

## First Aid and Emergency Check List



**There are defibrillators in the rear of Changing room 5 and in the Hall by the kitchen.**

The club address is Wright's Meadow

**Leighton Road**

**Stanbridge**

**Leighton Buzzard**

**LU7 9HR**

**01525 371322**

Each team should have a first aid bag with basics for treatment of minor injuries.

### If a player (or spectator) is injured or falls ill and an ambulance is required.

1. Do not move the person.
2. Ensure they are kept warm and safe.
  - Player/spectator - suspected neck injury, stabilise head and do not move and keep warm.
  - Unconscious but breathing and pulse place in recovery positions.
  - Unconscious, not breathing or pulse perform CPR and breaths.
3. Contact the ambulance service direct on 999.
4. Stretchers are located at the rear of Changing room 5 and in Changing room 6 of the clubhouse and should only be used if safe to do so and no spinal injury is suspected
5. If injured person is stretchered to the club please use the Committee room as a safe place until the ambulance arrives.
6. Ensure a responsible person takes control of the remainder of the players and, if necessary, relocates game to other pitch or moves all players inside.
7. Ensure responsible people are positioned to guide the ambulance to the scene through the car park and across pitches.
8. Contact parent if Mini and Junior and they are not already present.
9. Ensure someone goes with player to hospital.

Once incident is over, complete an Injury form and send to [welfare@buzzardrugby.co.uk](mailto:welfare@buzzardrugby.co.uk) and [cbsportstherapy@gmail.com](mailto:cbsportstherapy@gmail.com) (or phone in first instance)

If head injury return to rugby protocol must be followed, club sports therapist or GP will advise.

If serious injury but no ambulance required follow steps 7-9 and ensure players gets necessary treatment