

# MARCH BEARS RUFC



Website – [www.marchbearsrufc.org.uk](http://www.marchbearsrufc.org.uk)

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## MARCH BEARS RUGBY CLUB

### FIRST AID POLICY

The March Bears Rugby Club recognises that in a physical contact sport, injuries can occur, and it will accordingly seek to ensure that the appropriate first aid resources will be available at all games and training sessions.

It has accordingly adopted the RFU policy on first aid in the RFU A-Z community rugby this states:-

“It is recommended that all community rugby clubs have at least standard first aid equipment and trained person on match days and training nights”

The RFU guidelines for standard first aid equipment boxes should contain:-

- Guidance card
- 20 assorted adhesive dressings (plasters)
- 2 sterile eye pads
- 6 medium size dressings
- 2 large wound dressings
- 4 triangular bandages
- 3 pair's disposable gloves
- 6 antiseptic wipes
- 1 emergency foil blankets
- 1 disposable resuscitation kits

This box should be clearly marked and accessible.

In addition the club will:-

1. Encourage members to attend appropriate first aid courses
2. Access for ambulances will be kept clear and accessible at all times
3. Drinks will be available during matches and at half time

It is acknowledged that for potentially serious injuries the aim of the first aider is to keep the player safe until he/she can be taken to hospital.

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