RUGBYSAFE ESSENTIAL GUIDE

Emergency First Aid in Rugby Union Course

General Information

Duration: 7 hours + online pre-course learning (delivered as 1x7 hour or 2x3.5 hour sessions)
Cost: £50 per person
Minimum Age: 16 years old
Learner Numbers: 8 minimum (per course), maximum 12 learners: 1 educator

What does this qualification cover?

The EFARU will provide learners with the skills, knowledge and understanding required to give care and manage life threatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment. Learners will be able to assess an incident, to recognise the signs and symptoms of injury and illness, and to assist a casualty who is suffering from injury or illness in a safe and effective manner.

The EFARU course covers conducting a Primary Survey, Basic Life Support skills and injury reporting as well other First Aid skills including:

- Cardiopulmonary resuscitation [CPR]
- External bleeding
- Shock
- Concussion and head injuries
- Minor injuries
- Spinal injuries

Who is this qualification designed for?

The EFARU course has been developed by the RFU and is a fully recognised Emergency First Aid at Work (EFAW) course with extra rugby-specific elements designed for coaches, match officials and volunteers who are designated as a first-aider and are responsible for providing pitch-side cover at both training and matches.

Why choose this course?

The EFARU sits on the Qualifications and Credit Framework (QCF) and is awarded by 1st4sport Qualifications. The course provides learners with a nationally recognised qualification that is transferable to the workplace; other sports or can be credited towards a larger qualification.

Regulation 9.3 states that ***"All clubs and those involved in arranging any rugby activity must ensure that there is an appropriate level of immediate care and/or first aid cover, and equipment provided for that rugby activity. These should be determined by a risk assessment and the guidance on the minimum requirement for different types of rugby activity"***

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Clubs should be aware that there are different levels of training required in order to provide first aid and immediate care cover. The RFU First Aid and Immediate Care Guidelines list the EFARU or equivalent EFAW/Level 2 Sports First Aider as the recommended minimum level of training for any appointed First Aider covering rugby activity. Courses of this level should take a minimum of 6 hours training and acknowledged with a certificate from the recognised awarding body. The course content must be appropriate for the activities to be covered. Whilst other courses are available, organisers are advised to check that the content is appropriate and that the course is accredited and is recognised on the QCF framework.

The RFU First Aid and Immediate Care Guidelines provide detailed information on First Aid and Immediate Care provision and can be found at www.englandrugby.com/rugbysafe.

Clubs will be able to appoint first aiders in their GMS club profile; however the EFARU is the only entry level First Aid course that will be listed on an individual's My Rugby profile.

Similar to many other First Aid qualifications the EFARU qualification is valid for 3 years.

The EFARU course is very competitively priced compared to many of EFAW courses on the market.

What will you get from attending the course?

As well as developing the appropriate First Aid knowledge and skills learners will also get:

- A certificate from the awarding body 1st4Sport
- RugbySafe information and resources
- Don't be a HEADCASE information and resources
- A fully stocked First Aid Bag (per club for every 3 bookings on the same course)
- Access to discounted First Aid equipment

How to arrange course?

To organise a course at your club, school or organisation please contact your local Rugby Development Officer.

To find courses running in your local area go to: www.englandrugby.com/my-rugby/courses/search

Venue Specification

In order to host a course the club/venue must ensure availability of:

- Exclusive use of a room with tables and chairs set up for a minimum of 12 learners plus adequate space for indoor practical activity
- Access to projector, screen/TV and flipchart
- Access to toilet facilities

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