



## Welcome to the March RugbySafe Newsletter

We are firmly into the second half of the season at this point and preparations for next season may be already underway within your CB and club.

This month's Newsletter aims to cover aspects of RugbySafe which may well have been part of discussions in your clubs this season and will need your consideration and engagement as we head towards 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.

You should be aware of the [Activate exercise programme](#) which is designed to improve functional conditioning and movement control, which contributes to reducing the risk of injury including concussion. This programme was based on the findings from studies undertaken in collaboration between the RFU and the University of Bath.

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.

## Regulation 9

[Regulation 9](#) is the RFU regulation that pertains to player safety and is the basis for a significant 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](#)

### **Injury reporting and incident recording**

In order for appropriate support in place, it is crucial that all reportable injury events are submitted to the RFU. In the past few months, a number of injury reporting trials have ended and as a consequence the list of reportable injury events has been reduced to:

- An injury which results in the player being admitted to hospital
- Deaths which occur during, or within six hours of a game finishing

These definitions do not include those player who attend an Accident and Emergency Department for treatment who are then allowed home.

The RFU can be informed of a Reportable Incident via the [reportable event form](#) or using the Proactive Incident Reporting Tool.

## **Proactive Incident Reporting and Concussion tracking**

In collaboration with Howden & Proactive the RFU has an incident reporting App to ensure that injuries and incidents, both on and off the pitch, are recorded and maintained in a secure manner. The Proactive Digital injury and incident reporting app allows clubs to effectively, efficiently and securely log injuries/incidents and complete pre-session checks.

At just £50 per season, the Proactive Reporting system provides an affordable option for clubs to collate and monitor injuries/incidents both on and off the field.

Visit the [RugbySafe Injury Reporting & Incident Recording Toolkit](#) for more information.

## **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.