

## ESSENTIAL GUIDE

### PITCH-SIDE FIRST AID



It's essential to have appropriate first aid equipment readily accessible whenever any rugby activity is taking place. Every club should complete a risk assessment to determine what pitch-side first aid is required.

**Emergency first aid should only be administered by appropriately trained personnel.**

Each first aider should be appropriately equipped, ideally with their own first aid bag. At least one first aid box should also be situated in your clubhouse.

#### First Aid Kit

Discounted first aid kits are available at: <https://www.firstaid4sport.co.uk/rfu>.

(Please note your first aid kit contents will vary depending on your age group and number of players)

Item	Quantity	Item	Quantity
• Guidance leaflet	1	• Face-shield resuscitation device / Pocket Mask	1
• Accident book and pen	1	• Disposable Field Shield	1
• Eye dressings	2	• Foil / thermal blanket	2
• Small sterile dressings	2	• Shears / tough cut scissors	1
• Medium sterile dressings	2	• Conforming bandage	2
• Large sterile dressings	2	• Elasticated adhesive bandage	2
• Triangular bandages	4	• Assorted size gauze swabs	10
• Sterile adhesive plasters	40	• Assorted size bandages	6
• Alcohol-free wipes	1	• Sterile wound closure strips	5
• Antibacterial hand gel	1	• Safety pins	10
• Microporous tape	2	• Water bottle (for irrigating wounds)	1
• Nitrile disposable gloves (pairs)	10		

**⚠ Reminder:** Always check kit contents regularly and replace used or expired items