



Welcome to the July RugbySafe Newsletter

And welcome to the 2023/24 season!

This month's Newsletter aims to cover aspects of RugbySafe which may already be part of discussions in your clubs as the new season starts. It also includes areas which we believe need your consideration and engagement as we head into the 2023/24 season.

Toolkit Spotlight

This month's RugbySafe toolkit is [Research – What can you do to help?](#)

The RFU is constantly engaged with research into player safety and injury prevention. This ongoing research is critical to make our game safer as it helps shape training course content on good practice and safe techniques across all levels of the game.

The RugbySafe Research Toolkit provides information on different research projects the RFU is involved with and various related published reports and articles. This includes findings from research that initiated the [Activate exercise programme](#), which is designed to improve functional conditioning and movement control. The programme is based on findings which contributed to reducing the risk of injury including concussion by up to 59%.

Another project where there is an important opportunity for teams/clubs to engage in providing injury surveillance data is the Community Rugby Injury Surveillance and Prevention Project (CRISP). CRISP gathers data from the Adult Males, Adult Females and Age Grade community rugby and the success of the project is dependent on engagement from clubs and teams. Looking towards next season consider having discussions in your club about signing up to be part of the project.

CRISP

Run in conjunction with the University of Bath, the CRISP Project collects injury data from across the community game. The CRISP Project is critical to gaining better understanding and providing data to compare and assess trends in injury risk across different playing populations and levels of the game. This allows the RFU to better

inform injury prevention strategies, such as law/rule changes, so that the safety of the game is improved for those participating.

With the tackle height law changes being introduced in the 2023/24 season, having teams from across different playing populations involved in the CRISP Project is even more important.

In order for the CRISP Project to be a success, we need clubs and teams to get involved. By being involved in the project, your clubs can help improve the safety of the game and improve the welfare of players.

We are looking for teams from any playing population – adult males, adult female (especially National Championship levels), club age grade boys and girls (especially U16 & U18 girls), male school/college players, and university male and female teams.

For more information to share with your clubs or to enable them to register their interest in the project please signpost them to the RugbySafe toolkit: [Research – What can you do to help?](#)

Regulation 9

[Regulation 9](#) is the RFU regulation that pertains to player safety and is the basis for a substantial number of your responsibilities as a RugbySafe Lead.

It recognises the physical nature of rugby as a contact sport and the safety considerations that come along with this. Safety is the consideration of all those involved in rugby, whether as a player, parent or volunteer involved within the community game.

As a club Regulation 9 is a key document which contains details over expectations and responsibilities around, first aid risk assessment, immediate care/first aid provision, concussion, and injury reporting.

First Aid Provision Support

As set out in [Regulation 9.3](#) clubs and those involved in arranging any rugby activity must provide a level of immediate care and/or first aid cover that reflects a recent risk assessment carried out for that club or event. This may be greater than or less than the RugbySafe First Aid / Immediate Care Provision Standards but must consider whether these standards are applicable and can only deviate from them if the risk assessment gives good reason to do so.

To enable clubs to provide the appropriate level of first aid cover all CBs have been allocated first aid training vouchers via their RugbySafe Lead. These vouchers can be redeemed against the cost of a place on an RFU first aid course. If you are planning to run a first aid course at your club, speak to your CB RSL about accessing vouchers.

More information on First Aid Provision and Training is available in the [RugbySafe First Aid Provision & Information Toolkit](#)

HEADCASE

The RFU's HEADCASE programme aims to increase understanding and provide information on concussion and other related topics, including how to prevent and manage suspected concussions. It is recognised as one of the UK's leading concussion awareness and education resources.

Following the publication of the Government's UK Concussion Guidelines for Grassroots Sport, we are currently giving the HEADCASE Concussion resources a new look and update.

An overview of the new across-sport guidance is available on the Headcase toolkit and the [new resources](#) including the e-learning module will be released in August in time for the start of the 2023/24 season:

Women and Girls Health & Welfare

The first of our resources for women and girls participating in rugby activity and those who work with them has now been published. The resource contains information on aspects of menstrual health which female rugby athletes and their coaches need to be aware of.

Subsequent resources on other aspects of women and girls' health will be published over the first half of the new season. The resources can be accessed [here](#)

Tackle Height

In April, the RFU Council voted to adopt law changes to lower the tackle height in community rugby to below the base of the sternum.

From 1 July 2023, any match played between a Community Level Club and a team from the Premiership, Championship, or a Premier 15s club must be played using the Domestic Law Variation (DLV) Tackle Height.

A range of online resources, guidance documents, training videos and face-to-face training opportunities has been created to help support players, coaches, referees, volunteers, and CBs for the 2023/24 season.

For more information, and to access these resources please visit the [Tackle Height Hub](#)

RugbySafe social media channels

Keep up to date with all things RugbySafe:

- On Twitter @RugbySafe
- On RugbySafe Facebook [here](#)

Club Support Hub & other support resources

As a Club RugbySafe Lead, your first port of call for any questions should be the [RugbySafe Toolkits](#).

However, England Rugby also has the [Help Portal](#), an online hub to help clubs access support quickly and easily.