

LOUGHREA RFC

SAFETY POLICY



LOUGHREA RFC understands the importance of ensuring the safety of Age Grade players at all times no matter the occasion/event. The club endeavours to achieve this by ensure that all volunteers are adequately qualified and trained and that ratio of Age Grade players to qualified volunteers is as recommended by the IRFU.

CONSIDERATIONS:

- Age, gender and ability/disability of the group
- Where girls are involved aim for a mix of male and female adults
- Type of activity (training, traveling or social) to be undertaken
- Time involved
- Experience of the qualified volunteers (coaches, managers and helpers/assistants) involved
- Location of activity or event and type of travel involved

SAFETY:

Safe management practices will not only enable a club to run smoothly and efficiently, but they will also help to minimise opportunities for accidents and / or harm to happen to children.

PLAYING & TRAINING AREAS:

- Coaches and managers are responsible for ensuring that all equipment needed is clean, safe and of the standard required.
- Vehicle access to the training and/or playing must be maintained at all times.
- Each team knows where their designated playing/training area is
- Coaches and managers are responsible for ensuring that all activities to be safe and appropriate to the age group
- Activities are supervised by club age grade volunteers

BEFORE TRAINING STARTS ENSURE:

- Training should be provided for all newly-recruited personnel e.g. courses for coaches and referees and/or training to work with Age-Grade Players, safeguarding, etc.
- An 'Incident Log' is kept by those in a supervisory capacity for the purposes of recording incidents which may occur which do not necessarily qualify as accidents or injuries requiring medical attention. These should be given to the CWO for safe keeping.
- Plans and preparations are made for training sessions and activities
- Always have appropriate adult /child ratios

DURING TRAINING ENSURE:

- All players get equal opportunity to take part in club/team activities
- Educate players in the ethos of rugby and the values of being a true sportsman
- The coach acts fairly in the treatment of all players
- All activities are safe and supervised at all times
- Always have appropriate adult / child ratios

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AFTER TRAINING ENSURE:

- All serious incidents or injuries must be clearly recorded, describing what happened, the circumstances, who was involved, and how the situation was resolved.
- Serious Injury reporting can be done via the Serious Injury report forms that are located at the foot of the stairs in the clubhouse or online by going to <http://www.loughrearfc.ie/welfare.html> and clicking on the Reporting a Serious Incident or Injury link.

IF AN ACCIDENT/INCIDENT OCCURS:

Assess the situation and alert appropriate medical support if required.

FOR MINOR INJURIES:

- Ensure only appropriately-qualified First Aid personnel assist the injured person
- Never give medication or drugs of any kind without the support of a professional / suitably qualified person
- Always inform parents / guardians of the incident and actions taken as soon as possible

FOR SERIOUS INJURIES:

- When injured Age-Grade Player cannot be moved, take other Age-Grade Players away and ensure they are supervised
- If in doubt, send immediately for an ambulance.
- The EirCode of the Club is **H62 AP03**, please quote when phoning for an ambulance.
- Ensure access to the playing area for emergency vehicles
- Be aware of the IRFU guidelines in relation to medical emergencies
- Implement the accident reporting procedures/policies of the club/Branch or IRFU, see <https://www.irishrugby.ie/playing-the-game/medical>
- Inform the parents/guardian of the injured Age-Grade Player as soon as possible

FIRST AID EQUIPMENT:

- Bags and/or boxes should be made from suitable materials designed to protect the contents therein and should be clearly marked
- Contents should only contain items which first-aid persons have been trained to use. There should be sufficient quantities of the items available at all times.
- First Aid bags/boxes should be regularly checked to ensure the contents are not out of date
- The use of all equipment, medications, bandages etc. should always be directed or supervised by a suitably qualified person
- Advanced First-Aid equipment, if available e.g. Defibrillator machine, must be maintained in good working order

REFERENCES

IRFU Supervision and Safety:

- <https://d2cx26qpfwuhvu.cloudfront.net/irfu/wp-content/uploads/2019/09/04124449/Supervision-Safety.pdf>