

MEDICAL GUIDELINES

1. It is the recommendation of the NCRFU that each Club develops and maintains a risk management program at each practice and contest consistent with USA Rugby guidelines.
2. Each Club is required to comply with USA Rugby medical and concussion guidelines.
3. NCRFU recommends that each home team provide an Emergency Medical Technician ("EMT"), Certified Trainer ("ATC"), or other medically qualified individual to cover the match.
4. Ensuring access to a properly equipped medical kit during play is as essential as a correct personal kit to the knowledgeable Rugby player. A first aid kit can be created at a minimal expense and may someday prove valuable to the player suffering injury on an isolated field.
5. Should an injured player require more treatment than can be provided by on-site trainers or professionals, transport to the nearest emergency facility will be necessary. Under these circumstances, it is important for someone from the home team to be familiar with directions to the closest hospital equipped with an emergency room. Emergency phone numbers for professional medical transport companies should be in the home team medical kit. Nearest hospital information should also be included in the medical kit (Hospital Name, Address, Phone Number, Directions from the field being used).