
	<p><b>IPSWICH RFC Y&amp;J</b></p> <p><b>GUIDELINES FOR DEALING WITH AN INJURY</b></p>	
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**1.**

Stay calm but act swiftly and observe the situation....is there danger of further injuries ?

**2.**

Listen to what the injured person is saying.

**3.**

Alert the First-Aider who should take appropriate action for minor injuries.

**4.**

In the event of an injury requiring specialist treatment, call the emergency services.

**5.**

Deal with the rest of the group and ensure that they are adequately supervised and reassured.

**6.**

Do not move someone with major injuries....wait for the emergency medics.

**7.**

Contact the injured player's Parent/Guardian.

**8.**

If playing at home, Injury Form to be completed by the player's Age Group HC or First Aider in attendance as soon as possible; Injury File behind the Club Bar. If playing away, print off form from the club website.