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Serious Injury Guidelines

INTRODUCTION AND BACKGROUND

In the event of a serious injury occurring in rugby it is vitally important that an appropriate response is initiated which addresses the needs of the injured person and their next of kin in the first instance, but also, protect the reputation of RC Hilversum and the game of rugby.

Serious injuries and deaths are very rare in rugby union. When they occur however, they need to be managed effectively and appropriately. By establishing clear procedures within our Club on how to manage a serious injury incident, the following benefits are realised:

- Improved immediate care of the injured player
- Improved support to the injured player and their next of kin
- Improved support to clubs and officials
- Improved safety of the game
- Improved protection of the club and the reputation of the game of rugby

WHAT IS A SERIOUS INJURY?

It is not possible to give a precise definition of what constitutes a serious injury because some injuries may appear very serious initially and should be managed as such, but subsequently turn out to be minor, and vice-versa. For the purposes of these guidelines, it is recommended that they are applied if the following injuries are sustained or suspected. A "reportable injury form" should then be completed for Club records:

- Suspected neck or back injury
- Suspected head injury (including concussion)
- Suspected internal injury
- Suspected severe limb injury
- Fatality

There are three main elements to a very serious injury:

RESPONSE - MANAGEMENT – MEDICAL ATTENTION

RESPONSE:

The initial response at the scene will be dealt with under the Club's Emergency Procedures by:

- Managers
- Coaches
- First aid and medical staff/providers
- Other Club Officials



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- Provide immediate on-field medical care/ first aid
- If in doubt - **DO NOT** move the casualty
- Keep calm, reassure casualty and keep them warm
- Summon first-aid/medical personnel to scene
- Contact emergency services (dial 112 and ask for ambulance)
- Move other players away from scene and ensure they are supervised
- Arrange for parent or guardian to be notified if not present
- Arrange for the injured player to be accompanied to hospital if no parent or guardian present
- Accurately record details of all persons involved in the incident (players, coaches, referee(s), witnesses, medical/ first aid personnel)
- Notify the Club Duty Manager or other designated person for that day
- Complete the Reportable Injury form (see details below) and return to the Club Player Welfare Manager
- Provide support to player(s), family and officials, as required

NOTE: It is vitally important for all coaches and team managers to know how to summon the Club's first aid or medical assistance. All first aid and medical kits and equipment must be kept stocked and in good working order and this is the responsibility of the Team Manager.

MANAGEMENT:

The Club Duty Manager (or other designated person) should be informed and take responsibility for the overall management of the incident response as soon as practicable. This person should not also be responsible for delivery of first aid or medical care at the same time.

The tasks for this individual are, as follows:

- Initial overall management of the response including:
 - Ensure medical staff/first aid is attending injured person and has sufficient assistance.
 - Ensure an ambulance is or has been called if required (if in doubt telephone emergency services) and they know the location of the incident.
 - Ensure a responsible person is positioned to meet the ambulance at an appropriate location to guide it to the incident.
 - Ensure the ambulance access route is clear of obstructions. Consider the need for an air ambulance landing. If ambulance access on to the pitch is required, and particularly if an air ambulance has been sent, ensure all training and matches in the vicinity are stopped.
 - Ensure parent/ guardian is informed if necessary
- Initial information gathering relating to the incident:
 - Ensure appropriate details (including contact details) are recorded of all persons involved in the incident i.e. players, coaches, referee, touch judges, first aid/medical personnel, witnesses.
 - Inform club officials of the incident



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FIRST AID/ MEDICAL ATTENTION

There is variation in the level of pitch-side care provided at matches, reflecting the level at which the game is being played.

As a minimum, a First Aider or Physiotherapist who have been appropriately trained in pitch side care should be available with the necessary equipment for all matches and contact training sessions. They should also have details to enable them to contact the Emergency Medical Services, if required.

Initial pitch side care will be provided by the First Aid, Physiotherapist or Doctor until care is handed over to an ambulance crew.

Remember:

- If in doubt - **DO NOT** move the casualty.
- Keep calm, reassure casualty and keep them warm.
- Summon the first-aid/medical personnel to the scene.
- Remain with the casualty until first-aid arrives
- Move other players away from the scene and ensure they are supervised and protected from the weather.
- Arrange for a parent or guardian to be notified if not present.
- Arrange for the injured player to be accompanied to hospital if no parent or guardian is present.

The role of the club's first aid or medical cover includes the following:

- Provide appropriate safe and optimal on-field care
- Hand over care to the ambulance crew on their arrival
- Maintaining appropriate records of treatment given

Do not forget the other players who were on the pitch when the injury occurred and who may be emotionally traumatised as a result of it.

REPORTABLE INJURIES

What is a Reportable Injury?

- A reportable injury is defined as an injury which results in the player requiring medical intervention by a hospital or being admitted to hospital as a result of an injury incurred during rugby training or matches
- Or if death occurs during a game or training (or within hours of a rugby session finishing)



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THE REPORTABLE INJURY FORM

A reportable injury form must be completed by the team manager or coach if the injury to the player fits into the above category. See **Annexe 1** below for details of the form.

REFEREES REPORT

The referee should complete a short report and return it to the Youth Rugby Coordinator. The report should:-

1. include a short factual summary of what happened
2. record details of the teams, team captains, touch judges, referee, coaches, any medical staff and, if possible, relevant spectators
3. not contain any speculation, opinion or guess work
4. be in the referee's own words and should reflect the language used by the referee

It is important that the referee records the event whilst it is clear in his/her mind.



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ANNEXE 1.)

THE REPORTABLE INJURY FORM

Youth Serious Injury Follow-up Questionnaire

(To be completed by injured player and coach/ manager present at time of injury)

Section 1: Personal Details:

1. NRB Registration Number: _____
2. Name: _____
3. Date of Birth: _____
4. Gender: Male Female
5. Address: _____
6. Telephone: Home: _____ Mobile: _____
7. Email: _____
8. Club/ School: _____

Section 2: Injury Circumstances:

1. Date/ Time of Injury: _____
2. Injury occurred during: Training Game _____ v _____
3. Nature of suspected injury (e.g. neck, back, head, joint, ligament): _____
4. Did you get admitted to hospital? Yes No
5. Did you receive pitch side medical attention by ambulance crew? Yes No
6. How well do you remember events of the day on which you were injured?
 Not at all Vaguely
 Somewhat Very Well
7. Please specify the grade of the match in which you were playing when injured:



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8. Please specify the grade that you usually play, if different to above:

9. Did you warm-up before the match in which you sustained your injury?

Yes No

10. Did you stretch before the game?

Yes No

11. In your own words, describe the events that led up to the moment when you were injured:

12. In what phase of play were you injured? (Please tick appropriate answer)

- | | |
|--|---|
| <input type="checkbox"/> Collapsed scrum | <input type="checkbox"/> When being tackled |
| <input type="checkbox"/> While engaging in a scrum | <input type="checkbox"/> Collision |
| <input type="checkbox"/> In a ruck | <input type="checkbox"/> Lineout |
| <input type="checkbox"/> In a maul | <input type="checkbox"/> Tackling an opponent |
| <input type="checkbox"/> Other | |

If other, please specify:



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13. If the injury occurred during a tackle, please provide the following information:

- Your Role

Ball Carrier Tackler

Support Player

- Tackle Height

High Middle

Low

- Tackle Direction

Front Side

Behind

- Tackler's Velocity

High Low

Stationary

- Ball Carrier's Stance

Upright Low

Falling or Diving

- Ball Carrier's Velocity

High Low

Stationary



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- Tackle Type

- | | |
|--|---|
| <input type="checkbox"/> Arms around player | <input type="checkbox"/> Shoulder charge (No arms) |
| <input type="checkbox"/> Spear Tackle (Pile drive) | <input type="checkbox"/> Head as first point of contact |

- Number of Tacklers

- | | |
|------------------------------------|----------------------------|
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| <input type="checkbox"/> 3 or more | |

14. If the injury occurred during a scrum, please provide the following information:

- Scrum Injuries

- | | |
|--|--|
| <input type="checkbox"/> Collapse | <input type="checkbox"/> Impact |
| <input type="checkbox"/> Popping | <input type="checkbox"/> Screwing (Scrum rotation) |
| <input type="checkbox"/> Own team scrum feed | <input type="checkbox"/> Opposition feed |

Other relevant information about the scrum type or circumstances:

15. If the injury occurred during a ruck or maul, please tick the following:

- | | |
|-------------------------------|-------------------------------|
| <input type="checkbox"/> Ruck | <input type="checkbox"/> Maul |
|-------------------------------|-------------------------------|
- Player role:
- | | |
|---|----------------------------------|
| <input type="checkbox"/> Ball carrier on feet | <input type="checkbox"/> Tackler |
| <input type="checkbox"/> Support Player | |



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- Body position at time of injury (if known)

on feet off feet

Other relevant information about the ruck/maul type or circumstances:

16. Did the injury take place during foul or illegal play (i.e. high tackle, offside, etc.)?

Yes No

If yes, please elaborate:

17. Did the referee take action?

Yes No

If yes, please elaborate:

18. What was your preferred position?

19. What position were you playing in when you sustained your injury?

20. How many years had you been playing in this position?

21. What is your preferred position?



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Name/ position of reporting person:

Date:
