

9 Emergency Contact list for Coaches.

**Irish Rugby Football Union
Code of Ethics**

Names and Contact numbers:

Club doctor: _____

&

Contact numbers: _____

Hospital on call: _____

&

Phone numbers: _____

Club Physiotherapist: _____

&

Contact numbers: _____

Local Garda/Police Station: _____

&

Phone numbers: _____

Local Health Board: _____

&

Designated Officer: _____

&

Phone numbers: _____

Youth/Mini Co-ordinator: _____

&

Contact numbers: _____

Club Secretary: _____

&

Contact Numbers: _____

Club Children's Officer: _____

&

Contact numbers: _____

- Checklist:**
- Have a call card/ change or mobile phone.
 - Know where the nearest phone is and the accessibility.
 - Ensure you have a first aid bag.
 - Stop the activity.
 - Send for help/ notify the doctor.
 - Stay with the injured participant.
 - Keep the participant warm.
 - Notify the parent(s) or guardian(s).