



STANDARD APPROACH TO FIELD EMERGENCIES IN RUGBY



The **SAFE Rugby Programme** is a range of rugby-specific emergency pitchside first aid courses aimed at non-medical personnel, coaches, officials, referees, players, parents and guardians who are involved with rugby clubs and school teams at all age levels.

TOPICS INCLUDE

- ✚ Irish Heart Foundation Basic Life Support / AED Training
- ✚ Dealing with the unconscious player
- ✚ Head and neck injuries
- ✚ Concussion
- ✚ Fractures and joint injuries
- ✚ Common medical emergencies
- ✚ Match day preparedness

SAFE-RUGBY LEVEL 1 COURSE

This is an interactive hands-on course that teaches participants practical new skills vital to first aid and on-field emergency response.

If you'd like to run a course in your club or school, please contact:

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