

First Aid Courses & Emergency First Aid in Rugby Union Course

First Aid Courses – General Information

Clubs, schools, colleges and universities should ensure they have the minimum first aid provision operating standards in place. A first aid specific risk assessment should be used to determine the number of people trained and the level of training that is required.

There are different levels of first aid training available, however the recommended minimum level of training for any appointed First Aider covering rugby activity should at least be equivalent to Level 3 Emergency First Aid at Work / Sports First Aider. Whilst the RFU's Emergency First Aid in Rugby Union (EFARU) course is recommended other qualifications that meet the minimum standard are acceptable.

When considering other first aid course providers, the following questions should be asked to determine if a particular course is suitable:

1. What qualification is awarded? The recommended minimum level is equivalent to Level 3 Emergency First Aid at Work / Sports First Aider. These courses are generally a minimum of one day or 6 hours.
2. Who is the recognised awarding body for the qualification?
3. Is the course accredited and recognised on the national Regulations Qualifications Framework (RQF)?
4. Is there a quality assurance process (shown by an accreditation mark from a body such as the Health and Safety Executive)?
5. Does the course cover basic first aid and life support skills along with both common rugby injuries (such as concussion) and rare but serious injuries (such as spinal injury) in sufficient detail?
6. What experience and qualifications does the trainer have? (e.g. medical background, years of tutor experience, knowledge of rugby)
7. How many people will be in the training session? (suggested maximum: 16 per trainer)
8. What insurance does the trainer have? (e.g. personal liability cover)
9. What resources are provided for as part of the course learning? (E.g. training manual, online support etc.)
10. What is the assessment process, how are learners recognised as competent?

There is more information on the different first aid roles and courses on the [RugbySafe Courses & Resources pages](#).

Emergency First Aid in Rugby Union Course

The Emergency First aid in Rugby Union (EFARU) course has been developed by the RFU. It is recognised as a full Level 3 Emergency First Aid at Work (EFAW) course with extra rugby-specific elements added. This means that the qualification is transferable into the workplace and other sports. The course is designed for coaches and other volunteers designated as a first-aider and responsible for providing pitch-side cover at both training and matches.

Course Details

Duration: The course can be delivered in two ways:

- 🌀 One Day = £60 per person
- 🌀 3 x 3hr Modules = £75 per person

Minimum Age: 16 years old

Learner Numbers: 8 minimum (per course), maximum 12 learners: 1 educator

What does this qualification cover?

The Emergency First aid in Rugby Union (EFARU) course will provide learners with the skills, knowledge and understanding required to give care and manage life-threatening conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment. Learners will be able to assess an incident, recognise the signs and symptoms of injury and illness, and in a safe and effective manner assist a casualty who is suffering from injury or illness.

The EFARU course covers conducting a Primary Survey, Basic Life Support skills and injury reporting as well other First Aid skills including:

- 🌀 Cardiopulmonary resuscitation [CPR]
- 🌀 External bleeding
- 🌀 Shock
- 🌀 Concussion and head injuries
- 🌀 Minor injuries
- 🌀 Spinal injuries

Why choose this course?

The EFARU sits on the Regulations Qualifications Framework (RQF) and is awarded by 1st4sport Qualifications, providing a nationally-recognised qualification that is transferable to the workplace and other sports.

Like other equivalent First Aid courses the EFARU qualification is valid for three years.



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How to arrange course?

To organise a course at your club, school or organisation please contact your local Rugby Development Officer (RDO). Contact details can be found at [RFU Local Delivery Team Contacts](#)

To find courses running in your local area go to the [RFU Course Search](#)

Venue Specification

In order to host a course the club/venue must ensure availability of:

-  Exclusive use of a room with tables and chairs set up for a minimum of 12 learners plus adequate space for indoor practical activity
-  Access to projector, screen/TV and flipchart
-  Access to toilet facilities