

The Athletic Trainer's (AT) primary responsibility is player safety. Regardless of any other discussions with coaches or referees before the game, the AT will take whatever action he/she believes necessary to ensure the players' safety.

#### **BEFORE THE MATCH**

Bring a copy of the emergency plan for the field that you are working, as well as a blank timecard and several injury reports.

Introduce yourself to BOTH coaches.

- Tell them where you will be setting up and that you have the emergency plan.
- Confirm with BOTH coaches that they have the folder of medical release forms.
- (Optional) Review or confirm location of medical release forms which contain information regarding drug allergies and pre-existing conditions.
- Check if there are any players with pre-existing (or recent) conditions, i.e. asthma, recent injuries, etc.

Talk to any players with pre-existing (or recent) conditions and discuss any specific needs. For example, make sure both you and the affected athlete know where their inhaler will be kept.

Ask the home team coach for their medical kit.

Introduce yourself to the referee.

- Discuss when and under what conditions the AT will come onto the field.
- Review substitution rule relative to injuries/blood.

#### **DURING THE MATCH**

Follow the game from the sideline.

- KEY: don't just follow the ball; keep your eye on the aftermath of scrums, tackles, rucks, mauls and lineouts to make sure you don't miss an injured athlete.
  - o Scrums, tackles and lineouts deserve special attention due to the forces involved.
- Unlike football, there is no blocking in rugby so the likelihood of off-the-ball injuries in rugby is much lower.
- In rugby, play doesn't necessarily stop for an injury, or the referee may not see an injury immediately. If you believe it's necessary to do so – don't hesitate, respond. You do not have to wait for permission from the referee.
- Record injuries and any pertinent information so you can complete your injury reports.

#### **AFTER THE MATCH**

- Discuss any new injuries with each respective coach, explaining how injury might limit or otherwise affect participation.
- Discuss injury follow up with athletes, coaches and parents.
  - o Including immediate care such as rest, ice, compression and elevation.
  - o Reasons for referral to an MD or the ER.
  - o Other long-term follow up and/or home care instructions pertinent to injury.
  - o If a parent is not present: reasonable attempts to make contact with the parent should be made.
  - o KEY: If head injury occurs, inform athlete, parent and coach of three-week rule.
- Complete all injury reports and fax with timecard to Rugby Oregon at 503-287-0371 by Tuesday following Saturday match.

iRB/USA Rugby/Rugby Oregon law regarding Concussions

#### 10.1 Concussion

10.1.1 A player who has suffered concussion shall not participate in any match or training session for a **minimum** period of three weeks from the time of injury, and may then only do so when symptom free and declared fit after proper medical examination. Such declaration must be recorded in a written report prepared by the person who carried out the medical examination of the player.



### **Event Medical Coverage Time Sheet**

**Date:** \_\_\_\_\_ **ATC Name:** \_\_\_\_\_

**Event/Game:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
(ie. Div. 1 Boys Playoffs/ Eugene v. Lincoln Girls)

**Site/Home Team:** \_\_\_\_\_

**Home Head Coach:** \_\_\_\_\_ **Oregon Health License Number:** \_\_\_\_\_  
(not NATA membership or BOC #)

**Arrival Time:** \_\_\_\_\_ **Departure Time:** \_\_\_\_\_ **Total Hours Worked:** \_\_\_\_\_

**ATC Signature:** \_\_\_\_\_ **Head Coach Signature:** \_\_\_\_\_

Fax completed form to Jenn Heinrich at Oregon Youth Rugby 503-928-5889