



Supervision & Safety

Adult/Player Ratio

Ratios are difficult to prescribe as they will vary according to activity, location and resources. It is important to ensure that there are enough people to be able to cope with the number of children participating in any activity and adequately respond to an emergency.

As a guide, a **ratio of 1:10** should be considered as a minimum requirement where players are 11 years of age or older and a **ratio of 1:8** for children under that age. For younger players or situations involving travel, the ratio should increase to **1:4** depending on the requirements or the activity the group will be involved in.

Considerations:

- Age, gender and ability/disability of the group
- Where girls are involved aim for a mix of male and female adults
- Type of activity (training, traveling or social) to be undertaken
- Experience of the adults (coaches, managers and helpers/assistants) involved
- Previous experience with group or club and likely behaviour
- Location of activity or event and type of travel involved

Ensure:

- Players are never left unattended during training/matches
- Adequate numbers of coaches/ helpers are available to supervise all activities
- Ensure the respect for the privacy of all young people in changing rooms, showers and toilets, remain outside with easy access in case of an incident.
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- In the event of mixed teams' females should supervise the changing area for girls
- There should be sufficient separate changing facilities for mixed gender and mixed ages
- All participants are informed beforehand of what behaviour will be accepted and not accepted from them, use codes of conduct
- Those who are operating in a supervisory role should have access to adequate first aid material as well as all important local phone numbers

Irish Rugby Football Union

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Bus/Passenger cars travel:

Although this is the most frequently used option it is important to ensure that the safety of all players is always paramount.

- Parents have accepted the terms of transportation of their child when registering on Rugby Connect but giving them a summary of each trip is advised
- Attempt to have more than one child in the car
- A person other than the planned driver should talk to the child about transport arrangements to check they are comfortable about the plans.
- Alternate drivers if possible and which child is dropped off last.
- Vehicles must be roadworthy, safe and have appropriate insurance cover.
- Drivers must have a suitable driver's licence.
- When renting, make sure you deal with a reputable company.
- All passengers must use seat belts and booster seats (where necessary) for the duration of the journey. [http://www.rsa.ie/en/RSA/Your-Vehicle/About-your-Vehicle/Example-of-non-Dup/Seat-belts--child-restraints-/ The Law | Child Car Seats](http://www.rsa.ie/en/RSA/Your-Vehicle/About-your-Vehicle/Example-of-non-Dup/Seat-belts--child-restraints-/The Law | Child Car Seats)
- All drivers are responsible for the safety of the passengers and must be aware of their legal responsibilities.
- One passenger per seat at all times.
- Inform parents of the time of departures as well as estimated time of arrival. [SafeSport App | Sport Ireland](#)

Safety Practices

Safe management practices will not only enable a club to run smoothly and efficiently, but it will also help to minimise opportunities for accidents or harm to happen to children.

Playing and training areas

- All equipment needed is clean, safe and of the standard required
- Vehicle access at all times to the training or playing area
- Each team knows where their designated playing/training area is
- All activities to be safe and appropriate to the age group
- Activities are supervised by adults of the club

Before Training Starts Ensure:

- Training should be provided for all newly-recruited personnel e.g. courses for coaches and referees and/or training to work with Age-Grade Players, safeguarding, etc.
- An 'Incident Log' is kept by those in a supervisory capacity for the purposes of recording incidents which may occur which do not necessarily qualify as accidents or injuries requiring medical attention. These should be given to the CWO for safe keeping
- Plans and preparations are made for training sessions and activities

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After Training Ensure:

- Any serious incidents or injuries should be clearly recorded, describing what happened, the circumstances, who was involved, and how the situation was resolved. Injury reporting can be done [here](#)

If an Accident/Incident occurs:

Assess the situation and alert appropriate medical support if required.

For Minor injuries:

- Ensure only appropriately-qualified First Aid personnel assist the injured person
- Never give medication or drugs of any kind without professional / suitably qualified support
- Always inform parents / guardians of the incident and actions taken as soon as possible

For Serious Injuries:

- When injured Age-Grade Player cannot be moved, take other Age-Grade Players away and ensure they are supervised
- If in doubt, send immediately for an ambulance.
- Ensure access to the playing area for emergency vehicles
- Be aware of the IRFU guidelines in relation to medical emergencies
- Implement the accident reporting procedures/policies of the club/Branch or IRFU, see www.irishrugby.ie/playingthegame/medical.php.
- Inform the parents/guardian of the injured Age-Grade Player

First Aid Equipment:

- Bags and/or boxes should be made from suitable materials designed to protect the contents therein and should be clearly marked
- Contents should only contain items which first-aid persons have been trained to use. There should always be sufficient quantities of the items available and check the bag regularly to ensure the contents are not out of date
- The use of all equipment, medications, bandages etc. should always be directed or supervised by a suitably qualified person
- Advanced First-Aid equipment, e.g. Defibrillator machine, must be maintained in good working order

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