



# Cook Islands Rugby Union

MEDICAL / PLAYER WELFARE : 2020 - 2023

# UNION STRATEGY for PLAYER WELFARE

ISSUES - Build in-country capacity	STRATEGY SOLUTIONS
<b>MEDICAL PERSONNEL:</b>	<ul style="list-style-type: none"><li>• Ministry of Health - Hospital &amp; Outpatients</li><li>• CI Red Cross Safety in Sport Trainers</li><li>• Club First Aiders</li></ul>
<b>QUALIFICATIONS:</b> (Minimum requirement)	<ul style="list-style-type: none"><li>• Medical Certificate or Training (minimum)</li><li>• Attendance of First Aid in Rugby (“FAIR”) Workshop, on-line &amp; practical sessions.</li><li>• Other health related training that can support player welfare</li></ul>
<b>RECRUITMENT FOR MEDICAL SUPPORT:</b>	<ul style="list-style-type: none"><li>• Target College PE Students(NCEA) and current or ex-Players - 20 - 50 year olds (Male &amp; Female).</li></ul>

# UNION STRATEGY for UNION ISSUES

## ISSUES - Build in-country capacity

## STRATEGY SOLUTIONS

### MEDICAL SUPPORT: Training and Support

- Practical mentored experience for medical support trainees at 2020 Rarotonga Club & Rising Stars Schools/College Championships
- Player welfare regulation to be included into Competition Rules e.g. All Teams must provide a trained medic for each game
- Club management and players should attend the Annual FAIR Workshop in February every year - including presentations by World Educator for Training & Education courses
- Professional Development provided for Regional level Medics to attend overseas Oceania Rugby Annual Medical Workshop every year

# Capacity, Education & Collaboration Goals

<p><b>Building Capacity</b></p>	<p>1. To develop a medical team for CIRU under Oceania Rugby for Advanced Immediate Care in Rugby (AICIR).</p> <p>2. To develop a standardized protocol for management of medical conditions.</p>	<p>1. To train 1-2 doctors for Level 3 AICIR and 1-2 physio's for Level 2.</p> <p>2. To use World Rugby Protocol for the management of medical conditions.</p>	<p>To standardize the medical approach &amp; management by health care workers for our rugby players.</p>
<p><b>Education &amp; Awareness</b></p>	<p>To develop a training programme to train the trainers e.g. Medical Educator via Oceania Rugby.</p>	<p>To carry out a FAIR workshop among local rugby clubs.</p>	<p>To empower our local rugby clubs with First Aid in order to minimize medical complications.</p>
<p><b>Collaboration</b></p>	<p>To strengthen the working relationships both domestic and international.</p>	<p>1. To work with NZRU or Super Rugby Sports Doctors and/or Physio to assist them with their local competitions e.g. Mitre 10 Cup or Super Rugby.</p> <p>2. To develop an MoU with CI Red Cross to provide 1<sup>st</sup> Aiders to all International Tournaments (7's &amp; 15's) and to most club rugby games if possible.</p>	<p>1. Local doctors/physios are able to attach to and assist with Mitre 10 or Super Rugby Games in NZ to get on-field experience.</p> <p>2. To build on their current knowledge and for upskilling.</p>