



## **League of Ireland Medical Guidance Document**

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## 1. Minimum medical regulations

This section details the Minimum Medical Requirements for League of Ireland competitions as specified in the UEFA Medical Regulations.

### 1.1 Pitchside medical equipment

Mandatory requirements apply to:

- matchday;
- Pitchside medical equipment should ideally be provided in an emergency bag.

it is mandatory that, in addition to the material listed below, **one AED, one bag valve mask and one spinal board** must be available at pitchside on matchday.

Additionally, the following equipment must be available as follows:

PITCHSIDE MEDICAL EQUIPMENT		Mandatory	Recommended
<b>Airway</b>			
11.01a(i)	Handheld suction device	X	
11.01a(ii)	Laryngeal mask airways	X	
11.01a(iii)	Oropharyngeal airway	X	
11.01a(iv)	Nasopharyngeal airway	X	
11.01a(iv)	Lubricant		X
11.01a(vi)	Intubation equipment		X
<b>Breathing</b>			
11.01b(i)	stethoscope	X	
11.01b(ii)	pulse oximeter	X	
11.01b(iii)	oxygen/trauma mask and tubing	X	
11.01b(iv)	pocket mask		X
11.01b(v)	spacer device for bronchodilators		X
11.01b(vi)	One portable oxygen cylinder is mandatory, two are recommended	X	X
<b>Circulation</b>			
11.01c(i)	IV cannula, various size	X	
11.01c(ii)	tourniquet	X	
11.01c(iii)	Adhesive fixing materials	X	
11.01c(iv)	Intravenous fluid (1000ml)	X	
11.01c(v)	BP monitor with appropriate cuff	X	
11.01c(vi)	Strong scissors	X	
11.01.c(vii)	Disposable gloves	X	
11.01c(viii)	Intraosseous access device		X
<b>Medication</b>			
11.01d(i)	Adrenaline (injectable)	X	
11.01d(ii)	Benzodiazepines (PR/IV)	X	
11.01d(iii)	Anapen or similar		X
11.01d(iv)	Glucose tablets/gel	X	

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11.01d(v)	Amiodarone (injectable)	X	
11.01d(vi)	Bronchodilators (inhalation)	X	
11.01d(vii)	Glyceryl trinitrate (GTN)	X	
11.01d(viii)	Glucagon		x
11.01d(ix)	Antiemetic		X
11.01d(x)	Antihistamine		X
11.01d(xi)	Dexamethasone (injectable)	X	
11.01d(xii)	hydrocortisone	X	
11.01d(xiii)	S-ketamine or similar analgesia	X	
<b>Extraction</b>			
11.01e(i)	Head blocks/hard collar	X	
11.01e(ii)	Box splint/vacuum splint	X	
11.01e(iii)	Privacy curtains or similar	X	
11.01e(iv)	Basket stretcher		x

## 1.2 Ambulance

MANDATORY
<p><b>1 x fully equipped advanced life support (ALS) ambulance:</b></p> <ul style="list-style-type: none"> <li>• <b>For sole use of the players, team officials, referee team and match officers</b></li> <li>• <b>To be present 1 hour before the match starts and to remain for the duration of the match and until 30 minutes after the end of the match.</b></li> <li>• <b>To contain fully equipped emergency bag, AED defibrillator and portable oxygen</b></li> <li>• <b>To be positioned in an area of the stadium/hall that permits quick egress from pitch area and/or dressing rooms for emergency medical evacuation</b></li> <li>• <b>To be staffed by at least one paramedic and a driver</b></li> </ul>

MANDATORY (LOCATED AT PITCHSIDE)	MANDATORY (LOCATED AT PITCHSIDE)
<p><b>1 x pitchside doctor:</b></p> <ul style="list-style-type: none"> <li>• <b>Must be trained to provide Basic Life Support treatment as well as to recognise and manage life-threatening conditions</b></li> <li>• <b>Responsible for ensuring that the required pitchside medical equipment are present</b></li> <li>• <b>Responsible for the treatment of players, team officials, referee team and match officers only</b></li> </ul>	<p><b>1 x stretcher team</b> (with hardboard stretcher(s) and at least two trained carriers (first aid qualification/stretcher-carrying experience, physically fit enough to safely transport an injured player or official on the stretcher)</p>

### 1.3 Emergency medical room and equipment

An emergency medical room must be provided for all matches. This medical room must be located close to the dressing rooms (same level), should be large enough to allow stretcher access and must contain the following equipment:

Emergency medical room and equipment		Mandatory	Recommended
<b>General</b>			
14.01a(i)	examination and treatment table/couch	X	
14.01a(ii)	two chairs		X
14.01a(iii)	Running water		X
14.01a(iv)	Toilet		X
<b>Breathing</b>			
14.01b(i)	Oxygen Cylinder	X	
14.01b(ii)	Intubation equipment	X	
14.01b(iii)	Surgical airway equipment		X
14.01b(vi)	Nebuliser mask	X	
14.01b(v)	Pulse oximeter	X	
14.01b(vi)	Stethoscope	X	
14.01b(vii)	Spacer for bronchodilators		X
<b>Circulation</b>			
14.01c(i)	Defibrillator	X	
14.01c(ii)	IV cannula, various sizes	X	
14.01c(iii)	Tourniquet	X	
14.01c(iv)	Adhesive fixing materials	X	
14.01c(v)	Intravenous infusion equipment	X	
14.01c(vi)	Intravenous fluid (1000ml)	X	
14.01c(vii)	Intraosseous access device		X
14.01c(viii)	BP monitor with appropriate cuff	X	
14.01c(ix)	Blood sugar gauge	x	
14.01.c(x)	Monitoring unit (at least 1 channel ECG)		X
<b>Personal protection</b>			
14.01d(i)	Sharps box	X	

14.01d(ii)	Protective goggles		X
<b>Medication</b>			
14.01e(i)	Bronchodilators	X	
14.01e(ii)	Antihistamine	X	
14.01e(iii)	Hydrocortisone	X	
14.01e(iv)	Dexamethasone	X	
14.01e(v)	Glyceryl trinitrate (GTN)		x
14.01e(vi)	Antiemetic	X	
14.01e(vii)	S-ketamine or similar analgesia	X	
<b>Wound care</b>			
14.01f(i)	Suture filaments >3 sizes	X	
14.01f(ii)	Suture packs/instruments	X	
14.01f(iii)	Sharps box	X	
14.01f(iv)	gloves	X	
14.01f(v)	Bondages	X	
14.01f(vi)	Dressing packs	X	
14.01f(vii)	Local anaesthetics	X	
14.01f(viii)	Syringes	X	
14.01f(ix)	Needles	X	
14.01f(x)	Nasal tampons		X
14.01f(xi)	wound cleaning solution	X	
<b>Additional items</b>			
14.01g(i)	Urine rapid analysis dipsticks	X	
14.01g(ii)	Tooth transport container		X
14.01g(iii)	Ice and plastic bags	X	
14.01g(iv)	Hand gel		X
14.01g(v)	Otoscope		X
14.01g(vi)	Ophthalmoscope		X
14.01g(vii)	Foil blankets or equivalent		X
14.01g(viii)	Copy of WADA prohibited list	X	
14.01g(ix)	Penlight	X	
14.01g(x)	Tongue depressors		X
14.01g(xi)	Strong scissors	X	

