

RUGBY SAFE: SUPPORTING PITCHSIDE CARE



Hampshire
Rugby Football Union

Dear Players and Coaches,

Your club Rugbysafe Lead's primary responsibility is to ensure compliance to RFU Regulation 9. This means they must ensure there are enough appropriately trained qualified Emergency First Aiders at your club who are able to look after you all during matches and training by spotting the signs and symptoms of injury. On top of providing instant assistance in the moment, Emergency First Aiders also record and report all your injuries, manage your safe return to play, look out for your physical and mental health..... and if that wasn't enough, first aiders also must liaise with RSL's to demonstrate regulatory compliance.

Behind the scenes, work is relentless to ensure Hampshire's 12,000+ players are well looked after.

You can help by:

- Make sure your **pre-match** fixture confirmations **include a check that BOTH teams have a qualified First Aider**, and, if they don't, talk to each other about the best way to manage that. **Do not arrive at fixture without a first aider and hope for the best.**



- **Don't argue with a First Aider** if they want you to come off the pitch to check an injury. They are well trained and **their primary function is NOT to ruin your fun - it is to prevent further harm.** They are often in a much better position to see when this might be necessary than you are.

