



# GUIDELINES FOR TEAM DOCTORS



Standard Approach to Field Emergencies

## For Medical practitioners who provide their services to clubs and schools, The IRFU provides the following supports:

- SAFE Rugby (Standard Approach to Field Emergencies) Level 2 training is designed to equip the medical professional with the skills and competencies to manage the initial minutes of any significant pitch side emergency [http://www.irishrugby.ie/playingthegame/safe\\_rugby.php](http://www.irishrugby.ie/playingthegame/safe_rugby.php)
- We have developed a series of guidelines for clubs and schools relating to first aid provision [http://www.irishrugby.ie/playingthegame/first\\_aid.php](http://www.irishrugby.ie/playingthegame/first_aid.php)
- Suggested equipment list for team doctors (see below)



## Advice

To help ensure that the individual practitioner is appropriately protected, the following is some of the advice offered by the medical insurance/ indemnity providers:

- Ensure all skills are up to date and that qualifications are appropriate for the event
- Acquire basic knowledge of the sport, its risks and possible injuries participants may sustain
- Ensure that the appropriate medical equipment for the sport is available according to the ruling body's requirements and professional opinion
- Become acquainted with the guidance of the sporting organisation
- Be familiar with the local emergency services
- Ensure the level of responsibility is agreed with the club
- Should you be required to provide treatment to a member of the team, you should document your findings clearly and retain this record
- As a practitioner you would be expected to act within your area of competence and would be expected to have the necessary training, skills and experience should you decide to carry out a particular procedure

The IRFU recognises that practitioners working with clubs and schools possess a wide and differing range of competencies. Therefore, if the use of any piece of equipment listed below is outside your normal scope of practice/normal competency, we recommend that you should refer onwards for additional care.



## Additional Equipment

The following list is suggested additional equipment that the medical practitioner may find useful in providing an additional level of care, over and above what may be provided by the team or club first aider.

- Suture packs
- Staples
- Tissue glue
- Steristrips wound closures
- Normal saline for wound irrigation
- Gloves
- Gauze swabs
- Needles & syringes
- Pocket mask
- Heavy duty scissors
- Dressings
- Antiseptic spray
- Staple removers
- Triangular bandages/ safety pins
- Plasters and blister care
- Clinical waste bags
- Medications at practitioner's discretion

## DIAGNOSTIC EQUIPMENT

- Auriscope/Ophthalmoscope
- Glucometer
- Stethoscope
- Sphygmomanometer

The IRFU does not endorse any special brand or make of equipment. In many cases there will be a number of examples of each piece of equipment available.

