



Welcome to the May RugbySafe Newsletter

Some of your clubs may be enjoying some well-deserved rest at the end of a long season.

For others pre-season skills training in preparation for 2023-24 may be beginning.

Whatever your rugby community's plans are for the summer months, RugbySafe would like to thank you all for your hard work in supporting your clubs during the 2022-23 season!

This month's Newsletter will provide you with information on the new UK Concussion Guidelines for Grassroots Sport, and tackle height resources as well as updates on RugbySafe resources to support you in your role.

Toolkit Spotlight: Community Rugby First Aid Provision and Information

This toolkit contains essential information for clubs and other rugby activity organisers on recommended pitch-side first aid/immediate care provision for training and matches. It provides details on the different levels and age-groups in the community game.

For clubs and the individual, it contains details on the role of the Emergency First Aider and the Immediate Care Practitioner.

The training section gives information on the RFU's Emergency First Aid on Rugby Union (EFARU) course, as well as information on what to look out for when organising courses with other providers.

The toolkit can be accessed [here](#)

Regulation 9 – Pitch-side Emergency First Aid and Immediate Care Standards implementation across the adult community game in the 2023-24 season.

Following on from the implementation of the pitch-side emergency first aid and immediate care standards in the age grade game in the 2022-23 season, the standards will be introduced across the adult community game from the start of the

2023-24 season, along with the requirement to complete a first aid specific risk assessment as set out in [RFU Regulation 9 \(Player Safety\)](#).

The emergency first aid and immediate care provision guidelines for the adult game have been in place for several years now, however the transition of these from guidelines to minimum standards is part of the ongoing commitment to improving player welfare across the game.

Whilst the guidelines will become minimum standards, there are no changes to the current provision levels as set out in the [Community Rugby: Pitch-side First Aid and Immediate Care Provision for Training and Matches document](#), where the minimum standard for a large majority of adult teams in the community game will continue to be one emergency first aider (EFA) per game, with one EFA per team recommended as best practice.

The minimum qualification for an EFA involved in rugby is a Level 3 first aid qualification or equivalent, we recommend the rugby specific [Emergency First Aid in Rugby Union \(EFARU\)](#) course, however other Level 3 First Aid and equivalent qualifications are accepted and recognised for EFAs covering rugby activity.

We will be working with clubs through the CB and Club RugbySafe Lead networks to support clubs in being able to meet these standards, appreciating that there will be a transition period especially during the 2023-24 season whilst clubs identify and train EFAs.

For more information on the EFARU course and pitch-side emergency first aid and immediate care provision standards visit the [RugbySafe Community Rugby First Aid Provision & Information Toolkit](#).

UK Concussion Guidelines for Grassroots Sport

Following the publication of the Government's UK Concussion Guidelines for Grassroots Sport at the end of April, we are using the off season to give our HEADCASE Concussion resources a new look and update.

The new resources will be published shortly in preparation for the 2023/24 season, these resources will include an updated e-learning module.

If you are required to complete the e-learning Module as a pre-requisite for an RFU training course which is due to start imminently please access the current version of the module, ensuring you make yourself aware of the new guidelines and the main changes, especially to the Graduated Return to Activity and Sport protocol. We also recommend that you revisit the module once the new version is released.

To access the new UK Concussion Guidelines along with the current Headcase resources head to the [Headcase Toolkit](#)

Tackle Height Hub

In April, the RFU Council voted to adopt law changes to [lower the tackle height in community rugby to below the base of the sternum](#).

Following this announcement, a Tackle Height Hub has been created to offer a range of online resources, guidance documents, training videos and face-to-face training opportunities. These resources are being created to help support players, coaches, referees, volunteers, and CBs ahead of the 2023/24 season.

You will be able to see details of the resources and when they will become available on the roadmap within the Tackle Height Hub page.

You can access the Hub information and resources [here](#) or at englandrugby.com/tackleheight

First Aid Equipment Support

To support clubs in sourcing the pitch side first aid supplies they need, the RFU have been working with Firstaid4sport to create our own page containing equipment which a club or individual first aider needs to enable provision of pitch side first aid.

Our landing page can be found here:

<https://www.firstaid4sport.co.uk/RFU?fbclid=IwAR010ka1QVOA56FBKHTOzudd6tZG9JENmXe22nVYXULR-ZZfmJlqdlMRMhM>

Clubs can register to be able to purchase club kits and to receive special RFU prices on their purchases at: <https://www.firstaid4sport.co.uk/register>

They then need to email: sales@firstaid4sport.co.uk to inform the team that they are registering as an RFU club.

First Aid Provision Training Support

During this season you may, via your CB RugbySafe Lead, have been offered support in the form of first aid training vouchers which can be redeemed against the cost of a place on an RFU first aid course. This course supports pitch side first aiders to be able to deliver first aid cover for your teams at training and matches.

For information on the first aid provision a club or organisation needs to provide please access the community rugby first aid provision toolkit:

<https://keepyourbootson.co.uk/rugbysafe-toolkit/community-rugby-first-aid-provision-and-information/>

If you have received one or more training vouchers this season but have not yet used them, please think about running a first aid course in the coming months. Courses for next season can be arranged from 1st August 2023.

AED (Automated External Defibrillator) Bursaries

The RFU are working with London Hearts, an England wide charity and one of the leading heart charities in the UK for placing defibrillators in communities. With every package, along with the defibrillator itself, London Hearts provides an online CPR and defibrillator training video and ongoing support, including advice on purchasing and maintenance of an AED unit.

The RFU currently offering a £250 bursary, that is in addition to the £300 subsidy already offered as part of the London Hearts package, so clubs can potentially purchase a defibrillator for around £300-500 (depending on model/accessories etc.) instead of £900-£1200. There are 100 bursaries available, these will be granted on a first come first serve basis, and the closing date for applying for a bursary is 30th September 2023.

Please contact Jo Lovell at London Hearts on jo@londonhearts.org or ring 02070432493, ensuring you mention that you would like to claim one of the RFU defibrillator bursaries.

As well as supplying new defibrillators to clubs, London Hearts also offers support and guidance to clubs who already have a defibrillator and can offer advice on maintenance, pad replacement, storage etc. For more information, please visit the [RugbySafe Community Rugby First Aid Provision & Information Toolkit](#)

Proactive Injury & Incident Reporting App

In collaboration with Howden & Proactive the RFU has an incident reporting App to ensure that injuries and incidents, both on and off the pitch, are recorded and maintained in a secure manner. The Proactive Digital injury and incident reporting app allows clubs to log injuries/incidents and complete pre-session checks effectively, efficiently, and securely.

The RFU are currently working with Proactive to further develop the App and the new functionality will be available for the 2023/24 season.

Visit the [RugbySafe Injury Reporting & Incident Recording Toolkit](#) for more information.

RugbySafe social media channels

Keep up to date with all things RugbySafe:

- On Twitter @RugbySafe
- On our RugbySafe Facebook page [here](#)

Club Support Hub & other support resources

Commented [R(1): @Chrissy Clark (She/Her/Hers)] Can you add information regarding defibs as per email I forwarded on to Trish for news piece.

Commented [C(2R1): No problem, I asked Jo earlier in the week about the broken link in the toolkit and she confirmed that she is getting it fixed.

Commented [R(3): @Chrissy Clark (She/Her/Hers)] after our call with Dom, can you please include some information on Proactive. Just simply info for now will be fine. We can include the new contents in the next one.

As a Club RugbySafe Lead, your first port of call for any questions should be the [RugbySafe Toolkits](#).

However, England Rugby also has the [Help Portal](#), an online hub to help clubs access support quickly and easily.