



INJURY ACTION PLAN

AIM

The aim of the plan is to outline the general functions and responsibilities of the staff and volunteers associating themselves with rugby related events in the event of serious injury requiring medical attention. The plan will also include site specific directions and information prevalent to such persons in the aforementioned circumstances.

RUGBY NOVA SCOTIA INJURY PLAN

In the event of an emergency, all rugby officials and those responsible for the given rugby event must be sure that the following essential tasks have been properly allocated and are being undertaken in the most efficient, effective and safe manner.

- ❑ The Injury procedures as set down in the RNS Injury Plan are followed and carried out for every player, official or spectator involved with rugby related events unlucky enough to be the victim of an injury requiring such action.
- ❑ All serious instances of injury should be reported after the fact to the Director of Rugby Nova Scotia, who can follow up on the incident with the required resources, care and attention.
- ❑ That the Cardinal Rule of injury care is followed – **“If a player cannot start a movement by him/herself, do not move the body part for him/her.”**
- ❑ That there is a Charge Person and a Call Person determined before the start of any event and these people are aware of their responsibilities as outlined in the proceeding sections.

Injury Procedures

The Charge Person

The person in charge in the event of an injury should ideally be someone with training specifically in injury care, this may or may not be the coach. At the beginning of your season the person within your team who will hold this responsibility must be identified and a second individual who can assume this role should also be determined in case the primary charge person is unable to attend all games/tournaments.

Duties of Charge Person:

1. When you first come into contact with the injured athlete must take control and assess the situation.

2. Be sure to clear the area around the injured athlete of any other players or bystanders, save for your call person.
3. **DO NOT MOVE THE ATHLETE AT THIS POINT.**
4. Leave any equipment on the athlete in place. If it is not a head or spinal injury the mouth piece can be removed in order to make communication and breathing easier.
5. Evaluate the injury and determine if further assistance is required.
6. If an ambulance is not needed determine best way to remove athlete from rugby field.
7. If an ambulance is needed notify your **call person**, give them a brief description of the injury and tell them to call the ambulance. **The charge person does not leave the injured athlete.**
8. Keep watch on the athlete for any changes in condition and keep them and yourself calm while waiting for professional help.

The Call Person

This person is responsible for calling an ambulance or any form of transportation should one be necessary.

Duties of Call Person:

1. Have the Rugby Nova Scotia Injury Action Plan on hand so that phone location and specific directions to the playing field are immediately available for use. Take someone with you to phone.
2. 9-1-1 should be dialed and the following information should be given to the ambulance dispatcher:
 - State that it is a medical emergency and specifically what the emergency, i.e. injury, is. Be sure to indicate whether or not the athlete is breathing, bleeding etc. and what action is being carried out.
 - Use the Site Specific Directions to give the exact location of the field.
 - Give the telephone number of phone you are calling from in case they need to call back for more information. If this is the case, leave someone by the phone.
 - Ask for their estimated time of arrival..
3. Report back to the Charge Person telling them you have made the call and when the ambulance is expected.
4. Go to entrance of field and wait for the emergency vehicle.

Follow up

The responsibility of the **Charge Person** does not end when the injured player has been moved to more appropriate medical care as they must accompany the athlete in the ambulance. The next of kin of the injured player must be contacted as soon as possible.