



TEAM FIRST AIDERS HANDBOOK
2019-2020

**WE WELCOME EVERYONE FROM
THE 4 CORNERS OF THE RUGBY WORLD**

**WE BELIEVE
THE SUM OF US
IS MORE POWERFUL
THAN THE INDIVIDUAL**

**WE ARE EACH OTHER'S FAMILY
AWAY FROM HOME**

**WE PLAY EVERY GAME
AS THOUGH IT'S OUR LAST**

**WE PRIDE OURSELVES ON OUR
SPORTSMANSHIP**

WE BELIEVE THAT EVERYONE DESERVES A FAIR GO

**WE ARE COMMITTED TO THE CLUB
BEFORE & AFTER THE FINAL WHISTLE**

**WE RESPECT ALL,
FEAR NONE**

**WE ARE THE DUBAI
HURRICANES**

WHO DO YOU PLAY FOR?

Introduction

Injuries are a part of any sport. Serious or life-threatening injury are, however, rare. The outcome of many injuries can often be improved by very simple first aid skills from bystanders until emergency help arrives.

Such bystanders may be parents, club officials, coaches, referees or even other players. As a Team Medic your training has provided you with some of the basic skills you may need when you find yourself in such a situation.

This handbook is intended to provide you with information that is specific to the club and our home ground at The Sevens. You will also find essential contact details for club officials and details of local protocols that we have put in place in the interest of the health, safety and wellbeing of our players and spectators.

The most important thing to remember is that you are never alone when you are looking after your team, not only do you have the coaching staff and other parents around to assist, the Referee is always on your side!

As a registered volunteer you are covered by the Clubs Insurance and as qualified First Aiders in the UAE you should practice only what you have been trained to do.

We have established a set of Golden Rules that are intended to ensure you are protected as are our players.

If in doubt call for help, maintain the injured player in a safe condition and await further assistance.

Contacts

Name	Role	Email	Mobile
Jim Dickenson	Club Chairman	clubchairman@dubaihurricanes.com	056 759 9490
Darran Jenkins	M&Y Chairman	chairman_my@dubaihurricanes.com	052 340 6275
Ross Clow	Vice Chairman	vicechairmn@dubaihurricanes.com	050 675 6309
Tina Lewis	Club Secretary	secretary@dubaihurricanes.com	050 551 1238
Kat Smith	Director of Netball	netball@dubaihurricanes.com	058 528 5417
Lisa Parker	Safeguarding Officer	dsl@dubaihurricanes.com	
Dr Alan Kourie	Club Medical Officer	alan.kourie@mediclinic.ae	
Cecile de Scally	Medic Manager	medical@dubaihurricanes.com	050 694 7938
Mediclinic	Appointments		8001999

Dubai Ambulance 998 or 999

Golden Rules

1. Ensure that you have registered as a volunteer member with the club for insurance purposes.
2. Only practice what you have been taught during your training.
3. You can treat anyone at The 7s but only Hurricanes Players when away.
4. If you are not comfortable with any situation stop and seek further medical aid. (Do not be afraid to call an ambulance)
5. If you think a player should be removed from the field of play tell the referee in a match or the head coach in a training session. Report anyone not adhering to this policy to the Club Medical Manager.
6. Do not apply C Spine Collars or Spineboard to any suspected spinal injuries until further notice. Apply MILS and seek further medical assistance (either ambulance crew or ICIR L2 First Responder).
7. Ensure that you follow the club reporting protocols following any Head Injury or 'Other Injury' requiring further medical attention. A link to the forms are on the club website.
8. When playing away, ensure that you know what their plans are for medical emergencies prior to commencement of any game.

Training

All of the Team Medics at Dubai Hurricanes are required to undertake the following additional training modules:

- World Rugby 'Rugby Ready' (Online training and tests) valid for 2 years

<http://rugbyready.worldrugby.org>

- World Rugby 'First Aid in Rugby' (Online training and tests) valid for 2 years

<https://playerwelfare.worldrugby.org/firstaidinrugby>

- World Rugby 'Concussion Management for the General Public' (Online training and tests) valid for 2 years

<https://playerwelfare.worldrugby.org/?documented=module&module=21>

Copies of all certificates should be submitted on successful completion to the Medic Manager by email via **medical@dubaihurricanes.com**

A First Aid course is provided to Dubai Hurricanes by Mediclinic as part of their annual sponsorship. For details on availability please contact the Club Medic Manager.

Medical professionals registered with the Ministry of Health are eligible to attend the more advanced Immediate Care In Rugby course, again contact the Club Medic Manager for details.

Equipment

First Aid Kits

Your team manager will be asked to nominate a lead Team Medic for your squad, this individual will be issued with the Squad First Aid Kit, this exceptionally comprehensive kit has been provided by sponsors Mediclinic. Subject to availability teams requiring additional kits will be provided with them.

First Aiders who use their own kits can of course obtain supplies as needed to replenish / stock their kits as required. Spare medical supplies are available on request to the Club Medic Manager and can be collected during Saturday Training.

Stretchers / Spine Boards

Spine boards are stored in the club storeroom inside the main building at The Sevens, and can only be used as general stretchers until further notice. Should a casualty be transferred to hospital on one of the club boards please establish where the casualty is to be taken and notify the M&Y First Aid Coordinator ASAP. The casualty or the casualties parents are ultimately responsible for the return of this equipment. These boards are not to be used for spinal injuries until further notice.

AED

There is an AED located outside of the Club Office on the wall in the reception area and a second one in the emergency response pack kept in the Club Medical Room or pitch-side during adult matches.

Medical Ice

Medical Ice should be provided at each pitch for every training and match session, if it is not there please inform the 7s Team on 056 999 4915, who will contact the relevant parties.

Sunscreen

All Medic Kits have sunscreen provided, however, when playing at the Sevens sunscreen is available outside the Club Office

Concussion

A separate document detailing the Club policy relating to concussion management is available.

The World Rugby Recognise and Remove message incorporates 6 Rs

Recognise -

Learn the signs and symptoms of a concussion so you understand when an athlete might have a suspected concussion.

Remove -

If an athlete has a concussion or even a suspected concussion he or she must be removed from play immediately.

Refer -

Once removed from play, the player should be referred immediately to a qualified healthcare professional who is trained in evaluating and treating concussions.

Rest -

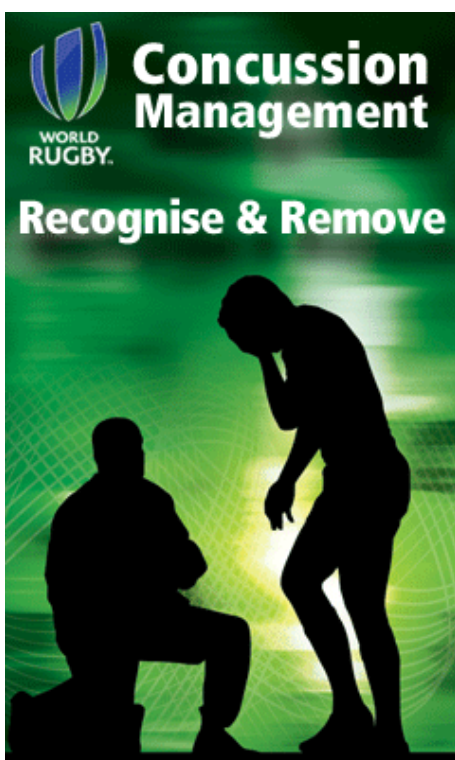
Players must rest from exercise until symptom-free and then start a Graduated Return to Play. World Rugby recommends a more conservative return to play for children and adolescents.

Recover -

Full recovery from the concussion is required before return to play is authorized. This includes being symptom-free. Rest and specific treatment options are critical for the health of the injured participant.

Return -

In order for safe return to play in Rugby, the athlete must be symptom-free and cleared in writing by a qualified healthcare professional who is trained in evaluating and treating concussions. The athlete completes the GRTP (Graduated Return to Play) protocol



Reporting of Suspected Concussions

Setting Up Shortcut to a Form on I Phone / Android Device

For ease of reporting and recording of Suspected Concussion we have established a database that will be accessible to all Club Medics, Team Managers and Lead Coaches. Here it will be easy to see what status a player is with regard to suspected concussions. We would very much appreciate it if you could use this form to report any suspected concussion to the Club as soon as possible:

<https://forms.gle/qNVNTwuutN5VNMyMA>

To make life easier you can add this to your devices homepage as a shortcut, details of how to this are located at these links:

Adding a Shortcut to I Phone Home Screen::

<https://www.youtube.com/watch?v=x1298MHvtmE>

Adding a Shortcut to I Phone Home Screen:

<https://www.youtube.com/watch?v=yj30T7eS5XU>

On IOS Devices (IPhone) you may find that the default browser may display some Arabic Text in Google Forms, the most effective workaround for this is to download the Chrome App and then to save the forms in favorites or bookmark them.

Teamwork

DHRFC INJURED PLAYER PROTOCOL

PLAYER ACTION (ALL PLAYERS TO BE BRIEFED IN TRAINING SESSIONS)

PROTECT YOURSELF FROM FURTHER INJURY AND STAY STILL!

INFORM THE REFEREE, MEDIC OR COACH THAT YOU NEED ATTENTION

STAY ON THE FIELD OF PLAY UNTIL REPLACED BY HEAD COACH OR REMOVED BY MEDIC

TEAM MEDIC

DURING A MATCH ,POSITION YOURSELF WITH THE COACHING TEAM ON THE SIDELINE TO ENSURE APPROPRIATE LEVELS OF COMMUNICATION ARE MAINTAINED

APPROACH CASUALTY WHILST TRYING TO INFORM REFEREE OF YOUR PRESENCE

PROTECT YOURSELF AND THE CASUALTY FROM FURTHER INJURY

TREAT THE CASUALTY **ON THE FIELD/COURT** – DO NOT REMOVE UNLESS REFEREE AND HEAD COACH ARE AWARE

IMPORTANT 'WORLD RUGBY' NOTE: **'Any player with concussion or suspected concussion should be immediately and permanently removed from training or play'** **YOU MUST ADVISE THE REFEREE IF YOU HAVE CONCERNS OF SUSPECTED CONCUSSION**

COACHES

INFORM REFEREE OF ANY INJURY INCIDENT IF HE/SHE IS NOT AWARE

BE PREPARED TO ASSIST MEDIC WITH REMOVAL OF PLAYER FROM FIELD IF REQUIRED

NOMINATE SUBSTITUTE AND INFORM MEDIC / REFEREE IF INJURED PLAYER IS TO BE SUBSTITUTED

ACCEPT MEDICS ADVICE SHOULD THERE BE A MEDICAL REASON FOR SUBSTITUTION **'Any player with concussion or suspected concussion should be immediately and permanently removed from training or play'**

PARENTS

PARENTS ARE NOT PERMITTED ON THE FIELD OF PLAY/ON COURT UNLESS REQUESTED BY REFEREE, COACH OR MEDIC TO ASSIST WITH THE REMOVAL OF AN INJURED PLAYER

PARENTS ARE ENCOURAGED TO ASSIST MEDICS WITH SIDELINE TREATMENT OF INJURED PLAYERS UNDER GUIDANCE OF MEDIC

Playing Away

Equipment

It is the hosting clubs responsibility to provide all equipment at their venue, it has been known for clubs not to have sufficient First Aid Equipment available for matches. If you are concerned raise this concern with the Match Referee.

Facilities

The facilities at The Sevens are unique, if you have not been to a venue before try to speak with someone that has so you can get a feel for what facilities are available. Knowledge of the location of Medical Rooms (if they exist) and washrooms are vital for Team Medics.

Ice

Not all clubs have the facilities to produce mass amounts of medical ice, you are advised to ensure that you take sufficient ice and cold packs for your own personal use. This can prove to be a challenge in a tournament environment, a dedicated Ice Box for medical use only is always useful.

Hospitals

If a player is sent to hospital they should be in possession of their Emirates ID as a minimum. An ambulance may not transport the patient without sight of this! This is particularly important to note when playing away from home where players may have travelled without their own parents. It should also be noted that often a hospital will request a credit card prior to any treatment which can be particularly challenging if the players parents are not with them.

Hints and Tips

Handouts:

You may find it useful to keep some printed copies of the [World Rugby Concussion Guidance](#) in your Medical Kit Bag to give to parents of players that may have a suspected concussion before they take the player home. It is only natural for them not to absorb what you are telling them pitch side and this is World Rugby Guidance that they can refer to. Feel free to pass on contact numbers at the front of this Handbook to concerned parents.

The Opposition:

The oppositions' Medic is your ally, they will undoubtedly be there for you if you need them, take some time to have a chat prior to the kick off. That said if you are helping them out with a casualty involving their players, they must take the lead.

Player and Parent Contact Details:

Your Team Manager should be able to provide you with all of the consent forms / medical details etc. for your team. If you scan these in alphabetical order in a single PDF File you can save this to your phone for instant and easy future reference.

The Referee:

The Referee is your strongest ally, if there is any pressure from coaches to keep a player on the pitch that you believe has an injury that you feel warrants removal from the pitch, advise the Referee. Do remember though, the Referees decision is final.

Hydration / Sun Screen:

You may find that it is you that needs to constantly remind parents to provide sufficient water or sunscreen for training sessions and matches, don't be afraid of doing this.

Cold Packs / Towels:

Younger players can get 'phased' by the use of ice packs; cold towels / flannels prepared in advance can be beneficial in these instances.

CANES AT THE SEVENS SERIOUS INJURY PROTOCOLS

CPR REQUIRED

AMBULANCE TO BE CALLED (999) AND SOMEONE SENT TO AMBULANCE RV

AED REQUIRED TO SCENE ASAP

MEDIC DELIVERS CPR AS TRAINED

MAINTAIN CPR UNTIL AMBULANCE ARRIVES

DURING HIGH TEMPERATURES CONSIDER RELOCATING SUNSHADES OVER CASUALTY AND MEDICS

POST INCIDENT INITIATE CLUB RECORDING AND REPORTING PROTOCOL

UNCONSCIOUS CASUALTY

AMBULANCE TO BE CALLED (999) AND SOMEONE SENT TO AMBULANCE RV

AED REQUIRED TO SCENE ASAP

TEAM MEDIC DELIVERS FIRST AID IN ACCORDANCE WITH TRAINING

DURING HIGH TEMPERATURES CONSIDER RELOCATING SUNSHADES OVER CASUALTY AND MEDICS

POST INCIDENT INITIATE CLUB RECORDING AND REPORTING PROTOCOL

SUSPECTED NECK OR SPINAL INJURY (CONSCIOUS)

TEAM MEDIC DELIVERS FIRST AID IN ACCORDANCE WITH TRAINING

AMBULANCE TO BE CALLED (999) AND SOMEONE SENT TO AMBULANCE RV

IF SUITABLY TRAINED TEAM MEDIC TO APPLY STIFF EXTRACTION COLLAR AND MANAGE SPINE BOARDING OF PATIENT AND REMOVE TO MEDICAL ROOM

IF NOT TRAINED OR THE SITUATION CONTRAINDICATES SPINE BOARDING THEN THE CASUALTY SHOULD REMAIN IN SITU WITH MANUAL INLINE STABILISATION APPLIED UNTIL AMBULANCE CREW TAKES OVER

DURING HIGH TEMPERATURES CONSIDER RELOCATING SUNSHADES OVER CASUALTY AND MEDICS

POST INCIDENT INITIATE CLUB RECORDING AND REPORTING PROTOCOL

Recommended Hospital—Rashid Hospital Emergency & Trauma Centre

SUSPECTED CONCUSSION

TEAM MEDIC TO DECIDE IF CONCUSSION IS SUSPECTED OR NOT

SHOULD THERE BE ANY DISPUTE WITH COACHES OR PLAYERS, THE TEAM MEDIC IS TO ADVISE THE REFEREE THAT THEY SUSPECT A CONCUSSION AND ADVISE THE PLAYER SHOULD BE REMOVED FROM PLAY. THE REFEREE'S DECISION IS FINAL!

**A PLAYER WITH SUSPECTED CONCUSSION IS TO BE REMOVED FROM PLAY AND IS NOT TO RETURN TO PLAY
UAERF CONCUSSION PROTOCOL IS TO BE APPLIED**

POST INCIDENT INITIATE CLUB RECORDING AND REPORTING PROTOCOL

OTHER INJURIES REQUIRING MEDICAL ATTENTION

TEAM MEDIC TO TREAT ACCORDINGLY

ARRANGE TRANSPORTATION TO HOSPITAL (AMBULANCE, PRIVATE CAR OR TAXI)

Recommended Hospital—Mediclinic Parkview



