

# **EMERGENCY FIRST AIDER & IMMEDIATE CARE PRACTITIONER ROLE INFORMATION**

## **CONTENTS**

- 2 EMERGENCY FIRST AID TRAINING**
- 6 OTHER FIRST AID COURSES – GENERAL INFORMATION**
- 7 IMMEDIATE CARE TRAINING**



# EMERGENCY FIRST AID

# WHAT IS AN EMERGENCY FIRST AIDER (EFA) IN RUGBY?

An EFA is an appointed individual who has a minimum Level 3 First Aid Qualification.

## **EFAs are trained to:**

- > Take charge when someone is injured or ill, including calling an ambulance if required
- > Provide emergency first aid to injured or ill persons until more expert help arrives;
- > Look after the first aid equipment, e.g. restocking the first aid box.

They should not attempt to give first aid for which they have not been trained.

Ideally the EFA should be a dedicated role, i.e., the individual is acting solely as the first aider and does not have other roles, e.g. coach.

## **An EFA's responsibility should end when either:**

- > The EFA and player agree that the player is in a fit state to re-join the training session or match.
- > An Age Grade player is handed over to their parent(s), who are appropriately informed of injury/incident and if seeking further treatment is recommended.
- > An adult player is deemed safe to leave the club/venue, having discussed the injury/incident with the EFA and if seeking further treatment is recommended.
- > The player is handed over to the ambulance paramedic crew.

## EFA (PITCH-SIDE)

The role and responsibilities of the EFA at training and matches will depend on the circumstances. Clubs and other rugby activity providers should ensure that all appointed EFAs for each training session and match are briefed appropriately and have a clear understanding of their role and responsibilities.

### The role and responsibilities of an EFA (pitch-side) should include:

1. Being pitch-side and ready to assess and manage any incidents/ injuries immediately
2. Having their own allocated fully stocked appropriate pitch-side first aid kit.
3. Being familiar with the club/venue Medical Emergency Action Plan for the venue.
4. Ensuring they complete all injury/incident report forms are appropriate.



### USEFUL INFORMATION AND LINKS

For more information on EFA training courses visit [RugbySafe Emergency First Aid Training Toolkit](#).

# IMMEDIATE CARE

# WHAT IS AN IMMEDIATE CARE PRACTITIONER (ICP) IN RUGBY?

Immediate Care Practitioners are Health Care Professionals (see Health Care Professional and Allied Health Care Professional Descriptors for examples of role descriptors and requirements) who have undertaken specific training to allow them to provide immediate care in the pre-hospital sports/rugby setting.

For the avoidance of doubt, hospital based Advanced Trauma Life Support (ATLS) or Advanced Life Support (ALS) courses do not meet these standards. It is the satisfactory completion of endorsed immediate care training course that determines the suitability of an individual to work in this area and not their health care practitioner training.

Practitioners/Therapists/HCPs should be able to provide evidence of registration with, or membership of, their relevant regulatory body or society to help in this process.

These individuals will have their own insurance arrangements as a requirement of their regulating body. Below the elite level of sport, such insurance will usually be provided at no additional cost to them, as long as they have the appropriate training and experience.

Clubs and other rugby activity organisers may want to consider having a formal agreement that covers specific responsibilities and provides assurance that the individual has the relevant qualifications, experience and insurance to provide provision as an ICP.

## **An ICP's responsibility should end when either:**

- > The ICP and player agree that the player is in a fit state to re-join the training session or match.
- > An Age Grade player is handed over to their parent(s), who are appropriately informed of injury/incident and if seeking further treatment is recommended.
- > An adult player is deemed safe to leave the club/venue, having discussed the injury/incident with the ICP and if seeking further treatment is recommended.
- > The player is handed over to the ambulance paramedic crew.

## ICP ROLE AND RESPONSIBILITIES

The role and responsibilities of the ICP will depend on the circumstances, e.g. they are working regularly with a club, or they are providing provision for a one-off event.

**General role and responsibilities of an ICP working with a rugby club may include:**

- > Clinical management and clinical governance responsibility for immediate care provision on match days and training to the participating teams and officials.
- > Lead the pre-event medical briefing with participating team medical staff and match officials.
- > Coordination with ambulance service provider and receiving hospital to ensure the safe transfer to the appropriate hospital of players requiring assessment in accident and emergency and/or admission to hospital.
- > Ensuring that the venue medical requirements are met.

## ICP (PITCH-SIDE)

Clubs and other rugby activity providers should ensure that all appointed ICPs for each training session and match are briefed appropriately and have a clear understanding of their role and responsibilities.

**The role and responsibilities of an ICP (pitch-side) should include:**

1. Being pitch-side and ready to assess and manage any incidents/ injuries immediately.
2. Having their own allocated fully stocked Immediate Care/Trauma kit appropriate to the level of training (e.g. PHICIS Level 2).
3. Being familiar with the club/venue Medical Emergency Action Plan for the venue.
4. Ensuring they complete all injury/incident report forms are appropriate.

### USEFUL INFORMATION AND LINKS

For more information on the role of the ICP and PHICIS courses visit [RugbySafe Immediate Care Practitioner Toolkit](#).

# VENUE / EVENT EFA & ICP PROVISION

In some cases it may be appropriate to have centralised venue/event provision in addition to the pitch side provision. The venue/event EFA/ICP is an individual or group of individuals who have an overseeing capacity for the club/venue/event (i.e. covering the whole venue/event and not attached to a specific team/match).

The role and responsibilities of the venue/event EFA/ICP will depend on the circumstances and their level of training. Clubs and other rugby activity providers should ensure that all appointed venue/ event EFAs/ICPs are briefed appropriately and have a clear understanding of their role and responsibilities.

## **The role and responsibilities of a venue/event EFA/ICP may include:**

- > Should be on site but does not need to be present pitch side. (where multiple sites are being used, a venue/event EFA/ICP may be required for each site).
- > May be responsible for the general first aid responsibilities (e.g. covering off-field / spectator provision), however on-pitch provision should always be available.
- > May need to provide cover and/or deal with an injury to avoid any delay in training/play. - Reviewing any player who has had to stop playing or training during that day/session and ensure all injuries are recorded and reported appropriately.
- > Should be easily contactable by radio or mobile from the pitch-side, e.g. if a pitch-side EFA requires assistance.

## **Additional a venue/event ICP may also a specific responsibilities including:**

- > Having an overall responsibility for the immediate care and first aid provision at the venue. - Coordinating the retrieval of injured players from the pitch to the designated medical room or direct to an ambulance.
- > Clinical care of all players admitted to the designated medical room.

## **USEFUL INFORMATION AND LINKS**

More information is available in the **RugbySafe Emergency First Aid Training Information Toolkit**.



[ENGLANDRUGBY.COM/RUGBYSAFE](https://www.EnglandRugby.com/RugbySafe)



[FACEBOOK.COM/RUGBYSAFERFU](https://www.facebook.com/RugbySafeRFU)



[@RUGBYSAFE](https://twitter.com/RugbySafe)