2022-23 OVERVIEW

All clubs and those involved in arranging any rugby activity are reminded that they must complete a risk assessment and ensure there is an appropriate level of immediate care and/or first aid cover, and equipment provided for that rugby activity.

In respect of contact activity in the age grade game clubs, CBs and those involved in arranging any rugby activity must comply with the First Aid/Immediate care provision standards, Unless it is identified through the risk assessment that a different level of first aid provision is acceptable.

For the 2022-23 season, within the adult game the provision level remains as guidelines, with the intention to introduce them as standards in the 2023-24 season.

For more detailed information on first aid training, first aid roles etc. please visit the [RugbySafe online toolkits](#).

## AGE GRADE RUGBY

Schools and colleges may be subject to different provision requirements as set out by their own governing body regulations, which they must comply with if the level of provision is higher than that specified in this guide.

**For festivals and other multi-match events, please refer to the Tournaments & Festivals and section.**

## MINIMUM STANDARD

### TRAINING SESSIONS

- 1 x Emergency First Aider per age-group is based on a ratio of 1 first aider to approx.40 players.
- For larger groups additional Emergency First Aider (s) may be required and should be considered as part of the first aid risk assessment.
- For smaller groups it may be appropriate for one Emergency First Aider to cover more than one age group e.g. one Emergency First Aider covering U9 and U10 training session where there is a total of 40 or fewer children across both age-groups. This should be considered as part of the first aid risk assessment.

### MATCHES

- U7 – U8: 1 x Emergency First Aider per age group
- U9 – U18: 1 x Emergency First Aider per match

## BEST PRACTICE

One Emergency First Aider per team will provide a safer experience for the players, and reduces the risk of stoppages in play and disruptions that may occur where there is only one first aider per match.













**When the provision is a first aider per match, the home club/team is responsible for organising/providing the Emergency First Aid cover. Communication between both clubs/teams is encouraged to ensure cover is in place.**

**If the minimum standard is not in place, the club/those involved in arranging rugby activity must complete a live first aid risk assessment\* to be satisfied that it is safe/appropriate for the rugby activity to go ahead.**

\* A 'live risk assessment' is the practice of observing, assessing, identifying and (where removing/reducing risk in the current environment (e.g. playing area, number of people, facilities, provision etc.).

## AGE GRADE RUGBY PITCHSIDE FIRST AID PROVISION OVERVIEW

For training sessions, 1 EFA per age-group is based on a ratio of 1 first aider to approx.40 players. For smaller groups it may be appropriate for one Emergency First Aider to cover more than one age group e.g. one Emergency First Aider covering U9 and U10 training session where there is a total of 40 or fewer children across both age-groups.

		MINIMUM STANDARD		BEST PRACTICE
		TRAINING	MATCHES	MATCHES
	<b>U7</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U8</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U9</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U10</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U11</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U12</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U13</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U14</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U15</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U16</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U17</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team
	<b>U18</b>	1 Emergency First Aider per age group	1 Emergency First Aider per match	1 Emergency First Aider per team

## ADULT RUGBY

The Armed Forces and Universities may be subject to different provision requirements as set out by their own governing body regulations, which they must comply with if the level of provision is higher than that specified in this guide.

**For tournaments and other multi-match events, please refer to the Tournaments, Festivals and Multi-match events section.**

## MINIMUM GUIDELINES

### TRAINING SESSIONS

- 1 x Emergency First Aider per training group is based on a ratio of 1 first aider to approx.40 players.
- For larger groups additional Emergency First Aider (s) may be required and should be considered as part of the first aid risk assessment.
- For smaller groups it may be appropriate for one Emergency First Aider to cover more than training group e.g. One Emergency First Aider covering two adult team/s training session where there is a total of 40 or fewer players training. This should be considered as part of the first aid risk assessment.

### MATCHES – ADULT MEN

- National Leagues: 1 x Immediate Care Practitioner per team\*\*
- Regional & County Leagues and Lower XV's: 1 x Emergency First Aider per match

\*\* *The standards including Immediate Care Practitioner provision and medical equipment requirements are set by the [National Rugby League](#).*

### MATCHES – ADULT WOMEN

- Championship and below: 1 x Emergency First Aider per match

## BEST PRACTICE

One first aider per team will provide a safer experience for the players, and reduces the risk of stoppages in play and disruptions due to having one first aider per match.

**When the provision is a first aider per match, the home club/team is responsible for organising/providing the Emergency First Aid Cover. Communication between both clubs/teams is encouraged to ensure cover is in place.**

**If the minimum standard is not in place, the club/those involved in arranging rugby activity must complete a live first aid risk assessment\* to be satisfied that it is safe/appropriate for the rugby activity to go ahead.**

\* A 'live risk assessment' is the practice of observing, assessing, identifying and (where removing/reducing risk in the current environment (e.g. playing area, number of people, facilities, provision etc.).

## ADULT RUGBY PITCHSIDE FIRST AID PROVISION OVERVIEW

For training sessions, 1 EFA per team is based on a ratio of 1 first aider to approx.40 players. For smaller groups it may be appropriate for one Emergency First Aider to cover more than training group e.g. One Emergency First Aider covering two adult team/s training session where there is a total of 40 or fewer players training.

	<b>MINIMUM STANDARD</b>		<b>BEST PRACTICE</b>
<b>MEN</b>	<b>TRAINING</b>	<b>MATCHES</b>	<b>MATCHES</b>
<b>NATIONAL LEAGUES</b>	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per team	
<b>REGIONAL LEAGUES</b>	1 Emergency First Aider per team	1 Emergency First Aider per match	1 Emergency First Aider per team
<b>COUNTIES LEAGUES</b>	1 Emergency First Aider per team	1 Emergency First Aider per match	1 Emergency First Aider per team
<b>LOWER XVS</b>	1 Emergency First Aider per team	1 Emergency First Aider per match	1 Emergency First Aider per team
<b>WOMEN</b>	<b>TRAINING</b>	<b>MATCHES</b>	<b>MATCHES</b>
<b>CHAMPIONSHIP &amp; NATIONAL CHALLENGE LEAGUES</b>	1 Emergency First Aider per team	1 Emergency First Aider per match	1 Emergency First Aider per team
<b>LOWER XVS</b>	1 Emergency First Aider per team	1 Emergency First Aider per match	1 Emergency First Aider per team

# ERDPP AND CB REPRESENTATIVE RUGBY

## MINIMUM STANDARD

### TRAINING SESSIONS

- 1 x Emergency First Aider per training group is based on a ratio of 1 first aider to approx.40 players.
- For larger groups additional Emergency First Aider(s) may be required and should be considered as part of the first aid risk assessment.
- For smaller groups it may be appropriate for one Emergency First Aider to cover more than one age group e.g. one Emergency First Aider covering U15 and U16 training session where there is a total of 40 or fewer children across both age-groups. This should be considered as part of the first aid risk assessment.

### MATCHES – AGE GRADE

- U14 – U18 Matches: 1 x Emergency First Aider per team
- U14 – U18 Festivals: 1 x Emergency First Aider per match + 1 x Immediate Care Practitioner per venue

### MATCHES – ADULT

- 1 x Emergency First Aider per match
- Festivals 1 x Emergency First Aider per match + 1 x Immediate Care Practitioner per venue

## BEST PRACTICE

One first aider per team will provide a safer experience for the players, and reduces the risk of stoppages in play and disruptions due to having one first aider per match.

**When the provision is a first aider per match, the host CB is responsible for organising/providing the first aid provision. Communication between both CBs is encouraged to ensure cover is in place.**

**If the minimum standard is not in place, the club/those involved in arranging rugby activity must complete a live first aid risk assessment\* to be satisfied that it is safe/appropriate for the rugby activity to go ahead.**

\* A 'live risk assessment' is the practice of observing, assessing, identifying and (where removing/reducing risk in the current environment (e.g. playing area, number of people, facilities, provision etc.).

# ERDPP AND CB REPRESENTATIVE RUGBY PITCHSIDE FIRST AID PROVISION OVERVIEW

1 x Emergency First Aider per training group is based on a ratio of 1 first aider to approx.40 players. For smaller groups it may be appropriate for one Emergency First Aider to cover more than one age group e.g. one Emergency First Aider covering U15 and U16 training session where there is a total of 40 or fewer children across both age-groups.

	<b>MINIMUM STANDARD</b>		<b>BEST PRACTICE</b>
	<b>MATCHES</b>	<b>MATCHES</b>	<b>MATCHES</b>
<b>ERDPP</b>	1 Emergency First Aider per age group	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per match
<b>CB U16 - U18</b>	1 Emergency First Aider per age group	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per team
<b>CB U20</b>	1 Emergency First Aider per age group	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per team
<b>CB MEN</b>	1 Emergency First Aider per age group	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per team
<b>CB WOMEN</b>	1 Emergency First Aider per age group	1 Emergency First Aider per team	1 Level 2 Immediate Care Practitioner per team



## TOURNAMENTS AND FESTIVALS

Where there will be multiple teams playing at the same time (e.g. festivals and tournaments) a specific first aid risk assessment is required to be undertaken for the event to determine the number and type of provision.

The event organiser should consider the levels of potential additional medical cover that may be required depending on the size of the event e.g. Ambulance/Paramedic and/or Advanced Immediate Care Practitioner (Doctor) on site.

The event organiser is responsible for determining and organising appropriate venue Emergency First Aider provision as part of the event first aid risk assessment (e.g. requiring that every team brings a first aider and/or organising for specific event first aid/immediate care provision).

A designated central first aid tent/area should be considered as part of the event first aid risk assessment.

*Please note that these standards do not account for any medical provision for crowds and spectators at an event or festival, this medical provision should be considered separately to the FA cover provision above.*

## MINIMUM STANDARDS

### NON-CONTACT

- U7 – U8 Tag Rugby Boys & Girls: Emergency First Aider per 2 matches or 1 full size pitch + 1 Emergency First Aider per venue
- Non-Contact Formats e.g. Touch/Tag events (including: Adult, Mixed and Age Grade): Emergency First Aider per 2 matches or 1 full size pitch + 1 Emergency First Aider per venue

### CONTACT RUGBY (e.g. 15 a side, 10s, 7s and XRugby)

- U9 – U13 Boys & Girls 1 x Emergency First Aider per Match + 1 x Emergency First Aider per venue
- U14 – U19 Boys & Girls 1 x Emergency First Aider per Match + 1 x Emergency First Aider per venue
- Adult Men & Women 1x Emergency First Aider per Match + 1 x Emergency First Aider per venue

## BEST PRACTICE

One first aider per team and a venue immediate care practitioner will provide a safer experience for the players, and reduces the risk of stoppages in play and disruptions.

**The event organiser is responsible for organising the first aid provision and ensuring there is allocated cover for each match.**

**If the minimum standard is not in place, the club/those involved in arranging rugby activity must complete a live first aid risk assessment\* to be satisfied that it is safe/appropriate for the rugby activity to go ahead.**

\* A 'live risk assessment' is the practice of observing, assessing, identifying and (where removing/reducing risk in the current environment (e.g. playing area, number of people, facilities, provision etc.).

## TOURNAMENTS AND FESTIVALS PITCHSIDE FIRST AID PROVISION OVERVIEW

Organisers of tournaments and festivals are responsible for undertaking a risk assessment to determine the level of provision.

	<b>MINIMUM STANDARD</b>	<b>BEST PRACTICE</b>
<b>AGE GRADE</b>		
<b>TAG &amp; TOUCH</b>	1 Emergency First Aider per match / pitch	1 Emergency First Aider per team
<b>CONTACT</b>	1 Emergency First Aider per match / pitch	1 Emergency First Aider per team
<b>ADULT</b>		
<b>TAG &amp; TOUCH</b>	1 Emergency First Aider per match / pitch	1 Emergency First Aider per team
<b>CONTACT</b>	1 Emergency First Aider per match / pitch	1 Emergency First Aider per team