

HKRU PLAYER WELFARE AND MEDICAL



HKRU
香港欖球總會

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Part 1: Team – Policies – Objectives

- Who we are, what we do, why we do it

Part 2: Injury management

- If we can measure it, we can manage it
- Help us to help you

Part 3: Concussion

- If you think it's a concussion, it is a concussion
- If in doubt, sit them out



Part 1:

Team – Policies – Objectives

- Who we are
- What we do
- Why we do it

HKRU PLAYER WELFARE AND MEDICAL TEAM

David Owens – Chief Medical Officer

- Head of Medical: Lucy Clarke
- Medical Administrator: Amanda Cheng
- Senior Physio: Kate Seadon
- Physio: Amanda O'Reilly
- Physio Assistant: Seth Chan
- Medical Assistant: Ivy Lui

Megan Dwyer - Player Welfare Advocate



WHAT DO WE DO?



PLAYER WELFARE

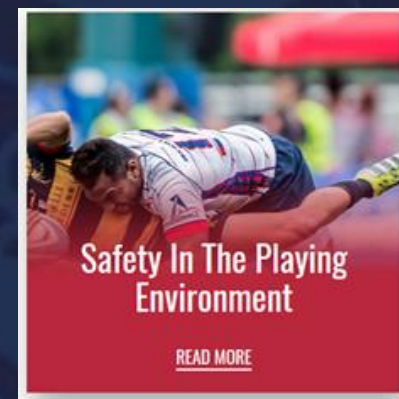
- “In Rugby, the welfare of all participants is paramount and is the responsibility of all involved.” *World Rugby - 2016*
- Schools/Clubs have a duty to:
 1. Provide a safe playing environment
 2. Ensure players are not put at undue risk of harm
 3. Review injuries and implement injury prevention techniques

SAFETY IN THE PLAYING ENVIRONMENT

- Guidelines for minimum emergency medical requirements.
- 列出緊急醫療必備條件的最基本要求
Includes safety advice and medical care at events.
- 包括賽事之安全事項的建議及醫療護理
- www.hkrugby.com/pages/medical



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MINIMUM MEDICAL REQUIREMENTS

- 4 categories depending on the type of match being played:

Bronze 「銅」	Silver 「銀」	Gold 「金」	Platinum 「白金」
School rugby matches	HKRU sanctioned events; e.g. Kowloon Fest, Country of Origin	AR matches and tournaments; e.g. ARC, Asian U-20's	WR tournaments; e.g. World Sevens Series, Olympic Qualifiers
Community rugby 'friendly' games	Tournaments or gathering of clubs	Test matches	
Mini rugby training/games			
Tertiary rugby matches			
Club rugby matches			

WHY DOES IT MATTER?



Because one of
these children
could be yours ...



OTHER PLAYER WELFARE RESOURCES

- Safeguarding
- Mental Health



Team, Policy, Objectives

Now you know;

- Who we are
- What we do
- Why we do it



End of Part 1



Any Questions

Part 2: Injury Management

- If we can measure it, we can manage it



INJURY PROTOCOLS

Minor injuries

parents/coaches
administer first aid as
trained

Serious injuries

wait for an ambulance

Complete the HKRU Injury Report form for
all Critical cases and Concussion via
<http://www.hkrugby.com/forms/injury-report>

- Do not try to exceed levels of training or available resources
- 不要嘗試處理超出訓練範圍或現有資源可處理的創傷或事件
- Ambulance response time in HK <10 mins.

HKRU INJURY REPORT FORM



ABOUT US

www.hkrugby.com/pages/medical

www.hkrugby.com/forms/injury-report

INJURY REPORT FORM

Note: Coaches without medical training should refer all medical decisions to appropriately qualified persons. Users of this form are advised that the medical information should be treated confidentially. All reported patient will be contacted and followed up by HKRU player welfare and medical department on the next working day.

Name of person injured*	Gender*	Date of Birth*
<input type="text"/>	<input type="text" value="Male"/>	<input type="text" value="Click for calendar"/>
Squad	Date Injury Occurred*	Event*
<input type="text"/>	<input type="text" value="Click for calendar"/>	<input type="text"/>
Venue*	Injured during:	
<input type="text"/>	<input type="text" value="e.g. practice"/>	

INJURY PROTOCOLS

- Players are recommended follow their Club/School protocols in the first instance
- In case of acute injuries (急性創傷), always seek care through the government system in the first instance.
- Anyone seeking private care must take full responsibility and cover all associated costs themselves.

INSURANCE

- HKRU strongly recommends that all players have their own insurance cover as this will provide them with the best options for treatment of non-acute injuries（非急性創傷）.
- HKRU has limited accident insurance for community players;
- HK\$10,000 excess 以上
- upper limit of HK\$50,000 以下
- does not cover physiotherapy, crutches 拐杖 etc.

EHRSS



Electronic Health Record Sharing System

In eHRSS, the Hospital Authority (HA), the Department of Health (DH) and private healthcare providers selectively authorised by you can access and upload your electronic health record (eHR) for healthcare purposes.

- You can register for a child aged under 16 if you are his/her parent or guardian.

[eHrss Player Information - Under 16](#)

- If you are aged 16 or above and hold a Hong Kong Identity Card, you can make online registration to Electronic Health Record Sharing System (eHRSS).

[eHrss Player Informationc - Above 16](#)

<https://www.hkrugby.com/pages/electronic-health-record-sharing-system>



FIRST AID/MEDICAL TRAINING

- HKRU provides First Aid in Sports training
- Cantonese and English courses available
- 提供廣東話及英語課程
- On-line (4-6hrs) & classroom (8hrs) learning
- Course dates;
 - L1 FIS: 21 Oct 2017, 13 Jan 2018 (Eng)
 - L1 FIS: 28 Oct 2017, 27 Jan 2018 (Chin)
 - L2 ICIS: 6-7 Nov 2017
 - L3 ICIS: 25-26, 28-29 Sep 2017



FIRST AID KITS

- 紗布棉花 Gauze swabs, non-sterile – lots
- 手術用手套 Nitrile Gloves (latex-free) – lots
- 三角巾 Triangular bandage – a few
- 敷料膠布 Dressing strip, 6cm x 1M – a few
- 酒精洗手液 Alcohol Gel, hand sanitizer – a few
- 電線膠布 PVC tape – a few
- 彈性壓縮繃帶 Cohesive bandage, 5cm – lots
- 固定夾板 Sam Splint, aluminium/foam – a few
- 補充水份用鹽 Re-hydration salts, sachets – a few

MATCH DAY MEDICAL TEAM



EMS volunteers for on-field
emergency support at major events



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INJURY MANAGEMENT

- If we can measure it, we can manage it



End of Part 2



Any Questions