**Accident and Emergency Guidelines**

If any player is injured during training or a match, the age group first aider will in most instances be the first to assess the injury/incident. The first aider will normally assess the player and decide upon the best action that befits the situation:

If the injury is beyond the capability of the first aider 999 will be called for paramedic services and/or ambulance to attend and transport the player to hospital. Estimated arrival time is 8 minutes.

Old Deer Park

A defibrillator is held at Old Deer Park. Please ask the bar staff to assist in locating the device which is mounted on the wall of the stock area behind the ground floor bar.

Minor injury will be dealt with and the player will probably be able to return to the field of play or training.

Injuries that prevent the player from continuing play/training will be assessed and treated within the clinical ability of the first aider. A report will be made of:

• Location

• Time of injury

• Injury

• Action taken

• Whether the player went home/hospital/referred to GP

• Whether paramedical services were called.

• Whether parents/guardians or coach informed verbally.

• Report made to Chairman LWRFC minis/junior/youth or adult section leaders.

• NHS Direct 111 might also be consulted where necessary to seek advice.

• London Welsh is fortunate to have parents that are professionally qualified medical practitioners that have offered to assist in situations of more serious injury. Their contact details are included on the London Welsh First Aider List in the Team Medical Kit Bag.

In some instances they may be an incident when a spectator is taken ill or collapses. A first aider who is on site will be the first point of contact. If the situation is need paramedical support then 999 will be called for assistance and possible removal of the patient to hospital.

During festivals and tournaments held at Old Deer Park paramedical services will be on site for the duration of the event. Team first aiders will be first point of contact to attend the player. If the situation requires more specialist help then the on duty paramedical teams will be used on site. The duty person in charge of medical services for the tournament must also be informed.

Injury reports should be completed on the day and submitted to the Chairman for recording and reports of serious injuries (as classified by the RFU) will be submitted to the RFU medical services.

Accident & Emergency Unit:

West Middlesex University Hospital, Twickenham Road Isleworth Middlesex TW7 6AF 020 8560 2121

Emergency Dental Treatment:

Out-of-Hours Triage Service for NW London: Tel: 0203 402 1312 or NHS Direct 0845 4647. Urgent care at weekends or bank Out-of-Hours Triage Service for NW London: Tel: 0203 402 1312 or NHS Direct 0845 4647.

Princess Alexandra Dental Unit, Kingston Hospital between 9.30am and 12.30pm.

First Aid Equipment

It is essential that first aid equipment is checked frequently to ensure sufficient quantities and that all items are usable. First Aiders should always replenish contents of first aid box and kit as soon as possible after use, items should not be used after the expiry date shown on packets.

The club has a Supply Agreement with Sports First Aid to obtain medical equipment in line with RFU recommendations. If you are a first aid volunteer, speak to your team manager if you need help in obtaining equipment.

For further guidance on RFU recommendations for first aid kits

<http://www.englandrugby.com/governance/game-support/medical-and-first-aid/first-aid-equipment/>