



## TEAM FIRST AIDERS HANDBOOK

Revised Sep-2023

**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 contact sport. Serious or life-threatening injury in Rugby is, 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
Peter Clapp	Club Chairman	<a href="mailto:ClubChairman@dubaihurricanes.com">ClubChairman@dubaihurricanes.com</a>	
Ross Clow	M&Y Chairman	<a href="mailto:Chairman_MY@dubaihurricanes.com">Chairman_MY@dubaihurricanes.com</a>	
Tina Lewis	Club Admin.	<a href="mailto:Admin@dubaihurricanes.com">Admin@dubaihurricanes.com</a>	+971 50 551 1238
Dr Alan Kourie	Club Medical Officer	<a href="mailto:alan.kourie@mediclinic.ae">alan.kourie@mediclinic.ae</a>	
Cecile De Scally	Medics Manager	<a href="mailto:Medical@dubaihurricanes.com">Medical@dubaihurricanes.com</a>	+971 50 694 7938
Mediclinic Parkview	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.
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](mailto:medical@dubaihurricanes.com)

A First Aid In Rugby Level 1 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 Monday Evening Training or Friday Mornings until 12 Midday.

## **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 Security Team 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 -**

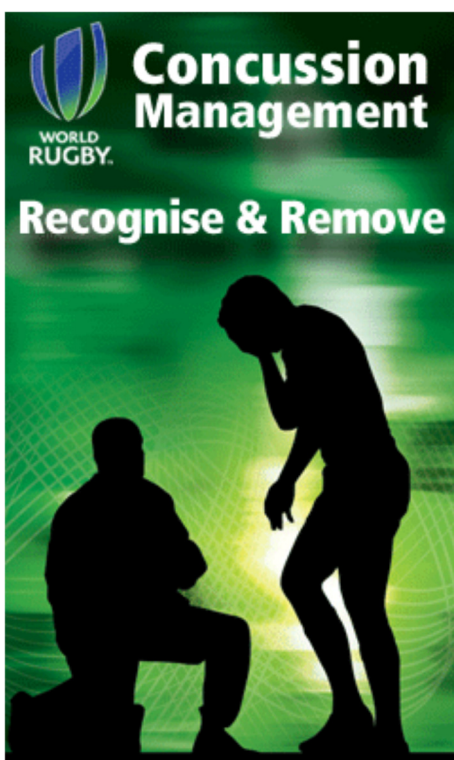
Players must rest from exercise until symptom-free and then start a Graduated Return to Play. World Rugby recommends a more conservative return to play for children and adolescents.

### **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 Injuries including Suspected Concussions

For ease of reporting and recording of Injuries including Suspected Concussion we have established an online database on the club website; We would very much appreciate it if you could use the following form to report all injuries, including any suspected concussion to the Club as soon as possible:

<https://www.dubaihurricanes.com/player-welfare/medics-report-form/>

**Each time an Injury / Concussion Report Form is submitted an email (confirming all details provided) will also be sent to you, the Club Medical Manager and the Parent/ Player - please keep this in mind when completing the form.**



# 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** – 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 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**



