



First Aid Policy

Equipment

Linlithgow Rugby Club will maintain the following equipment in support of the provision of first aid treatment for players, members or visitors:

- Fully kitted out **Treatment Room** in the main Clubhouse building, including treatment table, stretcher and blankets, bandages, plasters, gloves, supply of ice, etc,
- Walled mounted **defibrillator** in the Club entrance foyer accessible to anyone in the Clubhouse or Indoor Training Centre buildings,
- **First Aid bags** made available to each age grade team to be carried by the coach. In addition, each coach will carry a charged mobile phone to summon emergency medical assistance.

Training

As part of the Minimum Operating Standards for Scottish Rugby, all coaches and referees are required to complete an annual **RugbyRight** course. This course contains information on player welfare and on the recognition of concussion and the actions to be taken.

In addition, the Club will encourage all coaches to attend appropriate First Aid training and will pay the cost of such training either directly or through personal expenses.

Scottish Rugby now runs **Scrum Caps First Aid Level 1** (<https://scrums.scottishrugby.org/#/my-courses/available/56>) and this is the recommended course for coaches / helpers.

Reporting Injuries

All serious **playing injuries** will be reported to the Scottish Rugby Union by the Club Development Officer or nominee through the Serious Injury Reporting System.

All serious **off-field injuries** will be reported through the Club's accident and injury reporting system.

First Issued: December 2018

Reviewed: December 2018

Last Reviewed: August 2025