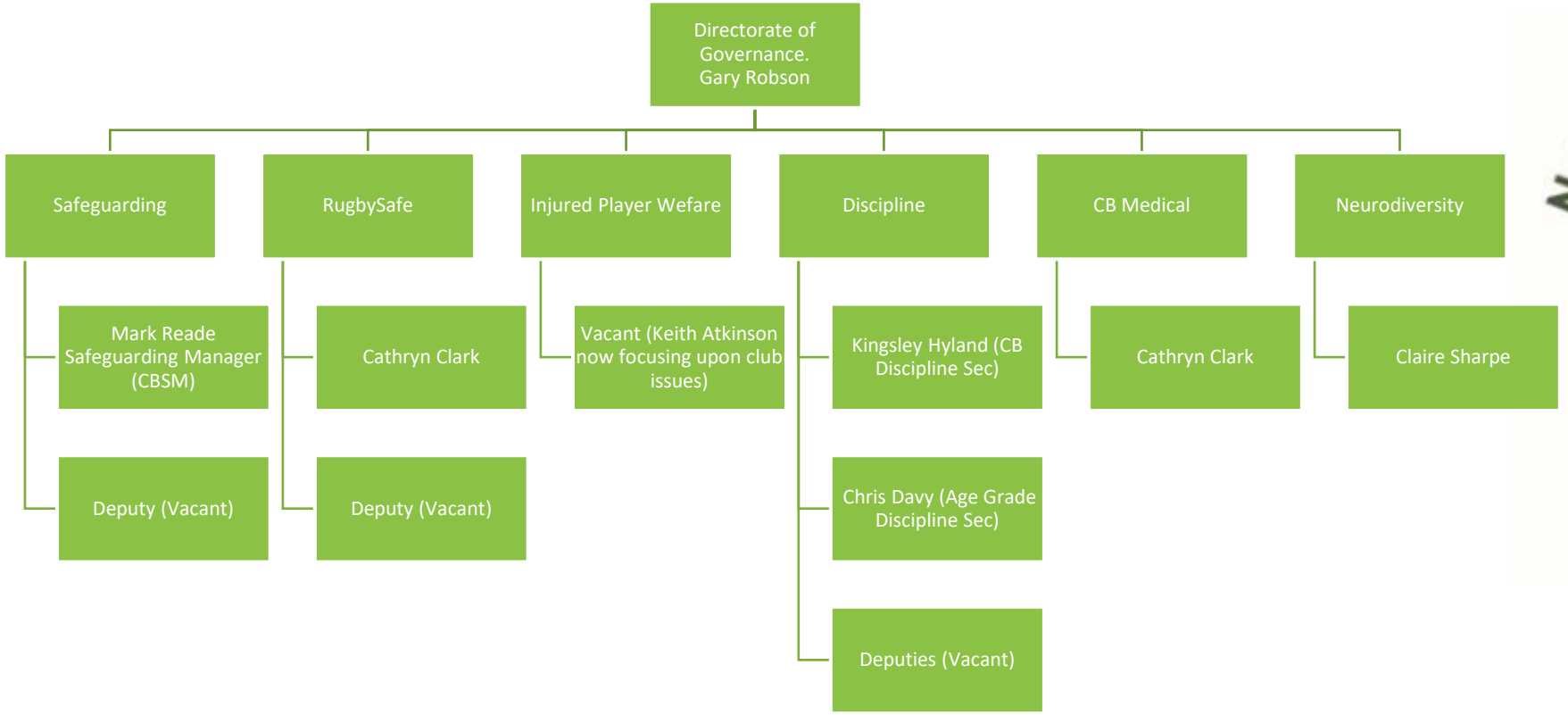
Governance and Best Practice Panel



NRU County Meeting
September 2023

RugbySafe Updates

Cathryn Clark NRU RugbySafe Lead

What is RugbySafe?

- https://youtu.be/FGtq99A2AkI?si=Wm6zFhVc9lofb77A
- www.keepyourbootson.co.uk
- https://youtu.be/UlUWP8j0GlI

Regulation 9 – Season 2023-24

RFU Pitchside first Aid Provision Guidelines no longer “guidelines” but MINIMUM STANDARDS.

2022-23: All Age-grade teams should have an Emergency First Aider (EFA) present.

2023-24: ALL ADULT and AGE-GRADE teams MUST have an EFA present.

EFA minimum is level 3 First Aid qualification – EFARU, EFAW.

RFU – EFARU courses

Options:

2 sessions of 3 hours,

1 session of 6 hours.

Minimum 8, maximum 12 attendees.

Room big enough to seat up to 12 but also enough floor space for practical and NO INTERUPTIONS.

Tutor will need access 1 hour beforehand to set up.

RFU EFARU Courses – Booking Process

1. Email local RFU Tutor(s):

cathrynclark@hotmail.co.uk (Me)

andywilkinsonrugby@gmail.com (Andy Wilkinson)

kpmfirstaidtraining@gmail.com (Karen Paterson)

2. Agree date, time, location with tutor and whether course CLOSED to your club or OPEN to all on GMS.

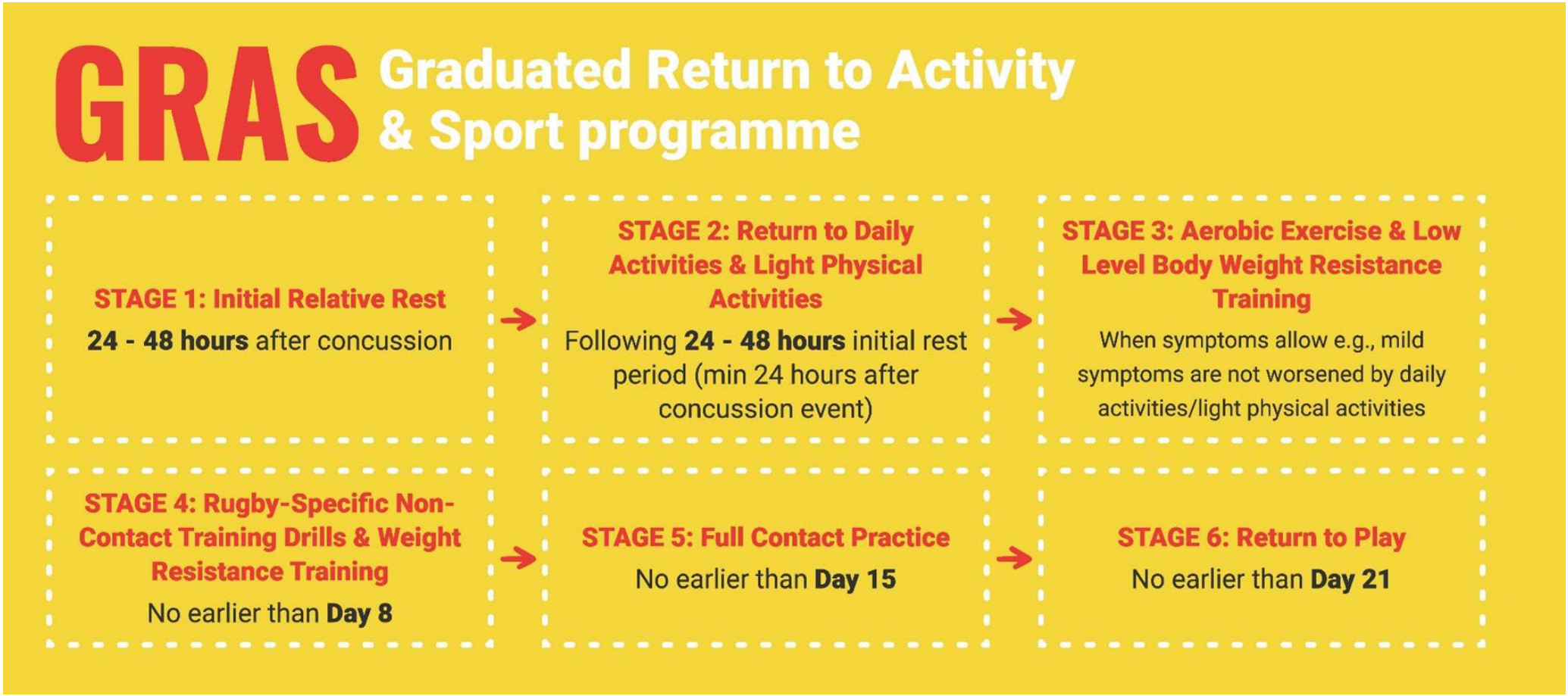
3. If CLOSED you will receive BOOKING LINK for GMS – distribute to attendees to BOOK THEMSELVES on via GMS.

4. Course booking will close 10 working days beforehand – BE QUICK!

EFARU Vouchers

- Course costs £55 per person payable when they book on via GMS.
- NRU given vouchers for FREE EFARU courses.
- Allocated to clubs.
- Clubs must allocate to individuals.
- Guide on how to allocate.
- Allocate asap or we will get less vouchers next season!

New Suspected Concussion Guidelines



UK Concussion Guidelines for Grassroots Sport

- https://keepyourbootson.co.uk/rugbysafe-toolkit/headcase/

- Main differences –
  - Immediate assessment onsite by a Healthcare Professional or call NHS 111 within 24 hours.
  - If still have symptoms after 28 days see GP.
  - 6 stages of recovery.
  - Earliest can return to competition is 21 days – must have been symptom free at rest for 14 days and during the pre-competition training of stage 5.

- Encourage EVERYONE to do updated Headcase e-learning module NOW.

Mental Health & Wellbeing

- https://keepyourbootson.co.uk/rugbysafe-toolkit/mental-wellbeing/

- Loose Headz

Injury Reporting

- Reportable to the RFU.
  - An injury which results in the player being admitted to a hospital
  - Deaths which occur during or within six hours of a game finishing
  - It DOES NOT include those that attend an Accident or Emergency Department and who are then allowed home.

- Proactive in collaboration with Howden & Proactive the RFU has an incident reporting App to ensure that injuries and incidents, both on and off the pitch, are recorded and maintained in a secure manner.

- Via the Proactive web app, Clubs can access the following options:
  - Incident reporting
  - Dynamic risk assessment
  - Pre-session checks
  - The App is easily added to coach and staff mobile devices.

- https://keepyourbootson.co.uk/wp-content/uploads/2022/03/Proactive-Reporting-for-Rugby.mp4

Injury Reporting in Northumberland

- Injury Reporting Form on NRU website so that Injured Player Welfare Officer can follow up and offer support.

- ALL Suspected Concussions Reported via Form on website to allow sharing of information (with consent) so that GRAS followed for School/Uni, Club, DPP/ERDPP, County, etc AND parents can ensure followed for other sports also as per Government Guidelines.

Contacts and Resources

- Your CLUB RugbySafe Lead should be your first port of call for queries.
- They can then contact me if necessary.
- www.keepyourbootson.co.uk
- cathrynclark@hotmail.co.uk