



CRFU RUGBYSAFE
War a'n peryl na worth-peryl
(Risk Aware, Not Risk Averse)



Date:	Course number	Location:	Places
9 January 2021	01-20	Falmouth RFC	Full
10 January 2021	02-20	Falmouth RFC	Full
16 January 2021	03-20	Hayle RFC	Full
17 January 2021	04-20	Hayle RFC	Full
23 January 2021	05-20	Launceston RFC	6
24 January 2021	06-20	Launceston RFC	6
06 February 2021	07-20	St Austell RFC	6
07 February 2021	08-20	St Austell RFC	6
13 February 2021	09-20	TBC	12
14 February 2021	10-20	TBC	12
<ul style="list-style-type: none">👉 All enquiries and bookings via rugbysafe@crfu.co.uk👉 Course fee is £50 +VAT per person paid via clubs. 50% deposit on booking👉 Balance of course fee to be paid no later than 48 hours prior to course start👉 On completion of course, clubs will receive 50% rebate per successful candidate from CRFU PFR fund			

Course Description

The CRFU sponsored Rugby First Aid course mirrors that developed by the RFU. As delivered by CRFU engaged instructors, the course is recognised as a Level 3 Emergency First Aid at Work (EFAW) course which is oriented to the requirements of the rugby environment. 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. Lasting one full day, the minimum age for trainees is 16 years old. The qualification is valid for 3 years. Prospective learners **must** have completed the RFU online safeguarding and headcase modules.

Arrangements

The course will be conducted in a Covid compliant location and all learners will receive full course details at least 48 hours prior to the course. The course day runs from 0900-1700 with regular breaks. Unless informed otherwise, learners are to assume that only minimal tea and coffee facilities are available.

Course outcomes

The course will provide learners with the skills, knowledge and understanding required to provide care and manage life-threatening conditions, minor injuries and illness. Focussing on those occurring in the rugby environment, learners will be able to perform their first aid role in a safe and effective manner by being aware of preventative risk analysis, assessing an incident, recognising signs and symptoms of both injury and illness whilst being able to provide appropriate assistance and know when further additional support is required. In addition to an introduction to RugbySafe, safeguarding and mental well-being, the course covers basic prevention, conducting a Primary Survey, Basic Life Support skills and injury reporting with an emphasis on practising first aid in the Covid environment. Skills taught on course will include: Cardiopulmonary resuscitation, Concussion and head injuries, External bleeding, Minor injuries, Shock, Spinal injuries and the care for the casualty.

Covid

The classroom environment and equipment used will be Covid compliant. In the event of a cancellation due to Covid, learners will be informed ASAP and all monies will be refunded. Learners are to respect the relevant procedures and practices in force at the time and should not attend if they are experiencing any Covid symptoms. CRFU reserves the right to deny access to the course to anyone whom, in the instructors opinion, is unfit for whatever reason to fully partake in the course sessions.