



EMERGENCY FIRST AID & IMMEDIATE CARE TRAINING

RUGBYSAFE TOOLKIT 2021- 22
AUGUST 2021 (VERSION 1)



WWW.ENGLANDRUGBY.COM

INTRODUCTION

Clubs and all organisers of rugby activities have a responsibility towards the health and safety of players, staff and volunteers. Measures should be in place to include at least training and first aid provision. Equipment should be in place to ensure that rugby union is delivered to the highest standards in a safe and enjoyable environment.

This document provides information on the Emergency First Aid in Rugby Union (EFARU) and Pre-hospital Immediate Care in Sport (PHICIS) courses. It also provides general information and guidance for clubs and others wanting to organise non-RFU first aid courses.

The content in this document is replicated in the main 'Being RugbySafe' resource.

The [RugbySafe First Aid/ Immediate Care Provision Guidelines \(PDF\)](#) set out the recommended first aid and immediate care provision for all training sessions and matches, and also include information on:

- > First Aid and Immediate Care Provision Principles and Guidelines for different levels of the community game
- > Roles and Responsibilities for Clubs and other rugby activity providers
- > The role of Emergency First Aider and Immediate Care Practitioners
- > Other Health Care Professionals in Rugby

RUGBYSAFE TOOLKIT

This document is part of the RugbySafe Toolkit, a series of digital resources designed to provide information and guidance on the different topics and programmes covering player welfare in rugby union.

- > Being RugbySafe
- > RugbySafe Essential Guides & Resources
- > Community Rugby Pitch-side First Aid and Immediate Care Provision Guidelines
- > HEADCASE
- > Activate
- > Mental Wellbeing Guidance
- > Research

To access the different sections in the Toolkit please visit the [RugbySafe home page](#).



EMERGENCY FIRST AID IN RUGBY UNION COURSE

The Emergency First Aid in Rugby Union (EFARU) course is a rugby specific first aid course developed by the RFU. The course is designed for coaches and other volunteers designated as a first-aider and responsible for providing pitch-side cover at both training and matches.

WHAT DOES THIS QUALIFICATION COVER?

The **Emergency First aid in Rugby Union (EFARU)** course will provide learners with the skills, knowledge and understanding required to give care, manage life-threatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment. Learners will be able to assess an incident, recognise the signs and symptoms of the injury or illness, and, in a safe and effective manner, assist a casualty who is suffering from injury or illness.

The **EFARU** course covers conducting a Primary Survey, Basic Life Support skills and injury reporting as well other First Aid skills including:

- > Cardiopulmonary resuscitation [CPR]
- > Concussion and head injuries
- > External bleeding
- > Minor injuries
- > Shock
- > Spinal injuries

WHY CHOOSE THIS COURSE?

The EFARU sits on the Regulations Qualifications Framework (RQF) and is awarded by **1st4sport Qualifications**, providing a nationally-recognised qualification that is transferable to the workplace and other sports.

Like other equivalent First Aid courses the EFARU qualification is valid for three years.

COURSE DETAILS FOR 2021-22 SEASON

Duration: One Day Course (8 Learning Hours) = £50 per person

Minimum Learner Age: 16 years old

HOW TO ORGANISE AN EFARU FOR A CLUB

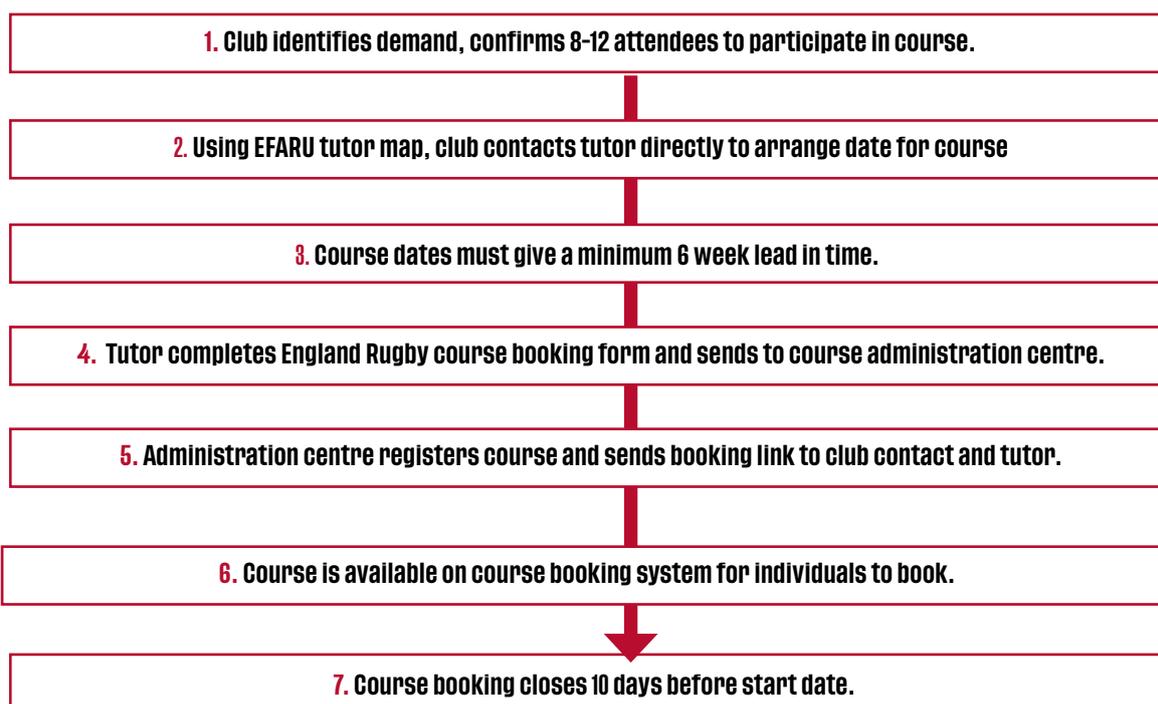
A club, school, college or university can organise an EFARU course, to train their volunteers to ensure they have appropriate provision across the club's age groups and teams by using the **EFARU tutor map** and follow the process within the diagram below.

A minimum of 8 learners is required for a course to run, with a maximum of 12 learners per course.

Where clubs don't have the minimum numbers, the course can be opened up to other clubs/members of the public (see 'other ways to get on an EFARU course', point 2 below).

Where clubs have more than 12 learners, the course will have to be split into multiple courses.

EFARU BOOKING PROCESS



VENUE SPECIFICATION

In order to host a course the club/venue must ensure availability of:

- > Exclusive use of a room with tables and chairs set up for 12 learners plus adequate space for indoor practical activity
- > Access to projector, screen/TV and flipchart
- > Access to toilet facilities.

OTHER WAYS TO GET ON AN EFARU COURSE

1. Some CBs schedule in courses throughout the season, please contact your CB RugbySafe Lead or go to the RFU Course Search to find other courses already running in your local area.
2. Where a club has organised a course (see point 1) and there are spare places available, these will be advertised on the RFU Course Search.

EFARU TRAINING RESOURCES

The Emergency First Aid in Rugby Union (EFARU) Training video series has been produced to support the First Aid in Rugby Union face to face course. The EFARU video series covers the main emergency first aid topics and demonstrates how to carry out key first aid skills.

PLEASE NOTE:

The EFARU training videos are NOT a replacement for the face to face EFARU course.

It is essential that anyone who is going to take on the role as a first aider in rugby is appropriately qualified to a minimum of Level 3 Emergency First Aid or equivalent. Clubs, schools, colleges and universities are recommended to organise six monthly or annual refresher training for first aiders in between the 3-year qualification renewal.

The EFARU videos can also be used as part of this refresher training to ensure first aiders remain able and competent at carrying out key first aid skills.

OTHER FIRST AID COURSES – GENERAL INFORMATION

Clubs, schools, colleges and universities should ensure they have the minimum first aid provision operating standards in place. A first aid specific risk assessment should be used to determine the number of people trained and the level of training that is required.

There are different levels of first aid training available, the minimum level of training for any appointed First Aider covering rugby activity should at least be a Level 3 Emergency First Aid qualification, that is recognized on the national regulation qualification framework (RQF). Whilst the RFU's Emergency First Aid in Rugby Union (EFARU) course is recommended other qualifications that meet the minimum standard are acceptable.

Individuals with external first aid qualifications (i.e. not the EFARU) are able to self-certify and add such qualifications to their RFU GMS profile, using the self-service tool in the qualifications section.

PLEASE NOTE:

The RFU does not endorse or approve any other first aid courses. Other course providers do not have permission to use the EFARU or any other RFU content/branding.





When considering other first aid course providers, the following questions should be asked to determine if a particular course is suitable:

1. What qualification is awarded? The recommended minimum level is equivalent to Level 3 Emergency First Aid at Work / Sports First Aider. These courses are generally a minimum of one day or 7 learning hours.
2. Who is the recognised awarding body for the qualification?
3. Is the course accredited and recognised on the national Regulations Qualifications Framework (RQF)?
4. Is there a quality assurance process (shown by an accreditation mark from a body such as the Health and Safety Executive)?
5. Does the course cover basic first aid and life support skills along with both common rugby injuries (such as concussion) and rare but serious injuries (such as spinal injury) in sufficient detail?
6. What experience and qualifications does the trainer have? (e.g. medical background, years of tutor experience, knowledge of rugby)
7. How many people will be in the training session? (suggested maximum: 16 per trainer)
8. What insurance does the trainer have? (e.g. personal liability cover)
9. What resources are provided as part of the course learning? (E.g. training manual, online support etc.)
10. What is the assessment process, how are learners recognised as competent?

PRE-HOSPITAL IMMEDIATE CARE IN SPORT COURSE (PHICIS) LEVEL 2

The RFU's Pre-Hospital Immediate Care in Sport Level 2 course is a rugby union specific course that covers the immediate care training needs of healthcare professionals working within rugby.

The PHICIS Level 2 is a one-day course, aimed at those HCPs/Allied HCPs working in the community game (Level 3 league teams and below and CB representative rugby).

The accreditation for the Level 2 lasts for two years.

For available PHICIS Level 2 course dates, venues and costs please visit the [England Rugby Course Booking Page](#).

The PHICIS Level 2 course includes:

- > Access to online textbook and interactive learning modules
- > Practical workshops
- > Simulation training
- > Certification on successful completion
- > Endorsement by the Royal College of Surgeons – Faculty of Pre-Hospital Care.

The interactive learning module is an essential part of the preparation for the PHICIS course. When enrolled candidates must work through and complete all the chapters and questions 48 hours prior to attending the face to face training. It is advised candidates spend approximately 15 hours in completing the online interactive modules.

Please send any enquiries or questions regarding the PHICIS Level 2 to:
phicis@rfu.com

PRE-HOSPITAL IMMEDIATE CARE IN SPORT COURSE (PHICIS) LEVEL 3

The RFU's Pre-Hospital Immediate Care in Sport Level 3 course is a requirement for those HCPs/Allied HCP working within professional rugby, including the Premiership, the Championship and with national teams.

The standard cycle of accreditation and recertification is typically achieved by successfully completing the first two-day PHICIS course in season one, a re-accreditation course in seasons two and three, a re-certification course in season four with a re-accreditation course again in season five.

For available PHICIS Level 3 course dates and more information please contact:
phicis@rfu.com



[ENGLANDRUGBY.COM/RUGBYSAFE](https://www.EnglandRugby.com/RugbySafe)



[FACEBOOK.COM/RUGBYSAFERFU](https://www.facebook.com/RugbySafeRFU)



[@RUGBYSAFE](https://twitter.com/RugbySafe)