



MEDICAL EMERGENCY ACTION PLAN FOR: ADULT AND AGE GRADE MATCHES AND TRAINING

This document sets out the overall Medical Emergency Action Plan (MEAP) for NARFC as agreed by the NARFC Committee. The MEAP follows the RFU RugbySafe (Player Welfare) Guides and Resources; it is recommended Coaches, Officers of the Club and Committee members read RFU resources that can be found on the RFU website under RugbySafe <https://www.englandrugby.com/participation/playing/player-welfare-rugby-safe>.

The MEAP should be shared with visiting team.

ACCESS - Address and Postcode:

NARFC – Main/Back pitch

Rydon Industrial Estate, Newton Road, Kingsteignton, Newton Abbot.

TQ12 3SJ

WHAT 3 WORDS: chat.clogging.cautious

Ambulance access

Through main entrance to the club and car park.

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NARFC – Homers lane Pitch

Homers Lane, Kingsteignton, Newton Abbot.

TQ12 3AE

WHAT 3 WORDS: window.clearcut.consumed

Ambulance Access

Main gate in Homers Lane.

Telephone number for the club: 01626 354140

MEAP LEAD

Mike EDKINS (mike.e@narfc.co.uk)

Mark SHADDICK (Club Chair) (chairman@narfc.co.uk)

RUGBY SAFE LEAD/FIRST AID COORDINATORS AND TEAM

Mike EDKINS (lead) (safeguarding@narfc.co.uk)

Mike SAXTON (Director of Rugby) (mikesaxton@narfc.co.uk)

Andrew NICHOLLS (Age Grade boys/girls Chair) (Andrew.n@narfc.co.uk)

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FACILITIES

Defibrillator (AED)	<ol style="list-style-type: none">1. Outside club house (code C183)2. Inside club next to the bar
First aid	<ol style="list-style-type: none">1. Each team has own first aid Kit2. Bar and Marque area3. In first aid/physio room4. Replacement kit from Rugby Safe lead
First aid/physio room	Physio/Medical room is currently one of the nominated changing rooms.
Nearest Ambulance station	Newton Abbot – less than 8 minutes
Nearest A&E (24hrs)	Torbay Hospital. Newton Road, Torquay TQ12 7AA
Nearest Minor Injuries (0800-2000hrs)	Newton Abbot. West Golds Road, Newton Abbot TQ12 2TS

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MEAP CHAIN OF COMMAND & PROCEDURES

EQUIPMENT AND PERSONNEL

Each team should have:

- A nominated “lead Coach” who will take charge of the MEAP
- A nominated Pitch side Emergency First aider (qualified to ERFU standards)
- A fully stocked first aid kit – each team is responsible for maintaining this.
- For age grade rugby – parent/guardian present at pitch side or nominated responsible Adult if not present – NOT the team Coach.

Role	
Lead coach	<ul style="list-style-type: none"> • Should take charge of the medical emergency - primary role is player welfare • Co-ordinate response in line with the MEAP • Delegate actions to responsible person(s) such as calling the ambulance • Complete Accident report forms
Emergency first aider (pitch side)	<ul style="list-style-type: none"> • An Emergency First Aider should be qualified to a minimum of Level of EFARFU or level 3 Emergency First Aid in line with RFU Rugby Safe guidelines • Emergency First Aiders are trained to: <ul style="list-style-type: none"> ○ Take charge when someone is injured or ill, including calling an ambulance if required; ○ Provide emergency first aid to injured or ill persons until expert help arrives <p>Complete Accident forms with lead coach (use of proactive app or manually as required)</p>
Responsible persons	<ul style="list-style-type: none"> • Action tasks delegated from Lead Coach such as; • Call the ambulance • Being positioned to meet the ambulance at an appropriate location to guide it to the incident.

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	<ul style="list-style-type: none">• Ensure the ambulance access route is clear of obstructions, consider the need for an air ambulance landing.• If ambulance access on to the pitch is required, and particularly if an air ambulance has been sent, ensure all training, and matches in the vicinity are stopped.
Parent/guardian of injured age grade player	<ul style="list-style-type: none">• Parent / guardian or nominee will transport / accompany the player to hospital.
Rugby safe lead	<ul style="list-style-type: none">• Contact for Age Grade Accident /Incident Reporting• Key contact for RFU if a Reportable Injury Event
Coaching coordinator	<ul style="list-style-type: none">• Review injury reporting• Ensuring coaches & volunteers are appropriately qualified
Management (committee/chair)	In event of Reportable Injury Event; <ul style="list-style-type: none">• Notify the Constituent Body.• Notify the Clubs' insurers

MEAP procedures

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<h2>Injury</h2>	<p>Non-serious injury</p> <ul style="list-style-type: none"> • Suspected concussion • hospital visit (except overnight admission) • Suspected broken limb • Injury caused by equipment 	<p>Serious Injury</p> <ul style="list-style-type: none"> • Suspected spinal injury • Suspected head injury (other than concussion) • Suspected internal injury • Suspected severe limb injury • Overnight hospital admission • Fatality
<h2>Procedure</h2>	<p>The following protocol is to be followed by the Club;</p> <ol style="list-style-type: none"> 1. Provide immediate on-field medical care/first aid. 2. Remove player from field of play 3. Notify next parent / guardian / of kin that player has been injured or taken ill and taken to hospital. Parent or Guardian if present to take injured player to hospital. 4. In event of concussion follow GRTP 5. Complete Accident/Incident Report Form - Proactive App 6. Notify Rugby Safe Lead 	<p>The following protocol is to be followed by the Club</p> <ol style="list-style-type: none"> 1. Provide immediate on-field medical care/first aid. 2. Contact the emergency services (Dial: 999 and ask for Ambulance) and provide details and location of the incident. 3. Ensure ambulance access (+/- air ambulance access). 4. Notify next parent / guardian / of kin that player has been injured or taken ill and taken to hospital. If present they should take injured player to hospital 5. Accurately record details of all persons involved in the incident (players, coaches, referee(s) witnesses, medical/first aid personnel). Use the Proactive App or RFU forms and notify rugby safe lead. 6. Notify sportsinjuriesadmin@therfu.com, 0800 298 0102 7. Notify Constituent Body Welfare Officer or Secretary



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		8. Complete Reportable Injury Event Form (this is separate to the accident reporting form) and forward to RFU Serious Injuries Administrator (SIA) (by Proactive APP (or email, fax, or post) 9. Provide support to player(s), family, and officials, as required.
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ACCIDENT REPORTING

The objective for the Club is to understand the accidents / incidents occurring through transparent reporting and to use the information to improve player welfare. A review of the injuries will be conducted by the Rugby Safe Lead, Coaching Coordinator, Age grade Chair and Club Chair to determine any improvements or training that could be put in place to prevent injuries.

Accident reporting will be completed by the lead coach or team Admin who will have access to the Proactive App or if unable to access this use RFU accident report forms and forward them to the rugby safe lead by email.

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