

### Coaches / Parents Protocols for Serious Injuries

With the injuries that occur in rugby, it's important to know what steps to take as a coach / parent when an athlete goes down on the field. First and foremost, **NEVER** move an athlete until you are absolutely confident the injury sustained is not life or limb threatening. Moving an athlete prematurely can cause added damage to the injury that could be permanent or life threatening. The athlete should never be rushed from the field for the sake of continuing play. There are Athletic Trainers on site to evaluate injuries so call them over immediately so they can do their job.

#### Neck / Concussion / Back injury-

Signs of Injury:

- Substantial force to the back or head
- Change in athlete's level of consciousness
- Athlete complains of severe pain in head, neck, or back
- Athlete won't move neck or back
- Athlete complains of weakness, numbness, or lacks control of body
- The neck or back is twisted or positioned oddly
- Bleeding, swelling, or bruising around the head, ears, or nose

What to do:

#### **DO NOT MOVE THE ATHLETE**

- Call for medical help immediately
- Keep the athlete still by holding their head and neck
- Provide first aid without moving head or neck (CPR if needed)
- Don't remove any equipment athlete is wearing

#### Broken Bones-

Signs of Injury:

- Substantial force to body part
- Athlete reports hearing a pop or snapping noise
- Heavy bleeding, swelling, or bruising present
- Gentle pressure or movement causes pain
- The limb appears deformed or bone is piercing through the skin
- The limb is numb or bluish at the tip

What to do:

#### **DO NOT MOVE THE ATHLETE**

- Call for medical help immediately
- Stop any bleeding with pressure to the wound
- Immobilize the injured area above and below fracture site
- Apply ice packs to limit swelling and reduce pain
- Treat for shock by having athlete lay on the ground with feet elevated

Cayenne Schmidt, ATC, CSCS, MS  
*University of Northern Colorado*  
*Club Sports Head Athletic Trainer*  
*Greeley, CO*