

HEALTH & SAFETY STATEMENT 2020

Tag is a soft-contact sport that is an enjoyable, fun and active way to keep fit and healthy throughout the year and the health and safety of players is hugely important to us.

As with basketball, contact, whether accidental or deliberate, is penalised by the referee - but it is not possible to eliminate contact completely. And, although there are no scrums or line-outs and tackling is not permitted, as in all sports, some injuries may occur.

The most common are muscle strains and pulls from not being warmed up properly, as well as some minor bumps and bruises. More serious injuries can also occur, especially to fingers and thumbs while grabbing for an opponent's tag.

HAND & FINGER INJURIES

Hand and finger injuries in Tag are quite common. The good news is that most are not serious but it is important to remember that, with fingers and thumb injuries, early diagnosis is crucial to ensure that you do not suffer any long-term effects. Most of the Tag hand injuries are from catching or snagging the fingers or thumbs in shorts or jerseys when pulling a tag off the opponent.

What to do if You have a Suspected Hand / Finger Injury?

· Whatever the type of injury, the correct implementation of the PRICED principles are essential during the initial 48-72 hours when managing acute injuries.

- o Protect
- o Rest

- o Ice
- o Compression
- o Elevation
- o Diagnosis

· Stop playing immediately

· If you are worried that your hand/ wrist injury is serious, consult a medical practitioner or visit your local A&E Dept immediately.

Here are some of the most common hand injuries from Tag:

1. Finger Sprain
2. Thumb Sprain
3. Finger / Thumb Fracture

Personal Accident Insurance

Upon paying their membership Students are under the insurance and cover of the University of Limerick and must follow the procedures in place by the C&S department University of Limerick.

INJURY PREVENTION

As with any sport, injuries can occur when playing Tag. The risk of accidents though can be minimized by following these simple guidelines:

1. Tag Shorts

For health and safety reasons, all players in UL Leagues & Blitzes must wear Official Tag Shorts. Official Tag Shorts do not

have any pockets and so significantly reduce finger injuries caused by grabbing a tag.

We do not allow tag belts in our Leagues & Blitzes as players wearing belts have previously gotten their fingers caught in

the shorts pocket / tshirt of those they are tackling, often damaging their fingers or thumbs.

2. Footwear

If you are buying new boots specifically for tag, we recommend you buy a pair of astro boots, as they can be worn on all types of surface, including water-based Astro, all weather, grass and even beach! If you are playing in a grass venue and it is raining, then moulded or rubber-studded boots are a good option as they will give

you more grip and you won't be sliding around the place! Runners are good all year round on Astro and All Weather Surfaces and on grass when it's dry but are not recommended in wet conditions, as you can easily slip and hurt yourself or another player.

3. Eye Protection

As with all sports, there can be some contact between players playing Tag. Therefore, for health and safety reasons, spectacles and sunglasses are not allowed while playing. If you need to wear corrective lenses, please wear either contact

lenses or prescription polycarbonate goggles, which have been designed especially for sports use. All eye protection should fit securely and have cushions above your eyebrows and over your nose.

4. Jewellery

Players are not allowed to wear any jewellery - watches, rings, bracelets, necklaces, earrings, rubber wrist bands etc - during games, as it could injure the player or an opponent. If the referee spots a player wearing jewellery, they will be asked to

leave the pitch immediately until it has been removed. This player cannot be substituted while off the pitch. If certain jewellery, such as wedding rings, bracelets etc, cannot be taken off, they should be taped up so that no part is free to move and no sharp or raised edges are exposed. Please note that rubber wrist bands are not allowed, as opponents may get their fingers caught while trying to tag the player.

5. Warming Up / Cooling Down

Please make sure that you and all members of your team do a proper warm up before and cool down after each match you play to reduce muscle strain etc. You can find recommended exercises on the back of your team's registration form

FIRST AID AT YOUR VENUE

First Aid Kit

Our UL venues will have a basic First Aid Kit, which will be held by the Health and Safety Officer . The kit will contain

basic first aid equipment that can be used to treat any cuts and bruises received by a player. Ice may also be available; either from instant ice packs in the First Aid Kit or from the venue bar (if available).

Please note that the First Aid Kit is primarily for minor cuts and bruises and does not contain more advanced medical

treatments. We recommend that each player bring a supply of items, such as blister pads, Deep Heat spray/rub and strapping

for any muscle strains or pulls that may occur while playing.

While a H&S may have basic First Aid, they are not medical professionals. Their role is to manage and care for the general welfare of all players.

Hospital Treatment

If the injury is more serious and the player need to go to A&E, the Health and Safety Officer can call an ambulance (or taxi) to take the injured player to the local hospital.

Accident Reporting

If you get injured playing Tag, please inform your Venue Manager or Health and Safety Officer immediately. As well as assisting with the injury, the VM will fill out an Accident Report Form and forward it to the committee , allowing us track

the types of injuries that occur and develop specific First Aid plans for each venue.

If you do not report the accident to your VM, we will not have a record of it and it may affect any insurance claim you are looking to make.

Alcohol & Recreational Drugs

Alcohol and recreational drugs pose significant risk of injury to yourself and other players. Because of this, we reserve the right to disqualify / remove any team from a tournament if we suspect a player is under the influence of alcohol and/or

drugs.

If you are disqualified or removed from a Tag Event, you will not be entitled to a refund. Players are under the guidelines of

the clubs code of conduct at all times.

Covid-19 (Corona Virus Protocal and Government guidelines)

Due to outbreak of Covid-19 the following procedures and practices are in situ until further notice.

All players must adhere to current COVID-19 restrictions and guidelines which can be found on

<https://www.gov.ie/en/>

All players must adhere to current COVID-19 restrictions as per our governing body ITRA which can be found on <https://www.tagrugby.ie//COVID19.html>

All players must have their temperature checked on arrival.

Your Covid officer will take your temperature and store this data for one month as per government guidelines. If your temperature is above current guidelines, you will not be permitted to play / train and you will be turned away from the grounds. You should seek medical attention at this point and will require a return to fitness declaration / certificate, passed by the committee.

If in this instance you are sharing transport, all parties within the vehicle will be turned away and face the same protocols as per above.

Anyone who travels abroad until further notice must notify committee members of such and can return to play pending committee decision / discretion.

Due to differences in current guidelines anyone who travels to Northern Ireland until further notice must report this to their Covid Officers.

The current club Covid officers are

Seán Dunne
Shane Landers

Club Covid Compliance Officer Jason Murphy

Officers have been trained and certified under the **Sport Ireland COVID-19 Return to Sport Phase 3 eCourse**