



Standard Approach to Field Emergencies – Rugby

LEVEL 1 Course

08.40	Faculty meeting / Registration	All faculty
08.50	Introduction	

09.00 -10.30	Heartsaver AED BLS (Practice and sign off)	All faculty
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10.30	Coffee	
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10.45	Lecture: Initial assessment of the injured player	
11.05	Demonstration : Initial assessment	All faculty

Skill stations 3 x 35 minutes

Session / Instructors	Primary survey	Spinal management	Fractures / Joint Injury
11.20 – 11.55	Group 1	Group 2	Group 3
11.55 – 12.30	Group 3	Group 1	Group 2
12.30 – 13.05	Group 2	Group 3	Group 1

13.05 – 13.35	Lunch	
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13.35	Lecture: Common Medical Emergencies in Sports	
13.55	Lecture: Pitchside Medical Kit & Match day preparation	

Scenario practice 3 x 35 minutes

Session / Instructor	Concussion	The Unconscious Player	Major Injuries
14.15 – 14.50	Group 1	Group 2	Group 3
14.50 – 15.25	Group 3	Group 1	Group 2
15.25 – 16.00	Group 2	Group 3	Group 1

16.00 – 16.15	Questions, Close and certificates	All faculty
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