



STANDARD MEDICAL ROOM

recommended equipment and supplies for a
standard medical room at a rugby club/school





Medical Room

It is recommended that all rugby clubs/schools have a designated Medical Room. This room should be secure, easily accessible and demarcated as a Medical Room. The keys for the room should be available at all times when there is activity in the club, with instructions on the door as to the location of the keys.

Designated personnel should be trained in Basic First Aid and be present during Club/School rugby activities. All coaches, referees and players should be encouraged to participate in some First Aid training.

The Medical Room should:

- Have walls and floors that are easy to clean
- Have a power supply, telephone, heating, and hot/cold water and be well lit
- Have a large lockable cabinet for storage
- Have a sharps/biodisposable bin
- Have a door with a minimum 1.2 m wide to allow for stretcher access
- Have an examination couch and/or treatment table and a table/chair
- Display a Poster with First Aid information, to include concussion information
- Display the local Emergency Contact Information – Club doctor/physiotherapist; Accident and Emergency Department; Ambulance and Fire services
- Have an Injury Logbook
- Have a supply of the IRFU Serious Injury Report Forms (available at www.irfu.ie)

Emergency access

Emergency access paths/roads should be demarcated 'Emergency Access Only'. The Club Officers, Club Medical staff should develop an Emergency Plan for frequent updates and review (go to [HYPERLINK "http://www.irbrugbyready.com/en/eplan"](http://www.irbrugbyready.com/en/eplan) www.irbrugbyready.com/en/eplan for an example of an emergency plan). A large posterboard should display the local Emergency Contact Information in a visible area close to the pitches.

First Aid Room Equipment

Couch	Portable Exam Couch Purley 762mm high couch with multi-position backrest
Pillow	2 polyester pillows 25 disposable polypropylene pillowcases
Ambulance Blankets	6 Pre-shrunk polyester blankets
Foil Blankets	Emergency Foil Blanket 213cmx132cm x 6
Clothes Shears	190mm Trauma Shears with safety tip
Scissors	5.5in Lister bandage scissors
Folding Stretcher	Easy Fold Wheeled Stretcher
Penlight	
Instant Cold Packs	24 pack 14x20.3cm single use
CPR Face Mask	2 Pocket face masks for CPR
First Aid Chart	
First Aid Room sign	Self-adhesive 400x300mm on green background
First Aid Press	Storage of stretcher, equipment and disposables
Automated External Defibrillator	Schiller FRED Easy AED Heartstation wall-mounted AED cabinet
Dispenser for Disposable Gloves	Dispensa-Glove glove dispenser holds two boxes vertically
Hands-Free Hand Sanitiser	Antimicrobial Hand Sanitiser Starter Kit including dispenser, sanitiser and batteries Antimicrobial Hand Sanitiser refill 800ml
Kidney Dishes	Disposable papier mache. Pack of 10 x 2
Clinical Waste Bags	Yellow plastic 66x43cm, pack of 100
Other items	Wash hand basin, Table and chairs Emergency contact chart – ambulance, fire, doctor-on-call Access to phone with emergency numbers displayed

Doctor/Paramedic Only Equipment

Trauma/Oxygen Bag	Dyna Med® modular design, 1000 denier nylon
Stethoscope	Littmann Classic11 SE
Sphygmomanometer	Prosplyg™ 760 Latex Free 1 x Adult 1 x Child
Sphygmomanometer	Multikuf™ System 5. 4 cuff system: Adult, Large Adult, Child, Infant
Spinal Board	Paediatric Vacuum Spineboard Set including carry case, pump and spineboard Adult Vacuum Spineboard Set, available in 5ft,6ft & 7ft sizes OPTION Dyna Med® Paediatric Immobilisation & Transport System Dyna Med® Spine Board Kit - Adult
Hard Neck Collars	Bound Tree Extrication Collar – set of 6 including carry bag.
Scoop Stretcher	Ferno Scoop™ 65 EXL Stretcher
Suture Kit	Basic Procedure Pack Medium x 10
Syringe / Needles	21g Needle x 1.5in, box of 100 Luer Slip Tip 5,10,20,50ml syringe x 10 of each
Staple Gun & Remover	Skin Stapler – Handle without clips Sterile cartridge, 10 clips Clip remover
Lockable Drug Cabinet	Pressed steel lockable drugs cabinet 400x300x250mm
Splints	Fracture-Pak® Deluxe Kit contains Arm & Leg (child), Arm & Leg (adult) & Clavicular Splints OPTION Bound Tree Deluxe Vacuum Splints, pump and case
Sterile Water	500ml bottle x 10
Saline Sterile Eyewash	150ml bottle x 10
Drugs/Other	Paracetamol, Solpadeine, Hypostop Paste for Diabetics, Oxygen/Entenox to be sourced via club doctor

First Aid Kit

Dyna Med® Modular First Aid Bag	
Wound Dressing	Sterostrip Assorted Plasters – Box of 100 Wound Closure Strips 6x75mm, pack of 3 x 5 Trauma Pads, 5x5cm, 7.5x7.5cm, 10x10cm x 5 Multi Trauma Dressing 30.5x76.2cm
Sterile Ambulance Dressing	No. 1 x 3 No. 2 x 3 No. 3 x 3 No. 4 x 3
Cotton Crepe Bandage	10cmx4.5cm x 3
Sterile Eye Pad Dressing x 3	
Blister Pads	Blist-O-Ban bandage with artificial blister dome, 1 pack x 6 med & 1 pack x 6 large
Vaseline	
Sterile Water	Sterile water 500ml
Saline Solution	Steripods 20ml x 5
Antiseptic wipes	Antiseptic cleansing wipes x 50
Disposable Nitrile Gloves	Microflex FreeForm® Nitrile Gloves x 10 pairs
Triangular Bandages	Non sterile Calico x 5
Clothes Shears	190mm Trauma Shears with safety tip
Scissors	5.5in Lister bandage scissors
Tweezers	4.5in Splinter Tweezers
Surgical Tape	Waterproof Surgical Tape 5cmx9.1m
Instant Cold Packs	14x20.3cm single use x 4
Instant Heat Packs	15.2x22.9cm single use x 2
Burn	Burn Gel Bottle 115g Burn Gel dressing 10.2x10.2 x 2

Foil Blanket	Emergency Foil Blanket 213x132cm
Penlight	
CPR Face Mask	2 Pocket face masks for CPRh
Hand wash gel	250ml

Resuscitation Bag

Trauma/Oxygen Bag	Dyna Med® modular design, 1000 denier nylon
BVM	LSP Bag Valve Mask with Extension Tubing Adult Paediatric
Non-Rebreathing Masks	Adult x 2 Paediatric x 2
Disposable Nitrile Gloves	Microflex FreeForm® Nitrile Gloves x 10 pairs
Airways	Colour Coded Guedel Airways. Set of 6 & case
Nasal Cannula	Adult Nasal Cannula for oxygen therapy x 2
Resuscitator	Ambu SPUR™ Mk 11 1 adult, 1 child & 1 infant
Suction Unit	Ambu Rescue Hand Held Suction Unit.
Surgical Lubricant	Water soluble jelly, 82g tube
Intubation Kit	Fully equipped intubation kit including carry bag
Endotracheal Tubes	Flexi Set® Set of 9 cuffed ET Tubes
Bougie ET Tube Introducer	Portex ET Tube Introducer
Oxygen Regulator	Dyna-Flo2™ Lightweight Brass Regulator
Oxygen Cylinder	To be sourced from BOC



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