**GUIDELINES FOR COACHES – your responsibilities to ensure safety on the pitch**

TOP TEN TIPS **Before the training session or match**:

1. Ensure the conditions that players are being asked to play in are safe.
2. Carry out a visual risk assessment of the playing area. Take action to remove any risk
3. **Make sure you know the whereabouts of a qualified first aider before play starts.**
4. Make sure YOU are aware of emergency procedures at your club.
5. Make sure you have the first aid kit and all player contact details (and medical notes) by the pitch, along with emergency procedures.
6. Ensure you are aware of safety and emergency procedures. If you are over the road take a walkie talkie with you, available from the portacabin.
7. Ensure all players remove jewellery, watches and do not wear glass lenses in spectacles.
8. **Check players’ studs are not too sharp**.
9. Make sure gum shields are worn by U9s upwards.
10. Ask players if they have any injuries and decide whether it’s appropriate that they play. If in any doubt consult a first aider and discuss with parents first.

!! MAKE SURE YOU HAVE READ THE NEW RFU CONCUSSION PROTOCOL !!

<http://www.rfu.com/takingpart/playerhealth/concussion/coaches>

**NITTY GRITTY When dealing with an incident/accident in which a youth player is injured:**

* Stay calm but act swiftly and observe the situation. Is there danger of further injuries? If so, try to minimise the danger.
* Listen to what the injured person is saying. Keep the injured person warm and move others away.
* Alert a first aider who should take appropriate action for minor injuries. If your squad first aider find the floating first aider on duty – look for the white flag and yellow high visibility jackets!
* In the event of an injury requiring specialist treatment, the first aider should call the emergency services FIRST and then alert the Notifiable Person. Emergency procedures in every first aid kit bag including clubhouse number and directions for ambulances.
* Serious incident: DO NOT move someone with suspected serious injury. Wait for specialists from the emergency services. Only a handful of our members have appropriate training to move players safely to pitch side and only then under limited conditions.
* Deal with the rest of the squad and ensure that they are adequately supervised.
* If the injured player’s parent/guardian is not present, ask somebody ELSE to contact the injured person’s parent/guardian – either the team manager or the parent who was in loco parentis. This is for stress minimisation at both ends of the line!
* If the injured person is taken to hospital, ensure that a CRB checked adult accompanies. Make sure that all his/her personal belongings are collected up and returned to the injured person or his/her parent/carer in due course.
* As soon as possible after the event of an injury, write notes about what happened, including timings and any witnesses. Whoever deals with the incident must complete an OBRFC accident report form and return it to Jen Berry. (download from website, spares in portacabin). If a player ends up being admitted to hospital overnight then an RFU Incident form must be filed with RFU.

For all serious emergencies the Notifiable person will organise access for ambulance /helicopter. Your job would be to keep the other players and spectators well away and try to keep everyone calm. Many thanks.

Jen Berry

Health & Safety Officer

OBRFC