

# MEDICAL EMERGENCY ACTION PLAN



## Medical Emergency Action Plan

Issue draft

The information in this plan should be shared with all coaches volunteers as well as all visiting teams.

Formal issue

Club/School/College/ University Name:	<b>Hornets RFC</b>
MEAP for: (e.g. Adult matches, age grade matches days etc.)	Senior Ladies, Colts, All Junior and Mini Teams, Touch club and Walking rugby
Address & Postcode:	Hutton moor road Weston super mare North Somerset BS22 8LY
Sat Nav Postcode / Additional location details for Emergency Services:	BS22 8LY
MEAP Lead (main contact):	Clare Wilkins 07583262087
RugbySafe Lead / First Aid Coordinator (if different from above):	Clare Wilkins rugby safe Lead Jordie Davarian-Cross

### Circulation of this plan

**First Aiders, Coaches, Referee's, Safeguarding Manager, Visiting Teams.**

# MEDICAL EMERGENCY ACTION PLAN



Age Group/ Team First Aiders	
<b>TEAM</b>	<b>Senior Ladies, Colts, All Junior and mini Teams, Touch Club, Walking Rugby.</b>
	<ul style="list-style-type: none"> <li>•<b>Senior ladies</b> – Tom Gawman (physio) Stuart Hoddinott (EFA)</li> <li>•<b>Colts</b> Paul Sheppard (EFA), Mikey Brooks (EFA), Wayne Roberts (EFA)</li> <li>•<b>U16's</b> Chris Buckley (EFA)</li> <li>•<b>U15's</b> Daniel Lawrence (EFA)</li> <li>•<b>U14's</b> Ben Pullen (EFA) Stewart Phillips (EFA)</li> <li>•<b>U13's</b> Ammy Harris (EFA)</li> <li>•<b>U12's</b> Matthew Lightfoot</li> <li>•<b>U11's</b> Darran Griffiths (Paramedic) Em Hodder (EFA)</li> <li>•<b>U10's</b> Wayne Roberts (EFA)</li> <li>•<b>U9's</b> Becky Wicks (EFA)</li> <li>•<b>U8's</b> Helena Morris (EFA)</li> <li>•<b>U7's</b> Amy Carlin (EFA)</li> <li>•<b>Little stingers</b> -</li> <li>•<b>U18's Girls</b> Simon Mayo (EFA) Clare Wilkins (EFA)</li> <li>•<b>U16's Girls</b> Clare Wilkins (EFA) Tabitha Bird (EFA)</li> <li>•<b>U14's Girls</b> Alice Mawyer (EFA) Lyndsey (Jane) Bobadilla (EFA) Jon Bond (EFA)</li> <li>•<b>U12's Girls</b> – Amy Carlin (EFA) Gareth Carlin (EFA)</li> </ul> <p><b>Touch Rugby</b> Jon Bond (EFA)  <b>Walking Rugby</b> Alan Jempson (EFA)</p>

## Ambulance Access Point

<b>Pitch Side</b>	Marked Bays in the car park to enable pitch side access
<b>First Aid Room</b>	AGP pitch side 1 <sup>st</sup> aid Room (container provisions to be completed 2023/2024) Main medical room, far right side of the club house by changing rooms.
<b>Club House</b>	Main front doors / side entrance to left and right of building

## First Aid Equipment Location

<b>First Aid Kit</b>	Pitch side / first aid room / pitch side medical room / behind the bar / main kitchen/ under the post container.
<b>Defibrillator (AED)</b>	Behind the bar visual to all. (AED will also be in the new 1 <sup>st</sup> aid room container 2023 /2024) Hutton moor leisure centre will have one that can be used for emergencies that may occur on Pitch 3 and Pitch 4 (behind Hutton moor leisure centre)
<b>Stretcher, use by trained Individuals only</b>	Medical room, only to be used by trained ICP's not to be used by EFA unless specifically trained to do so.
<b>Other Equipment</b>	Medical room ( neck braces)

## Location of Local Hospitals/Services

<b>Accident &amp; Emergency</b>	<b>Weston General Hospital, (8am-10pm) Grange Road, Uphill, Weston super mare, North Somerset BS23 4TQ</b>  <b>Southmead Hospital, (24/7) Southmead Rd, Bristol, BS10 5NB</b>
<b>Minor Injuries</b>	<b>Clevedon Minor Injuries Unit (8am -8.30pm) Old street, Clevedon BS21 6BS</b>
<b>Pharmacy</b>	<b>Asda Pharmacy (9am-9.30pm) Phillips road, Winterstoke road, Weston super mare, North Somerset, BS23 3 UZ</b>

# MEDICAL EMERGENCY ACTION PLAN



## MEAP Chain of Command & Procedures

### Roles and responsibilities

Pitch side 1<sup>st</sup> Aiders are responsible for 1<sup>st</sup> Aid provisions for all Training and match day games. In the event of a medical emergency the EFA will manage the situation and delegate specific roles to volunteers and parent helpers. The expectation is for the pitch side EFA's to introduce themselves to officials and EFA's of the opposing team prior to the match and alert them to the location of emergency equipment and relevant procedures. Pitch side EFA's will make sure they have a fully charged mobile phone on their persons at all times.

In the event of a medical emergency the EFA will delegate the below roles to a parent helper / volunteer. Pitch side volunteers / parent helpers roles will include:

- Bystander and crowd control
- To meet and guide emergency vehicle and personnel.
- Travelling with injured player if required
- Contact players parent / guardian / NOK

### MEAP Procedure

Role of the EFA Pitch side during a medical emergency.

-Assess the immediate environment for danger to self, player's and helpers. Request the referee to the situation and immediately cease play. EFA to alert parent volunteer / parent helper / guardian of the player of the severity of situation. This is usually done by the EFA alerting the coach of the situation and the coach informing the parent helper / volunteer / guardian.

-Attend injured player, carrying the 1<sup>st</sup> Aid bag with you. EFA should complete a structured ABCDE assessment and commence spinal stabilisation, if indicated. Spinal stabilisation may be delegated to pitch side volunteer, if appropriate.

-EFA will reassure the player when appropriate and then make a call to the emergency services giving the following information.

- Ambulance required at Hornets RFC (**Hutton Moor Road, W-S-M, BS22 8LY**).
- Player's name, gender, approximate age.
- Consciousness level? Breathing?
- Suspected injury and status of injury (head, spine, airway obstruction, sudden collapse, worsening or stable).
- Current treatment (CPR, AED, immobilisation),
- Injury mechanism.
- Other relevant information obtained from the injured player.

-Nominated pitch side volunteers should ensure a clear path identified for emergency services, meet and guide emergency vehicles from the club entrance into the carpark and to where the injured person is. .

-Nominated pitch side volunteers should ensure appropriate crowd control measures in place, aiming to maintain calm management of bystanders and dignity of the injured player.

# MEDICAL EMERGENCY ACTION PLAN



-At appropriate time the EFA will contact players NOK to inform them of injury and current plan.

## **-Suspected spinal injuries:**

- EFA to assess the situation and call emergency services. EFA to ask for assistance from Parent helpers/ Volunteers to support the EFA in maintaining cervical alignment by placing hands either side of the players head and making sure the players remains still.
- EFA to use a foil blanket to help keep the player warm and reassure the player.
- EFA to monitor Vital signs and neurological status throughout. If and any deterioration happens EFA to immediately call emergency services and update situation.
- If the player needs to be moved (eg: to protect airway during vomiting) a log roll should be performed, led by EFA. The EFA should stabilise the cervical spine and request help from three pitch side volunteers. The volunteers should stand in height order with the tallest nearest the injured players shoulders. The EFA will instruct on hand placement of the Volunteers. The roll will be performed to 90 degrees on the command 'READY, STEADY, ROLL'. The same command will be given to return to the starting position.
- Continuous monitoring of player should be completed by EFA until arrival of emergency services.

## **-Suspected internal, bony injury or open wound:**

- Under guidance of the EFA's immobilisation to be applied to relevant injury.
- Neurovascular observations to be made and recorded by EFA's and information to be passed on to emergency services by pitch side assistant.
- Any open wound should be assessed by the EFA's, for haemorrhaging wounds pressure should be applied to the wound by or under the instruction of the pitch side EFA.
- If it is safe to proceed, the player should be removed from the pitch and taken to the medical room and any deterioration immediately reported to the emergency services.
- Continuous monitoring of player should be completed by EFA until arrival of emergency services.

## **-Collapse and suspected cardiac arrest:**

- If there are no signs of life, EFA should commence chest compressions.
- Parent Helpers /Volunteers / guardians should assist the EFA to provide airway opening procedure (jaw thrust) and rescue breaths via pocket mask.  
EFA to instruct volunteer/ parent helper / guardian to obtain and place AED pads on to players chest as instructed on machine.
- Chest compressions should be rotated between EFA's and Volunteers in order to maintain quality and minimise fatigue.
- CPR should continue until the return of spontaneous circulation or the arrival of emergency services.

# MEDICAL EMERGENCY ACTION PLAN



## Other Relevant Information

### **NOK and medical history:**

Information for all registered players shall be held in a secure remote document which can be accessed by ICP's and EFA's , Rugby safe leads, club secretary, and coaches.

### **Medical emergency recording:**

Emergency medical events will be recorded on the proactive app by the ICP's and EFA's as soon as is appropriate. The event will also be reported to the RFU as outlined in their guidance. Any injuries that require an overnight stay at hospital will need to be reported using the email address below.

[Sportsinjuriesadmin@rfu.com](mailto:Sportsinjuriesadmin@rfu.com)

### **Debrief and evaluation:**

The MEAPS protocol will be shared with ICP's EFA's and assistants, Rugby Safe leads and other members of the committee.

Training and practice run throughs will be delivered by the pitch side leads to the assistants.

If an actual emergency event occurs there will be an opportunity for those involved to be debriefed and discuss the events. This will be to improve management in future emergency events and to enable those involved to decompress from the event.

**In the event of a Medical Emergency call the Emergency Services as quickly as possible on 999/112 giving as many details as possible**