

Scottish Rugby's Are You Ready to Play Rugby Policy

Ensure that all coaches, teachers and referees undertake the RugbyRight training model at the start of every season.

RugbyRight is an online training model that takes candidates through player welfare and safety in our sport. The course will place a strong emphasis on concussion management, anti-doping, safe contact techniques and law application updates.

The course outline is:

- Module 1 – Player Welfare
- Module 2 – Safe Coaching Practice
- Module 3 – Law Update

Ensure players are playing in the correct Age Band, to minimise the number of physically immature players playing with physically mature players or indeed adults.

Research undertaken in partnership with the Scottish Committee of Orthopaedic & Trauma Surgeons (SCOT) helped us implement physical maturity assessments on 15-year-olds playing in under-18 rugby & 17-year-olds playing in Adult rugby.

Age Grade Law Variations

Ensure that the game is introduced from the age of eight in a staged fashion to ensure an emphasis on the teaching and coaching of correct technique at the correct age and stage.

Ensure that young players are not playing too much rugby.

Players under the age of 18 should not play more than 90 minutes of rugby in a 24-hour period.

Limit the amount of competitive game time children play across the weekend.

First Aid in Rugby (FAIR)

Scottish rugby has worked with World Rugby to introduce and roll out the first accredited rugby specific first aid course:

- Monitor Serious Injury report forms to establish injury trends in our game.
- Ensure through all coach & referee education programmes that player welfare is at the forefront of everyone's minds.

Things we all can do to keep players safe

- Ensure you have knowledge and understanding of Scottish Rugby's 'Are You Ready to Play Rugby Policy' <http://www.scottishrugby.org/rugbyright>.
- Report serious injuries as soon as possible.
- 'Recognise and Remove' players from the game if they have had a head knock and don't let them return to play for three weeks or until they are symptom free.
- Don't overplay teenagers.

Player Welfare in numbers

- Approximately 4500 teachers, coaches and referees undertake the RugbyRight module every year.
- Since we have introduced our Age Banding policies we have assessed the physical maturity of 1746 15-year-olds and 1834 17-year-olds.
- 88 adults have qualified this season as rugby first aiders through the 'First Aid in Rugby' course

What Others Say

- In the recent World Rugby World Rugby sportswise study, 92% of parents think that the benefits of children playing sport outweigh the risks.
- **Dr Paul D Jackson, President of the Faculty of Sport & Exercise Medicine (FSEM UK)**
*"There is insufficient good evidence to justify a call for tackling to be removed from school rugby. More research is required from medical experts, in injury surveillance, using standard definitions of injury which can be applied across all sports to enable comparisons to be made.
"Skill acquisition at an early age is essential in all sports and teaching of the correct techniques is a vital element of injury prevention. There will always be injury risk in contact sport, however it must be balanced against childhood physical inactivity, which contributes substantially to preventable disease in the UK."*
- **Dr James Robson, Scottish Rugby's Chief Medical Officer**
"Inactivity remains one of the biggest threats to our Nation's health. Rugby, along with all other forms of sport and physical exertion is key to creating wellness in our population".