



OAKMEADIANS RFC

The heart of Bournemouth



Club Rugby Safe Policy 2023/2024.

Oakmeadians RFC is supporting the RFU's, overarching player safety and wellbeing programme, putting player welfare at the heart of the game, and covering how the game should be organised and managed to ensure that rugby is played in a safe and enjoyable environment.

We know that prevention is better than cure. RFU Rugby Safe provides guidance and resources for all rugby activity organisers on what needs to be in place. We recognise that mental and physical wellbeing go hand in hand with developing a positive player welfare culture and keeping the rugby community healthy.

Oakmeadians RFC and all its organisers of rugby activities have a responsibility towards the health and safety of players, staff, and volunteers. Appropriate measures for training, first aid provision and equipment should be in place to ensure that rugby union is delivered to the highest standards in a safe and enjoyable environment.

Oakmeadians RFC rugby safe programme covers,

First Aid and Immediate Care.

We will provide training for each section of the club to have at least one qualified level3 1st aider. There will be at least one qualified club 1st aider available to support the sections at the club during any rugby activity.

1st aid equipment is available in the clubhouse.

There is a defibrillator in the clubhouse and one in the inside referee's room.

Incident and Accident Reporting.

The club has purchased the 'proactive' app for use through all sections, to report incidents, accidents, near misses, and to do risk assessments. This will help the club collate all audit injuries, and near misses.

The club will use the RFU reportable injury form for,

- An injury which results in a player being admitted to a hospital.
(This does not include a visit to A&E)
- Deaths that occur during or within 6 hours of a game finishing.
- Injuries in which artificial grass pitches, or equipment such as sports goggles are involved.

Please inform the Rugby Safe Lead if any of the above apply.

If a child has a suspected concussion the Team Manager must complete a report and inform parents of where to find information they might need. The Manager must also inform the Rugby Safe Lead with full name, date of birth and school, The Rugby Safe Lead will inform the child's school.

Headcase.

As a club we adhere to HEADCASE. The information is available on Oakmeadians RFC website.

www.oakmeadians-rfc.com, in the clubhouse and online through the RFU.



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If any player from any section has a suspected concussion, they should be removed from the field of play or the training session, a report should be made on the 'Proactive App' and the HEADCASE and return to play protocol should be followed.

All players, supporters, parents and volunteers should complete the HEADCASE training which can be found – www.englishrugby.com/participation/playing/headcase

Activate.

Activate is an injury prevention exercise programme that can be integrated into training and pre-match sessions. Exercises are designed to improve functional and core strength, balance, and agility, helping players with the game's physical demands.

Regularly doing Activate exercise can:

- Improve playing performance.
- Prepare players for the physical demands of the game.
- Reduce the risk of injury including concussion, as well as support rehabilitation post injury.
- Mean more players are available (due to less players being injured).

There is an RFU activate programme for all age groups from U7 to adult which should be followed before each training session and match.

For more information – www.englishrugby.com/participation/coaching/activate

Mental Wellbeing.

The RFU is working with our trusted healthcare partner, and lead Rugby Safe sponsor, Simplyhealth and with rugby specific mental health charity Looseheadz to help the rugby community by promoting healthy discussion around mental wellbeing and signposting those who need it, to expert advice.

It is estimated that 1 in 4 four people will experience a mental health illness each year in the UK. For these people, the pressures and strains of life and work can act as a catalyst to mental health problems, with the most common being depression and anxiety.

The links between good physical health and mental health are well recognised. Physical activity such as playing rugby can be very beneficial for mental health and wellbeing as well as bringing physical benefits.



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Mental Health 1st Aider – Chrissie Beatty

Oakmeadians RFC have a mental health 1st aider who is available to help with anyone experiencing mental health issues. She will listen to your feelings and fears, give simple information, and help you find appropriate help.

To contact Chrissie Email – support@oakmeadians-rfc.com

For more information on any rugby safe topics –

www.englandrugby.com/participation/playing/player-welfare-rugby-safe

Useful contacts –

Laura Hart – Rugby Safe Lead

e: safeguard@oakmeadians-rfc.com

m: 07761 827925

Chrissy Beatty – Mental Health 1st Aider e: support@oakmeadians-rfc.com

ENDS