



**DORKING**  
**RUGBY FOOTBALL CLUB**  
www.dorkingrfc.com

## Health, Safety and Risk Management Policy

The objective of playing rugby is to have fun, and that means being warm, safe and properly kitted out. Set out below are some key points regarding safety:

### General - Coaches, Volunteers or Club Member

It is the responsibility of any coach, volunteer or club member, who becomes aware of any possible activity or areas of risk or danger inside buildings or outside within the boundaries of the club's land, to resolve the risk if possible, suspend training or a match if it is not and in all cases bring the matter to the attention of the appropriate authority for urgent action.

### Playing Development

The teaching/coaching or the playing development of players as well as the refereeing of the game of Rugby Football must be carried out under all RFU rules, regulations and directives. Careful consideration as to the age and ability of players must be taken when introducing or developing any contact skill or situation.

### Severe Weather

Players will not enjoy their rugby, may get injured and may be put off the game if they are inadequately prepared for the cold and wet winter days. Players must come with adequate equipment to cope with the likely weather conditions. This includes hats, gloves, waterproof top and tracksuit bottoms. And don't forget a half time snack and drink! Appropriate clothing can be bought from the Club Shop

### Gumshields / Mouthguards

Dorking RFC Minis and Youth recommend that all players wear properly fitted mouthguards/gumshields for training.

### Jewellery

No jewellery of any sort is permitted and should be removed before any training or match activity.

### Boots and Studs

Worn, chipped studs and jagged edges can cause serious injury to players. Boots must be examined regularly and missing studs replaced. Only studs conforming to BS 6366 (1983) will be allowed. All aluminium studs are recommended. Plastic studs must not be used, although moulded rubber studs will be allowed in U6, U7, and U8's.

### Tetanus Injection



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All Mini rugby players should have a preventative course of tetanus injections - see your GP or Practice Nurse.

### **Medical Facilities**

Adequate medical/first aid facilities and first aid boxes/packs as recommended by the RFU must be provided. Free access to these facilities and the playing area must be available at all times.

Qualified first aid/medical personnel must be available during training/playing of games.

Access for Ambulances **MUST** be available at all times.

Access to a telephone (land line and/or mobile) must be available at all times.

All injuries, accidents, incidents must be recorded on the Accident Report Form and copies provided to the Head Physio

### **Injuries**

We all hope that no player gets hurt. If, unfortunately they do, first aid will be administered at the site and parents/carers notified. If, in the opinion of the first aid provider the child needs hospital treatment, appropriate arrangements will be made. If a parent/carer is unavailable, the Club will ensure the child is accompanied and the parent/carer notified as soon as possible.

### **Concussion**

Concussion occurs after a direct blow to the head or force elsewhere that transmits to the head. Typically it results in a short lived change in neurological function. Signs of concussion can include:

- Headache
- Balance problems or dizziness
- Nausea or vomiting
- Feeling dazed
- Double vision / Seeing stars
- Hearing problems - ringing in the ears
- Poor concentration
- Slurred speech
- Inappropriate emotions - tearful, hysterical laughing
- Loss of short term memory (forgetting recent events)
- Confusion, personality change

It can occur with or without loss of consciousness

### **What to do if you have concussion**



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- Do not spend the night alone be around people who can check on you.
- Give them this leaflet so they can spot the signs
- Do not drive
- Go to hospital if you or others notice any of the following
- Headache worsening
- Unable to rouse or drowsiness (player should be woken an hour after sleeping and then at regular intervals throughout the night.
- Cannot recognise people or places
- Repeated vomiting
- Unusual behaviour
- Seizures or fitting
- Weak or numb arms and legs
- Unsteady or slurred speech
- Do not take any chances

Following concussion you must not play for three weeks minimum then only after medical assessment.

When concussion is sustained the player will be removed from the field and irrespective of age, will have a compulsory 21 days off rugby.

### **Medical or Other Conditions**

Players/Parents/Carers must notify coaches of any condition, e.g. asthma, diabetes, attention deficit disorder, epilepsy, that could affect a player during a session.

### **Clubhouse and Storage Areas**

Any dangerous or hazardous areas identified, must be cordoned off and clearly signed and quickly rectified. Emergency exits clearly identified and kept free, storage areas securely secured, fire extinguishers clearly visible and signed.

### **Ground Equipment**

All ground equipment (tractors, mowers etc) and ground supplies (seed, fertilizers etc) are stored in a dedicated and secured area. Signs displaying 'HAZARD KEEP OFF' should also be displayed.

### **Dogs**

It is a club rule that No Dogs shall be allowed on the playing fields.