

Medical Conditions - General Information

Participation in physical activity can have very positive effects. For many people exercising and participating in sports such as rugby provides many benefits, improving fitness and wellbeing, increasing energy levels and helping to relieve stress. However, for people with certain medical conditions, participating in strenuous exercise and contact sports such as rugby may not be appropriate.



The RFU recommend that anyone with a medical condition that may be affected by strenuous exercise, or the physical nature of a sport like rugby, should seek medical advice before participating in any rugby union activity. The decision on whether an individual can play rugby and in what format (e.g. contact, touch rugby) needs to be on the basis of medical advice by an appropriate expert. It is recommended that anyone over 45, who hasn't been taking part in regular activity, should see their GP for advice before taking part in any high intensity activity.

If under 18 then the player's parents/guardians should be asked by the club or school to confirm in writing that their child has been medically cleared to play. An adult player should also inform their club, with a record being kept. Where considered appropriate for an individual to participate, good communication between the player, parent/guardian(s), coaches, referees and other key personnel is important so that everyone is clear what (if any) particular accommodations should be taken to consider safety and ensure that the experience is a positive one for the player and others involved. Coaches should consider using different methods and approaches that meet the needs of the individual and the group of players they are working with.

Further Information

The RFU provides more detailed information on a number of conditions including:

Cerebral Palsy	Diabetes	Epilepsy
Down's Syndrome	Bleeding Disorders	Infections



For more information please visit the [RugbySafe Essential Guides and Resources page](#).



The NHS provides comprehensive health information and guidance. Call 111 for non-emergency medical advice or visit the [NHS website](#).

Any advice provided by the RFU in relation to specific injuries, illnesses or disabilities is only general advice and it should not be used as a substitute for the individual advice patients receive when they consult their own doctor. Individuals are advised to consult their own General Practitioner or Hospital Consultant for specific advice on their condition and/or fitness to train for or play rugby.