

A photograph of rugby players in a scrum, overlaid with a green gradient and curved lines. The players are wearing dark jerseys with white numbers. One player in the foreground has the number 9 on their back, and another has the number 3. A player in the background is jumping high to catch a ball.

GUIDELINES FOR MEDICAL ROOMS AND EQUIPMENT



Standard Approach to Field Emergencies

The Irish Rugby Football Union promotes access to rugby specific first aid training and equipment to all of its affiliated clubs and schools. The SAFE-Rugby (Standard Approach to Field Emergencies) programme has been developed to provide guidance and training in these areas.

Designated personnel should be trained in first aid and be present during all Club/School rugby activities. All coaches, referees and players should be encouraged to participate in first aid training.



Medical Rooms and Equipment

It is recommended that all rugby clubs/schools have a designated Medical Room. This room should be secure, easily accessible and demarcated as a Medical Room. The keys for the room should be available at all times when there is activity in the club/school, with instructions on the door as to the location of the keys.

Key features to consider in any medical room should be;

- Good lighting
- A source of instant heat
- Instant Hot and cold water
- Sufficient power points
- Access to the room for the ambulance service personnel
- The door to the room should sufficiently wide to allow an ambulance trolley/ stretcher to access the room from the corridor
- There should be sufficient locked storage space for all of the required equipment

Listed below are the fixed items that should be in the Medical Room:

Couch	Portable exam couch with multi-position backrest
Pillow	2 polyester pillows, 25 disposable polypropylene pillowcases
Ambulance Blankets	6 pre-shrunk polyester blankets
First Aid Room sign	Self-adhesive 400x300mm on green background
First Aid Press	Storage of equipment
Dispenser for Disposable Gloves	Glove dispenser holding two boxes vertically
Hands-Free Hand Sanitiser	Antimicrobial Hand Sanitiser Kit
Clinical Waste Bags	Yellow plastic 66x43cm, pack of 100
Other items	Wash hand basin, Table and chairs
Emesis bags	Single use, disposable
Stethoscope	
Sphygmomanometer	
Cervical collars	Laerdal Stiffneck Select
Splints	Frac Immobilisers, short, medium, long

The IRFU does not recommend or endorse any specific brand or make of equipment. Where specific devices are mentioned in this document they are normally the most commonly used and will be familiar to most people. There are numerous examples of each piece of equipment available from a variety of suppliers.