



Welcome to the October RugbySafe Newsletter

This month's Newsletter provides updates on some of the RugbySafe programmes available to you and your clubs. It also includes areas which we believe need your continued consideration and engagement this season.

Are you new to the RugbySafe team? If you haven't already, make contact with your CB RugbySafe Lead, they are there to support you and work with you on all things RugbySafe!

Toolkit Spotlight

This month's RugbySafe toolkit is [HEADCASE](#)

The **HEADCASE** programme contains a suite of resources which aim to inform players, parents, coaches, match officials and clubs about concussion and other related topics; these include how to prevent, recognise and manage suspected concussions. It is recognised as one of the UK's leading concussion awareness and education resources.

HEADCASE Update

Following the publication of the Government's UK Concussion Guidelines for (Non-Elite) Grassroots Sport, we have given the HEADCASE Concussion resources a new look and update.

How does this differ from the old guidelines?

- This HEADCASE resources are now aligned to the Graduated Return to Activity and Sport (GRAS) programme which has replaced the previous Graduated Return to Play (GRTP).
- The GRAS applies to all players involved in community rugby and sport, irrespective of age.
- There is a minimum return time of 21 days (with the date of injury being day 0), provided there is a symptom free period of 14 days.
- This means players will miss a minimum of two weeks with the potential to play on the third weekend (but only if they have been symptom free for the preceding 14 days).

- Importantly this pathway, recognising the value of light physical activity in a player's recovery, no longer requires an initial complete 14 day stand-down period.
- A player can start very light physical activity 24-48 hours after their concussion provided that their symptoms are not more than mildly exacerbated.
- After a first week of progressive light exercise, provided symptoms are not more than mildly exacerbated by the activity, the player is able to start non-contact training activities in the second week with resistance training activities also started in this week.
- Contact training activities with a predictable risk of head injury can then be introduced in week 3 (but only if/when the athlete has been symptom free for 14 days).

REMEMBER! This is a pathway and not a protocol and should be individualised for each player.

The new resources and guidance are available in the [HEADCASE Toolkit](#) including the new eLearning module.

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.

More information on Regulation 9 and the related first aid provision is available in the [RugbySafe First Aid Provision & Information Toolkit](#).

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.

The first EFARU First aid training courses of the season have now been delivered with more courses being organised by clubs/becoming available to book via GMS. Your CBs will shortly be sent this season's first aid training vouchers which they will be able to allocate via the CB RugbySafe Lead (CB RSL). 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 the vouchers.

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

FIRST AID KIT SUPPORT

To support clubs in sourcing the pitch side first aid supplies they need, including the newly updated pitch side first aid cards, the RFU have worked with Firstaid4sport to create our own page containing equipment which a club or individual first aider needs to enable provision of pitch side first aid.

The RFU landing page can be found here:

<https://www.firstaid4sport.co.uk/RFU?fbclid=IwAR010ka1QVOA56FBKHTOzudd6tZG9JENmXe22nVYXULR-ZZfmjlqdlMRMhM>

Clubs can register to be able to purchase club kits and to receive special RFU prices on their purchases at: <https://www.firstaid4sport.co.uk/register>

They then need to email: sales@firstaid4sport.co.uk to inform the team that they are registering as an RFU club.

RugbySafe social media channels

Keep up to date with all things RugbySafe:

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

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.