



RUGBY

Safety Guide

Sports Recreation

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Key Benefits

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Checklist Items

KEY BENEFITS

Cardiovascular Fitness

Enhances cardiovascular fitness and stamina through continuous and high-intensity play.

Muscular Strength

Develops muscular strength and power through tackling, scrummaging, and dynamic movements.

Teamwork Skills

Improves teamwork and communication skills essential for coordinated team strategies.

Agility & Flexibility

Boosts agility and flexibility with frequent changes in direction and physical demands.

Mental Resilience

Increases mental resilience and focus required for competitive and physically demanding games.

Physical Fitness

Supports weight management and physical fitness through rigorous training and active participation.

KEY HAZARDS & CONTROL MEASURES

Collision with Another Player

- ✓ Ensure players are trained in safe tackling and collision techniques
- ✓ Enforce rules against dangerous play and high tackles
- ✓ Use appropriate protective gear like mouthguards and headgear
- ✓ Provide immediate medical attention for any injuries

Incorrect Tackling Technique

- ✓ Provide coaching on proper tackling techniques
- ✓ Enforce rules against illegal tackles (high, dangerous, spear)
- ✓ Use progressive drills for safe practice
- ✓ Monitor and correct players during training

Impact with the Ground

- ✓ Provide training on safe falling and landing techniques
- ✓ Ensure the field is adequately maintained and not overly hard
- ✓ Use appropriate protective gear
- ✓ Encourage proper tackling and contact techniques

Slipping on Wet Grass

- ✓ Ensure the playing field has proper drainage
- ✓ Players should wear appropriate cleated footwear for traction
- ✓ Cancel or postpone matches in severe weather conditions
- ✓ Conduct field inspections before play

Insufficient Protective Gear

- ✓ Recommend appropriate protective equipment (mouthguards and headgear)
- ✓ Ensure gear fits properly and meets World Rugby standards
- ✓ Inspect gear regularly for wear and damage
- ✓ Educate players on gear importance

Collision with Goalpost

- ✓ Ensure goalposts are padded, especially at impact points
- ✓ Educate players on spatial awareness near goal areas
- ✓ Secure goalposts properly to prevent movement
- ✓ Enforce rules to prevent dangerous play near goalposts

Aggressive Play

- ✓ Enforce rules against unsportsmanlike conduct
- ✓ Educate on fair play and respect
- ✓ Penalize aggressive behavior firmly
- ✓ Provide conflict resolution training

Inadequate Warm-Up

- ✓ Implement mandatory warm-up routines
- ✓ Allocate sufficient time for warm-up
- ✓ Include dynamic stretching and rugby-specific movements
- ✓ Educate on warm-up importance

Poor Weather Conditions

- ✓ Monitor weather forecasts and adjust schedules accordingly
- ✓ Ensure hydration is available
- ✓ Provide appropriate clothing recommendations
- ✓ Cancel or postpone matches in extreme conditions

Safeguarding

- ✓ Implement safeguarding policies and train all staff
- ✓ Provide clear reporting procedures
- ✓ Conduct background checks on coaches and volunteers
- ✓ Maintain appropriate supervision and never leave minors unattended

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Pitch & Equipment

- Pitch surface is even and free of debris
- Corner flags flexible/safe
- Ground not waterlogged or frozen
- Ice packs/cold spray available
- Goalposts padded at base
- Field markings visible
- First aid kit accessible and stocked

Players

- Mouthguards worn by all players
- No jewellery or dangerous items
- Headgear/shoulder pads if worn (approved)
- Registration and insurance valid
- Appropriate boots with safe studs
- Any injuries declared
- Players adequately hydrated

Supervision & Documentation

- Qualified coach(es) present
- Referee qualified (if match)
- HIA/concussion cards available
- First aider identified and present
- Attendance register completed



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