



100 YEARS  
SEASON 2020-2021

# Dudley Kingswinford Rugby Football Club

Est 1920

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## FIRST AID GUIDANCE UNDER COVID-19

With the news that we can now return - of sorts - there are a few First Aid considerations to be aware of. These are in addition to the risk assessment procedures that Brian sent out earlier today.

If you are no longer a Youth Section First Aider please let me know. I've sent this to Coaches & Admins too for reference. If you are aware the First Aiders receiving this email are no longer active for your Team, please let me know.

A simple infographic is attached & please read through the following -

- **treat outside** as far as possible & anything involving bodily fluids, or people with Covid symptoms, must be treated in an area at least 2m away from others

- where possible **let people treat themselves** - with guidance & instruction from you. E.g. - cleaning & applying pressure to small wounds, applying dressings / plasters. Obviously this will not be possible with younger children. If any doubt - you do it!

- **wash your hands well** after treating someone & make sure any cuts that you have are covered. Do not cough or sneeze over a casualty. Use hand sanitiser if needed.

- **stay 1m+ from casualties** if possible & minimise the time you share 'breathing space'.

- **PPE** - when treating someone less than 2m away, you must wear gloves, an apron & a fluid resistant face mask. There are plenty of disposable gloves in the First Aid cupboard. I will get aprons & face masks ordered this week. (This guidance has only just been released so I didn't know what to order in until now). Dispose of the gloves & apron after giving treatment. Dispose of the face mask at the end of the session.

- **Disposal of contaminated items** - use the yellow bags in the First Aid cupboard to dispose of used gloves, aprons & anything with bodily fluids on it. There is a big yellow disposal bin in the First Aid room in the Changing Room block - put the tied up yellow bag in this.

- **Cleaning up** - using PPE clean areas where bodily fluids have been throughly. If this is on the grass ensure no one goes near this area for the rest of the session.

- fill in & hand in **accident slips** from your books as usual following any incident.

**First Aid Treatment** - The following changes are from the UK Resuscitation Council & the HSE & apply to anyone giving First Aid anywhere in this country -

**DR ABC / Establishing consciousness** - If you do not wish to get close enough to tap the casualty or hear / feel breathing use your foot to gently push the casualty & look for breathing movement in the chest.

**Recovery Position** - Wear PPE (gloves & mask) & put the casualty on their side by remaining standing & leaning over & with as little contact as possible.

**CPR** - Consider that if a casualty is not breathing, & you do nothing, they will die..... Compare this to the risk of them having Covid in the first place, then you catching it & then being seriously ill from it. The odds are very low.....



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However - if you do not wish to do the rescue breaths, don't - just give chest compressions. You must use a face shield (already in your First Aid kit) - but then this advice has always been in place anyway.....

I have attached an infographic on this that I did for my business.

**Defib** - Use of the Defib remains unchanged. if someone is not breathing - get it fast & use it!!

## Qualification extensions -

If your First Aid qualification expired on or after 16th March 2020 the HSE have allowed an extension until 30th September 2020.

Please shout if you need further clarification or have any questions at all!!!??

Esther Coles

**England Rugby**

**EMERGENCY FIRST AIDER**

**STAGE C EMERGENCY FIRST AIDER GUIDANCE**

<p><b>SYMPTOM SELF CHECK</b></p> <p>DO NOT LEAVE HOME IF YOU HAVE:</p> <ul style="list-style-type: none"> <li>• A HIGH TEMPERATURE</li> <li>• NEW PERSISTENT COUGH</li> <li>• LOSS OF OR CHANGE TO YOUR SENSE OF SMELL OR TASTE</li> </ul>	<p><b>WEAR THE APPROPRIATE LEVEL OF PPE</b></p> <p><b>HAVE THE CORRECT EQUIPMENT READY</b></p>	<p><b>WASH AND SANITISE HANDS REGULARLY</b></p> <p><b>ESPECIALLY BOTH BEFORE AND AFTER TREATING A PLAYER CASUALTY</b></p>
<p><b>FOLLOW SOCIAL DISTANCING GUIDELINES OUTSIDE OF GAME TIME INCLUDING DRINKS BREAKS</b></p> <p><b>TRY TO ASSIST AT A SAFE DISTANCE (1M+) FROM THE PLAYER/CASUALTY. WHERE POSSIBLE, EXPLAIN HOW THEY COULD TREAT THEMSELVES</b></p>	<p><b>IF YOU HAVE TO GIVE TREATMENT REMEMBER THE 3PS OF FIRST AID:</b></p> <ul style="list-style-type: none"> <li>-PRESERVE LIFE</li> <li>-PREVENT WORSENING</li> <li>-PROMOTE RECOVERY</li> </ul> <p><b>BE AWARE OF CROSS CONTAMINATION RISK</b></p> <p><b>AVOID CLOSE FACE TO FACE CONTACT</b></p>	<p><b>BE AWARE OF CHANGES TO FIRST AID TREATMENT AND PROTOCOL (E.G. CPR) DURING COVID-19</b></p>

FOR FULL DETAILED GUIDANCE VISIT [ENGLANDRUGBY.COM/CORONAVIRUS](http://ENGLANDRUGBY.COM/CORONAVIRUS)



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