



# GUIDELINES FOR TEAM FIRST AID KITS & CLUB EMERGENCY RESPONSE KITS



Standard Approach to Field Emergencies

**The Irish Rugby Football Union promotes access to rugby specific first aid training and equipment to all of its affiliated clubs and schools. The SAFE-Rugby (Standard Approach to Field Emergencies) programme has been developed to provide guidance and training in these areas.**

Designated personnel should be trained in first aid and be present during all Club/School rugby activities. All coaches, referees and players should be encouraged to participate in first aid training.



## Pitchside First Aid Kit

This is the kit bag that each team should have available at the pitch side and should be taken on to the field in the event of any injury. Teams at all age levels should have a fully stocked Pitchside First Aid Kit available at every training session and game, as well as a designated personnel trained in first aid. The equipment should be checked regularly to ensure that all materials are present and that they are in date. If an item is out of date, it should be disposed of and replaced. A spare stock of items should be kept in a designated storage area (e.g. in the medical room), where refilling of kits bags can take place following an incident.

Below is a listing of recommended items to have in the Pitchside First Aid Kit. Individuals may wish to add to this minimum kit list depending on their circumstances.

Adhesive dressings (plasters)		assortment
Antiseptic wound wash		12
Chemical Ice packs (single use)		4
Conforming bandages 10cm / 15 cm		4 each
Crepe bandages 10cm / 15 cm	For compression	4 each
Disposable non latex gloves (M /L)		
Foil blanket (single use)		1
Gauze swabs 10cm X 10 cm		pack
Paramedic shears	Removing clothing	1
Petroleum jelly		1
Pocket face mask		1
Silk tape 5.0 cm		2 rolls
Sleek waterproof tape 2.5 cm		2 rolls
Sterile water eye wash 10ml		6
Tape scissors		1
Triangular bandages	Upper limb injuries	8
Wound pads / dressings 10cm X 10cm		8
Zinc oxide tape 2.5 cm	strapping	2 rolls
Zip lock bags large if ice available		4
Antiseptic wipes		Pack

## Emergency Response Kit

Each club/school premises should consider having a Emergency Response Kit that will hold equipment required to deal with a serious injury or incident. The Emergency Response Kit must be easily accessed (e.g. not locked away in the office or in the boot of a car). If your club/school has access to a health care professional (medical practitioner/ nurse/ physiotherapist etc. ) as part of the match day team, they may consider having additional items of equipment available to that individual in the event of a serious incident. For some of these additional pieces of equipment, training will be required.

Absorbent towel small		1
Advisory External Defibrillator	May be separate	1
Cervical collar (adjustable)		2
Hand held suction device		1
Non rebreather mask	If oxygen is available	2
Oropharyngeal airways	Size 2,3,4	1 of each
Oxygen cylinder (CD Size)		1
Paramedic shears		1
Pocket face mask		2
Prep razors		2
Reusable blanket		1
Sam splint		2

Additional items such as stretchers, spinal boards and “scoop” or split type stretchers are available in some clubs and schools. These pieces of equipment require training and ongoing familiarisation for those who may have to use them. If your club or school have additional equipment and are unsure if its use is appropriate or are considering purchasing additional medical equipment, you may consider contacting the IRFU First Aid and Injury Prevention coordinator for advice (see contact details on last page).

## Should we have medications in the kit just in case?

The IRFU does not recommend that any medications are kept in the first aid kit or Emergency Response Kit. Each player should be responsible for any specific medication they might require. A club/school Doctor may of course wish to authorise specific alterations to this guideline.

*The IRFU does not recommend or endorse any specific brand or make of equipment. Where specific devices are mentioned in this document they are normally the most commonly used and will be familiar to most people.*

## What if we have a medical room in our club/school?

The equipment listed above for the pitchside first aid kit and Emergency Response Kit can be used to provide care for a player in the medical room and does not necessarily need to be duplicated.

## What additional equipment may our team doctor require?

Please refer to our Guideline for Team Doctors. This document outlines some equipment that should only be used by a qualified medical practitioner working within their normal scope of practice.



The Irish Rugby Football Union actively promotes access to Advisory External Defibrillators, Rugby First Aid Training and Equipment to all of its affiliated clubs and schools.

The SAFE-Rugby (Standard Approach to Field Emergencies) programme has been developed to provide guidance and training in the areas of Rugby Specific First Aid, Basic Life Support and Advisory External Defibrillation, and the provision of medical rooms and associated equipment.

Designated personnel should be trained in Basic First Aid and be present during all Club/School rugby activities. All coaches, referees and players should be encouraged to participate in First Aid training.

For information on SAFE Rugby programmes go to [www.irishrugby.ie/playingthegame/safe\\_rugby.php](http://www.irishrugby.ie/playingthegame/safe_rugby.php) or contact the First Aid and Injury Prevention Coordinator [shane.mooney@irfu.ie](mailto:shane.mooney@irfu.ie) or ring 086 021 6064



The IRFU does not recommend or endorse any specific brand or make of equipment. Where specific devices are mentioned in this document they are normally the most commonly used and will be familiar to most people. There are numerous examples of each piece of equipment available from a variety of suppliers.