



# Supervision & Safety

## Adult/Player Ratio

Ratios are difficult to prescribe as they will vary according to activity, location and resources. It is important to ensure that there are enough people to be able to cope with the number of children participating in any activity and adequately respond to an emergency.

As a guide, a **ratio of 1:10** should be considered as a minimum requirement where players are 11 years of age or older and a **ratio of 1:8** for children under that age.

For younger players or situations involving travel, the ratio should increase depending on the requirements or the activity the group will be involved in.

### Considerations:

- Age, gender and ability/disability of the group
- Where girls are involved aim for a mix of male and female adults
- Type of activity (training, traveling or social) to be undertaken
- Time involved
- Experience of the adults (coaches, managers and helpers/assistants) involved
- Previous experience with group or club and likely behaviour
- Location of activity or event and type of travel involved

### Ensure:

- Players are never left unattended during training/matches
- Adequate numbers of coaches/ helpers are available to supervise all activities
- Coaches and managers are aware where the players are and what they are doing. Dangerous behaviour should not be tolerated at any stage
- Ensure the respect for the privacy of all young people in changing rooms, showers and toilets, remain outside with easy access in case of an incident. In the event of mixed teams females should supervise the changing area for girls
- There should be sufficient separate changing facilities for mixed gender and mixed ages
- All participants are informed beforehand of what behaviour will be accepted and not accepted from them, use codes of conduct
- Those who are operating in a supervisory role should have access to adequate first aid material as well as all important local phone numbers

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## Safety Practices

Safe management practices will not only enable a club to run smoothly and efficiently, but it will also help to minimise opportunities for accidents or harm to happen to children.

### Playing and training areas

- All equipment needed is clean, safe and of the standard required
- Vehicle access at all times to the training or playing area
- Each team knows where their designated playing/training area is
- All activities to be safe and appropriate to the age group
- Activities are supervised by adults of the club

### Before Training Starts Ensure:

- Training should be provided for all newly-recruited personnel e.g. courses for coaches and referees and/or training to work with Age-Grade Players, safeguarding, etc.
- An 'Incident Log' is kept by those in a supervisory capacity for the purposes of recording incidents which may occur which do not necessarily qualify as accidents or injuries requiring medical attention. These should be given to the CWO for safe keeping
- Plans and preparations are made for training sessions and activities
- Always have appropriate adult /child ratios

### During Training Ensure:

- All players get equal opportunity to take part in club/team activities
- Educate players in the ethos of rugby and the values of being a true sportsperson
- The coach acts fairly in the treatment of all players
- All activities are safe and supervised at all times
- Always have appropriate adult /child ratios

### After Training Ensure:

- Any serious incidents or injuries should be clearly recorded, describing what happened, the circumstances, who was involved, and how the situation was resolved. Injury reporting can be done [here](#)

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## **If an Accident/Incident occurs:**

Assess the situation and alert appropriate medical support if required.

### **For Minor injuries:**

- Ensure only appropriately-qualified First Aid personnel assist the injured person
- Never give medication or drugs of any kind without professional / suitably qualified support
- Always inform parents / guardians of the incident and actions taken as soon as possible

### **For Serious Injuries:**

- When injured Age-Grade Player cannot be moved, take other Age-Grade Players away and ensure they are supervised
- If in doubt, send immediately for an ambulance.
- Ensure access to the playing area for emergency vehicles
- Be aware of the IRFU guidelines in relation to medical emergencies
- Implement the accident reporting procedures/policies of the club/Branch or IRFU, see <https://www.irishrugby.ie/playing-the-game/medical/>
- Inform the parents/guardian of the injured Age-Grade Player

### **First Aid Equipment:**

- Bags and/or boxes should be made from suitable materials designed to protect the contents therein and should be clearly marked
- Contents should only contain items which first-aid persons have been trained to use. There should be sufficient quantities of the items available at all times and check the bag regularly to ensure the contents are not out of date
- The use of all equipment, medications, bandages etc. should always be directed or supervised by a suitably qualified person
- Advanced First-Aid equipment, e.g. Defibrillator machine, must be maintained in good working order

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