



Emergency hospital treatment guidelines for HK Rugby players

In case of injury to a rugby player during a game, please follow the guidelines below.

Serious Injury:

- Unconscious
- Inadequate Breathing
- Inadequate Circulation (including uncontrolled bleeding)
- Suspected lower limb fracture

Step 1: Call for an Ambulance immediately

(directions for calling an ambulance are provided on a later page of this document.)

The ambulance will transfer the injured player to the nearest Government Hospital for further assessment and stabilization.

Step 2: Phone your Club Contact to report the incident and seek further advice.

Note: Players will be assessed and stabilized within the government hospital system.

'Walking Wounded' Injuries:

- Cuts requiring stitches
- Shoulder & arm injuries
- Eye injuries
- Any other injuries requiring medical assessment

Step 1: Escort the player by taxi or car to the nearest government hospital.

(see list of hospitals on later page of this document).

Step 2: Phone your Club Contact to report the incident and seek further advice.

Players will be assessed and treated within the government hospital system.

N.B. HKRugby is not responsible for payment of any hospital or medical fees incurred by players during Rugby games or training.

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