

THIS IS RUGBY.



Weymouth RFC

First Aid Officer / Coordinator

As First Aid Officer in a contact sport, you'll make sure any injuries are treated immediately to minimise long-term damage. Thanks to you the right people will be trained and on hand with the right equipment during matches and training.

Ideally, you'll need to be:

- An experienced First Aider
- Well-organised
- Enthusiastic and dedicated to your club
- Empathetic

What you'll do:

- Review risk assessments of all activities to work out the First Aid cover is needed
- Recommend training to make sure there are enough skilled volunteers to cover the club's First Aid requirements
- Make sure the right people are trained and up-to-date with their First Aid qualifications, and understand the club's emergency procedures
- Arrange refresher training when appropriate
- Create a plan so every training session and match is covered by a qualified First Aider
- Make sure First Aid equipment and kits are suitable
- Keep records of player medical conditions and injuries
- Complete incident/injury reports as they happen in line with RFU regulations
- Promote the welfare of all club members based on RFU guidelines and club policy (e.g. management of concussion injuries)

How much time it will take up:

About 2 hours a week.

What you'll get out of it:

Injuries happen, so your role is vital in making sure players are treated quickly and efficiently. This role is all about teamwork, managing others, and making sure players have the right level of care on hand. You're making the best of bad situations. It's also a great way of staying involved in the game if you've already hung up your boots.

Teamwork Respect Enjoyment Discipline Sportsmanship

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