

Irish Rugby Football Union

Safe Rugby



Standard Approach to Field Emergencies in Rugby

Level 1

SAFE Rugby has been designed to provide a standardised method of assessment and management of the initial stages of any injury occurring in rugby. The SAFE Rugby techniques are adapted from emergency medicine and pre hospital emergency care best practices and are thought by highly experienced and skilled pre hospital care practitioners and senior medical staff from a variety of specialities including anaesthesia, orthopaedics and emergency medicine.

SAFE Rugby courses at all levels include Basic Life Support / Advisory External Defibrillation training and certification by the Irish Heart Foundation as well as a SAFE Rugby certificate from the IRFU, both valid for 2 years.

Core skills include the initial approach to an injured player, managing suspected spinal and head injuries, managing fractures and joint injuries and concussion awareness. The training days are mostly practical in nature. The instructor / participant ratio is normally 1:6 which allows for plenty of skills practice.

All levels have some short pre course on line modules which must be completed before the training day.

The SAFE Rugby level 1 course is available to club and schools at **€40.00** per person and specifically targeted at club and school coaches, players, referees and parents.

Please email our First Aid and Injury Prevention Coordinator, Shane Mooney - Shane.Mooney@irfu.ie or call 086 021 6064 for any further information.

RECOGNISE AND REMOVE



● STOP ● INFORM ● REST ● RETURN

