



COMMUNITY RUGBY INJURY SURVEILLANCE & PREVENTION PROJECT : KEY INFORMATION 2023-24 SEASON

Information for Teams

Thank you for your interest in participating in the Community Rugby Injury Surveillance Project for season 2023/24. You may have already received some information about the project, but the purpose of this guide is to provide you with more details about what is involved over the course of the season. Please click on the specific strand of the project below to take you to the appropriate guide.

Contents

CRISP Adult Men’s (Playing levels 3-9) and Women’s (playing levels 2-5)	2
Adult information	Error! Bookmark not defined.
CRISP adult roadmap	Error! Bookmark not defined.
CRISP Schoolboys (age groups U13 to U18)	4
School information	Error! Bookmark not defined.
Youth CRISP roadmap	Error! Bookmark not defined.

Register your Team(s)

If you would like to register your team and have not already done so, please go to the registration form using the link below:

https://bathreg.onlinesurveys.ac.uk/crisp_2023-24_registration

Or use the QR code:





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ADULT CRISP

Adult Men's (National, Regional & Counties Leagues) Women's (National Championship and National Challenge Leagues)

What is the surveillance project?

The project is managed by a team at the University of Bath and is funded by the RFU as part of the RugbySafe research programme to understand the injury profile of English community rugby. The Project team have now been collecting injury information for 13 seasons alongside projects in Premiership, Championship and University rugby. Previous CRISP season reports are available via the [RugbySafe Research Toolkit](#).

Which teams can be included?

Any teams in your club which participate in Men's playing levels 3-9 or Women's playing levels 2-5 can be included. Most clubs normally nominate one team for Men or Women (or both), but a second team may also be included.

Who is the best person at the club to record this information?

We ask each participating team to nominate a club contact to manage the data recording for the project. This can be the coach, team manager or therapist managing the injured players.

What information is recorded?

Participating clubs are requested to begin injury recording from the first league match of the season with the following information:

- **Squad information** (entered once at the start of the season): Brief details on age, weight and height for 1st team squad players and individual consent from each player (consent signed via an online link by players to remove the need for paper forms).
- **Match information:** details (date, playing surface, score, weather, opponents) for each 1st team match, regardless of whether or not there is an injury to report for the match.
- **Time-loss injuries:** Details on any 1st team match injuries causing the player to miss one match or more (8 days or greater time-loss). These are only injuries sustained playing for your team and we do not ask for training injuries for this project. The main details we ask to be reported are:
 - Match quarter
 - Playing position
 - How the injury occurred (e.g., tackle, ruck, running etc)
 - Body site injured and type of injury
 - Date of return to full fitness
 - Whether a penalty was associated with the injury
 - Who attended to the injured player



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How is the information recorded?

Teams can choose to record the above information in one of the following ways:

- **The CRISP online data entry system** – this is the most common method, and we provide each team with their own log in to access their team's page.
- **Paper forms** – are available if preferred and can be returned by post or scanned and sent electronically.
- **Spreadsheet** – if preferred we can provide a bespoke spreadsheet to enter details.

How often does the information need to be returned to the research team?

- We ask for player consents to be completed as early as possible at the start of the season, but these can be updated during the season as well, for example if a new player joined the squad.
- We suggest for match and injury information to be recorded weekly if possible (as this makes it easier to record in small sections) but would ask that data entry is up to date on a monthly basis so the research team can regularly assess the data.

What is the time commitment each week?

There is some initial work in pre-season to enter player details into the squad list and request that players provide consent. Once the season has started, if data is recorded on a weekly basis, only match details need to be recorded which takes only a few minutes and then any injuries which occurred. Statistically, there is normally less than one 8-day time-loss injury per match (although this does vary by team) and therefore entry should not take more than 5-10 minutes per injury.

Where is the data stored?

The data is stored on the University of Bath's secure server which is password protected and only accessible to the nominated research team. It will not be shared with anyone outside of the research team.

How is the data used?

The data will only be used for the purposes of the injury surveillance project. A season report will be created with anonymised pooled data from all teams involved. We will also provide feedback of your own team's data compared with the average across equivalent playing levels. The data will also be used for academic publications but not refer to any individual players or teams.

What if I need help during the season?

The research team are available throughout the season to help provide ongoing support and help teams navigate any issues. You can get in touch: rfu-crisp@bath.ac.uk and we will be happy to chat or have a video call.

Has the project had ethics approval?

The injury surveillance has been granted favourable approval from the University of Bath.

COMMUNITY RUGBY INJURY SURVEILLANCE PROJECT ROADMAP: ADULT TEAMS

1

PRESEASON



INITIAL CONTACT

You will be contacted by UoB Researchers who will provide your club with information on the project and a link to register your interest for your team to take part.

2

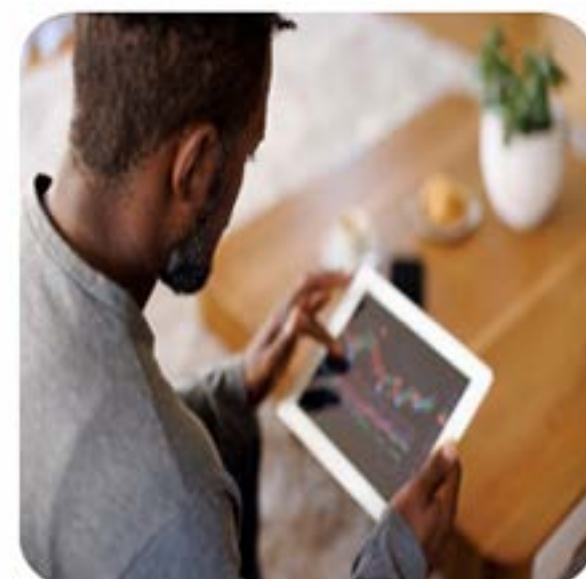


CONNECT

Research team connects with your nominated team project coordinator to provide more detailed project information and ensure that they understand the projects requirements.

3

START OF SEASON



DATA COLLECTION

Your team project coordinator will be sent data collection resources and guides on how to use them. The research team provide a consent form link to the team project coordinator to distribute to players at the start of season.

4

DURING SEASON



RECORD DATA

Team project coordinator records match information and injury data throughout the season. The research team will be available over the season to provide support as needed.

5

END OF SEASON



FINALISE DATA

Final collection of remaining data at end of season by team project coordinator. Research team verifies data collected, including checking consents have been received.

6



FEEDBACK

Project season report will be written by the research team which highlights findings from the season. Teams providing complete data may request a report that compares their team's data to the national data.



ASK US ABOUT OUR
INFORMATION WEBINARS

This project has been granted favourable approval from the University of Bath. For further details please contact the University of Bath adult community injury surveillance research team: rfu-crisp@bath.ac.uk



COMMUNITY RUGBY INJURY SURVEILLANCE & PREVENTION PROJECT : KEY INFORMATION 2023-24 SEASON

YOUTH CRISP

Male School and College Players (Age groups U13 to U18)

What is the surveillance project?

Safety in school-age rugby union is a priority and the aim of this Project is to collect information on schools' U13 to U18 rugby match play injuries from the largest cross-section of English secondary schools as possible. This data provides an understanding of the injury risk across different age groups and where injury prevention strategies should be focussed, as well monitoring current injury prevention initiatives.

What age groups can be involved?

Currently we are collecting data for U13 through to U18 players.

What is expected of me as a coach/head of rugby/head of sport/ school physio?

Once you have signed up to the project you will receive an information pack from the research team. To participate in the study, consent forms need to be completed for each player and if under 16 years their guardian via the Online Survey link you will receive from the research team.

The research team will be in frequent contact with the teams through the season to support you recording brief information on the matches played (e.g. type of pitch, match minutes, home/away), you will also be asked to record any injuries that occurred during the match by completing the injury questions within the data collection form including the return to play date for players who had to have time off the sport due to their injury. The research team will collect this information at regular intervals through the season.

What information is recorded?

The surveillance project collects information on different match elements such as playing time, surface type, how many players on the team*. The injury information collected includes more detailed information about how the injury occurred, what part of the body was injured, what playing position the injured player was, the outcome of the injury, how long they had off sport*.

** If you would like more information on all the data fields collected, please speak with the research team who are happy to oblige.*

What if I need help during the season?

The research team are available throughout the season to help with any issues that you may be experiencing or to help navigate any questions. The research team aim to be in contact with teams throughout the season to provide ongoing support, so please feel you can get in touch: rfu-youth@bath.ac.uk



COMMUNITY RUGBY INJURY SURVEILLANCE & PREVENTION PROJECT : KEY INFORMATION 2023-24 SEASON

What is the flow of data and where is it stored?

The research team will send you an information pack and including the data collection template at the start of the season. This will include your consent forms and instructions on distributing these. We ask consents to be completed as early as possible at the start of the season. You will record your injury data throughout the season and keep the records. We will be in regular contact to retrieve the data collected during the season. You will be provided at the start of the season with a password for a secure share folder which you will be able to use to upload your recorded injury files.

Where is the data stored?

The data will be stored on the University of Bath's secure X-Drive server which is password protected and only accessible to the nominated research team.

How is the data used?

The data will only be used for the purposes of the injury surveillance project. The aim of the research is to understand injury patterns and the number of injuries to inform prevention approaches and evaluate changes over time.

Has the project had ethics approval?

The injury surveillance has been granted favourable approval from the University of Bath.

Why get involved?

Injury prevention and making rugby as safe as possible through evidence-based strategies underpin the injury surveillance work. At the end of the season the research team produce a report, which amalgamates the information received from the season. The information allows us to be able to understand the state of the game currently regarding injuries, and we are then able to compare that to previous season, and to different age groups. This information can help guide the development of new prevention strategies such as Activate warm up program, or law change.

YOUTH RUGBY INJURY SURVEILLANCE PROJECT ROADMAP



ASK US ABOUT OUR INFORMATION WEBINARS

This project has been granted favourable approval from the University of Bath. For further details please contact the University of Bath youth surveillance research team: rfu-youth@bath.ac.uk.