

1. Policy Statement

Tackle the Mindset is committed to ensuring the health and wellbeing of all participants, staff, and volunteers. We recognise that rugby and physical activity carry inherent risks, and we take all reasonable steps to provide effective first aid and medical support during our sessions.

2. Purpose

This policy outlines our approach to:

- Providing appropriate first aid during all activities
- Managing medical needs and emergencies
- Ensuring staff are trained and equipped to respond safely and effectively

3. Responsibilities

- Kyle Lund (Founder) is the designated First Aid Lead, responsible for overseeing this policy and ensuring compliance.
- All staff and volunteers are responsible for following procedures and reporting incidents promptly.

4. First Aid Provision

- A qualified first aider is present at every session.
- First aid kits are fully stocked, regularly checked, and brought to all venues.
- All incidents are recorded in an incident log and reviewed after each session.

5. Medical Information & Consent

- Medical and emergency contact information is collected for all participants via consent forms.
- Coaches are made aware of any relevant medical conditions (e.g. asthma, allergies, epilepsy).
- Medication (e.g. inhalers, EpiPens) must be clearly labelled and accessible during sessions.
- Staff do not administer medication unless specifically trained and authorised.

6. Emergency Procedures

- Emergency procedures are explained at the start of each session.
- In the event of a serious injury or illness, emergency services will be contacted immediately.
- Parents/carers will be informed as soon as possible.
- A member of staff will accompany the participant if hospitalisation is required.

7. Head Injuries & Concussion

- Any suspected head injury is treated with caution.
- Participants are removed from play and monitored.
- Parents/carers are informed and advised to seek medical attention.
- Return to play follows the RFU's Headcase guidelines or school policy.

8. Training & Qualifications

- All coaches and volunteers receive basic first aid training.
- At least one staff member per session holds a current Emergency First Aid in Sport qualification.
- Training is refreshed every 3 years or as required.

9. Venue & Equipment Safety

- Playing areas are inspected before each session for hazards.
- Equipment is maintained and used safely.
- Weather conditions are monitored, and sessions are adapted or cancelled if necessary.

10. Record Keeping

- All incidents are logged with date, time, nature of injury, treatment given, and follow-up actions.
- Records are stored securely and retained in line with data protection laws.

11. Review

This policy is reviewed annually or following any significant incident or change in legislation.

12. Contact

- First Aid Lead: Kyle Lund
- Email: ktl@tacklenthemindset.org
- Emergency Contact: 07762009194