

## RugbySafe A-Z

### A comprehensive list of Player Welfare topics and questions

**RugbySafe** is RFU's overarching player safety and welfare initiative to support clubs, schools, colleges, universities and participants at all levels of the game. It aims to provide evidenced-based information, guidance and advice on best practice and how the game should be played and managed to ensure that rugby is played in a safe and enjoyable environment.

Topic	Overview	Resources / Signpost
<b>A</b>		
<b>Accident Report Form</b>	<p>Clubs/schools should keep a record of any incidents both on and off the pitch.</p> <p>Each first aider should have access to an accident book/form to record any incidents that required their attendance. However, clubs/ schools retain overall responsibility for ensuring that records are maintained and appropriately stored.</p>	<p>A template is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.</p> <p>The <a href="#">First Aid and Immediate Care Guidelines</a> provide more information on incident reporting and record keeping.</p>
<b>Activate</b>	<p>Activate is an injury prevention exercise programme that can be integrated into training and pre-match sessions. The exercises included in the programme are designed to improve functional and core strength, balance and agility, all of which assist a player in dealing with the physical demands of the game.</p> <p>The research on which the Activate programme is based suggests that the conditioning of players can significantly reduce the risk of injury, including concussion incidence by up to 59%. An <a href="#">overview of the Activate research</a> highlights the key findings.</p>	<p>The <a href="#">Activate FAQ</a> provides an overview of the programme and answers some initial questions. More information and free resources including exercise cue cards and videos are openly available to access on the <a href="#">Activate</a> website.</p> <p>It is highly recommended that coaches and teachers attend the face-to-face session; this equips attendees with the key components of the Activate programme so that they can confidently deliver it as part of their existing sessions. The free sessions can be organised through the <a href="#">local RDO/CRC</a>.</p>
<b>Adults at Risk</b>	<p>There is an overall responsibility to safeguard the welfare of all adults involved in the game, particularly those deemed to be at risk.</p> <p>The Adults at Risk policy applies to all individuals involved in rugby union, whether employees or volunteers. Adults are people over the age of eighteen years of age.</p>	<p>More information, the related policy and procedures are available on the <a href="#">Adults at Risk</a> page.</p>
<b>Age Grade Rugby</b>	<p>Information on the Age Grade Game including best practice and regulations on playing up and down, grouping of players, rules of play and out of season activity.</p>	<p>Regulation 15 relates to Age Grade Rugby and can be found on the <a href="#">RFU Regulations webpage</a>.</p> <p>There is also additional information and guidance relating the age grade <a href="#">Codes of Practice</a>.</p> <p>Further queries should be directed to: <a href="mailto:AgeGradeQueries@rfu.com">AgeGradeQueries@rfu.com</a></p>
<b>Anti-doping</b>	<p>The RFU has a distinct policy and runs specific programmes for both anti-doping and illicit drugs.</p>	<p>Information and guidance is available on the <a href="#">Anti-doping</a> pages.</p>
<b>Asthma</b>	<p>In most cases people with asthma can play rugby, for many particularly children, exercise and sport are good for their condition. However, it is important to ensure that the asthma is well controlled and that players, coaches etc. have a clear understanding of what to do when symptoms occur</p>	<p>Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.</p>

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<b>Autism</b>	<i>See Learning Disabilities and Difficulties</i>	
<b>Automated External Defibrillators</b>	<p>An Automated External Defibrillator (AED) is a life-saving device that is used to give a controlled electric shock in some cases of cardiac arrest.</p> <p>The RFU work with the Community Heartbeat Trust (CHT) to provide support to Clubs, Schools, Colleges/Universities with all aspects of procurement, training, governance and maintenance of automated external defibrillators (AED).</p>	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page and on the <a href="#">Community Heartbeat Trust's</a> dedicated webpages.
<b>B</b>		
<b>Base Layers</b>	There are some limitations to wearing base layers (or "skins") in both adult and age grade rugby.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Bleeding Disorders</b>	Individuals with bleeding disorders may be able to play rugby. However, medical advice should be sought in the first instance and it is important to ensure that players, coaches etc. have a clear understanding of what to do when symptoms occur.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Boots &amp; Footwear</b>	Boots, studs/blades should be appropriate and compliant for rugby activity. Some studs/blades may not be suitable based on the material and/or design. Similarly, compliant studs/blades can be dangerous if they become sharp or burred and should be regularly checked.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>C</b>		
<b>Cerebral Palsy</b>	Individuals with Cerebral Palsy may be able to play rugby, however medical advice should be sought first.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Clothing</b>	Any clothing worn during rugby activity should be appropriate and compliant; this includes protective clothing/equipment, religious headwear. There are a number of banned items of clothing and jewellery.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Concussion</b>	<i>See HEADCASE</i>	
<b>Community Rugby Injury Surveillance &amp; Prevention Project (CRISP)</b>	<p>CRISP is an on-going research project independently carried out by University of Bath on behalf of the RFU.</p> <p>Data is collected from different community playing environments including the adult male, adult female, university and school game.</p>	<p>More information on CRISP and other related research is available on the <a href="#">RugbySafe Research</a> webpages.</p> <p>Details on how clubs/schools can get involved are available through the <a href="#">University of Bath</a>.</p>
<b>D</b>		
<b>Defibrillators</b>	<i>See Automated External Defibrillators</i>	
<b>Dental</b>	When appropriate preventative measures are taken (e.g. wearing a mouthguard) the risk of dental trauma in rugby union is very low. However, it is important to be aware of these preventative measures and what to do if a dental injury occurs.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Diabetes</b>	In most cases, individuals with diabetes can play rugby. However, medical advice should be sought in the first instance and it is important to ensure that players, coaches etc. have a clear understanding of what to do when symptoms occur.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Down's Syndrome</b>	Individuals with Down's Syndrome may be able to play rugby, however medical advice should be sought first.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.

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<b>E</b>		
<b>Early Years Rugby</b>	There is a series of guides to support clubs and third party providers who offer 'early years' activity (i.e. 18 months to 5 years). The guides cover a number of topics such as safeguarding and insurance, as well as different forms of suitable activities.	The guides and more information is available on the <a href="#">Age Grade Rugby</a> webpages.  A video explaining the ' <a href="#">Early Years' Guidance</a> ' is also available.
<b>Emergency First Aid in Rugby Union Course (EFARU)</b>	The Emergency First aid in Rugby Union (EFARU) course is the RFU's recognised entry-level first aid course. It provides learners with the skills, knowledge and understanding required to give care, manage conditions, minor injuries and illness, specifically focusing on those occurring in a rugby environment.  The EFARU sits on the national Regulations Qualifications Framework (RQF) and is a recognised qualification that is transferable to the workplace, other organisations and sports.	More information is available on the <a href="#">EFARU Course</a> and <a href="#">RugbySafe Essential Guide and FAQ</a> pages.  Any enquiries regarding EFARU course bookings should be sent to: <a href="mailto:coacheducation@leedsbeckett.ac.uk">coacheducation@leedsbeckett.ac.uk</a>
<b>Epilepsy</b>	Individuals with epilepsy should seek medical advice before deciding whether to play rugby. If appropriate, it is important to ensure that players, coaches etc. have a clear understanding of what to do when symptoms occur.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>F</b>		
<b>Facemasks</b>	There are limitations to wearing facemasks in both adult and age grade rugby.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>First Aid Courses</b>	The RFU offers and recommends its own emergency first aid course (see <i>EFARU</i> ). Clubs, schools, colleges, universities and individuals using other qualifications are responsible for ensuring they meet RFU minimum standards (e.g. Level 3 Emergency First Aid at Work). If the qualification is appropriate, it is acceptable for the individual to take up the role as an appointed first aider.  The RFU are not able to accredit/quality assure external training courses, nor can externally achieved qualifications be uploaded to the Game Management System (GMS). However, an individual can be appointed the role of "First Aider" on GMS.	The <a href="#">First Aid and Immediate Care Guidelines</a> provide more information on minimum first aid qualification standards.
<b>First Aid Equipment</b>	First aid equipment should be appropriate to the level of training that the first aider or immediate care provider has received. It is recommended that pitch-side first aiders have their own bag that is appropriately stocked.  The RFU have teamed up with <a href="#">Medtree</a> , a globally recognised medical equipment provider to offer discounted equipment to clubs, schools and anyone involved in rugby.	The <a href="#">First Aid and Immediate Care Guidelines</a> provide more information on first aid equipment requirements. Information is also available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.  Discounted equipment, including the bespoke designed RugbySafe first Aid kit bag is available on the <a href="#">Medtree Rugby</a> website.
<b>First Aid Guidelines (Provision and Compliance)</b>	Clubs, schools, colleges and universities should have an appointed individual (e.g. Club RugbySafe Lead) who is responsible for ensuring that the appropriate first aid and/or immediate care provision is in place. The exact requirements will vary based on location, facilities, the type of activity and the number of people taking part.  A thorough risk assessment should determine the level and type of provision required in line with RFU Regulation 9 (Player Safety). <i>Also see Regulation 9.</i>	The <a href="#">First Aid and Immediate Care Guidelines</a> provide detailed information on first aid and immediate care provision, equipment and other requirements to be compliant with <a href="#">Regulation 9</a> .

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<b>First Aid Treatment</b>	Any first aid and/or immediate care treatment should only be carried out by individuals who are appropriately qualified. First aiders/immediate care practitioners should only carry out treatment for which they have been trained.	The <a href="#">Emergency First Aid in Rugby Union</a> videos provide information on best practice treatment and can be used as a part of refresher training for qualified first aiders.  Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Food For Rugby</b>	FoodforRugby provides information and nutritional advice for preparing to play rugby. It includes guidance on what a healthy and balanced diet should consist of, recipe ideas and other useful resources	For more information, visit the <a href="#">FoodforRugby</a> website.  Information and guidance is available on the <a href="#">Supplements</a> web pages.
<b>G</b>		
<b>Gloves &amp; Mitts</b>	There are limitations to wearing gloves and mitts in both adult and age grade rugby.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Goggles &amp; Eyewear</b>	The wearing of spectacles is prohibited for any type of contact rugby activity; however, there is an ongoing sports goggles trial. Prescription glasses and sunglasses are permitted for non-contact activities.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Gumshields</b>	<i>See Mouthguards</i>	
<b>H</b>		
<b>HEADCASE</b>	HEADCASE is the RFU's concussion awareness programme that aims to increase understanding of players, parents, coaches, match officials and volunteers and provide information on concussion and other related topics, including how to prevent and manage suspected concussions. It includes free online awareness modules and downloadable resources.  <b>"IF IN DOUBT, SIT THEM OUT"</b>  <i>Also see Head Injury Assessment.</i>	Information on concussion, the HEADCASE programme and resources are available on the <a href="#">HEADCASE</a> webpages.  HEADCASE posters and pitch-side advice cards are available for free upon request; please send your name, delivery address and the amount needed to <a href="mailto:rugbysafe@rfu.com">rugbysafe@rfu.com</a> .  Any enquiries regarding module completion on GMS should be sent to <a href="mailto:GMS@RFU.com">GMS@RFU.com</a> .
<b>Headguards</b>	Head guards can help to protect the head from cuts and abrasions, and prevent the development of cauliflower ears and wearing a head guard should be the choice of the player/parent. Padded headgear is not approved by World Rugby or the RFU to reduce the risk of concussion.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Head Injury Assessment (HIA)</b>	The Head Injury Assessment (HIA) is only used in matches where there are the appropriate facilities and systems in place to implement the process, such as international fixtures and the English Premiership.  At all other levels of the game the RECOGNISE and REMOVE principle should be applied. This means that if any symptom or sign is identified, the player should be immediately removed from play and follow the appropriate Return to Play programme as set out in the HEADCASE guidelines.  <b>"IF IN DOUBT, SIT THEM OUT"</b>	Information on concussion, the HEADCASE programme and resources are available on the <a href="#">HEADCASE</a> webpages.  More information on the HIA process used in the elite game is available on the <a href="#">World Rugby Player Welfare</a> website.
<b>Health and Safety Policy</b>	If clubs have five or more employees (including any payment of players) you must have a written health and safety policy and it must be on display and/or a copy provided to every employee.	For more information, visit the <a href="#">Health and Safety Policy (HSE)</a> website. There is also an online <a href="#">Legal Document Service</a> that clubs can access by entering the RFU clubs' voucher code - ARAG751BIZ.

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<b>Health Care Professionals</b>	<p>There are a number of different therapists and Health Care Professionals (HCPs) who may support both pitch-side and rehab support. Clubs, schools, colleges and universities should ensure that the HCP has the relevant qualifications, training, experience and insurance for the role.</p> <p>The HCPs should be able to provide evidence of membership to the relevant regulatory body or society.</p>	Further information is available in the <a href="#">First Aid and Immediate Care Guidelines</a> .
<b>Hearing Aids</b>	<p>It may be appropriate for hearing aids to be worn for contact rugby activity. However, they must comply with the requirements of World Rugby regulation.</p> <p>The risk of injury to the player wearing the hearing aid, to other players and the impact of a broken device should be considered.</p>	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Heat Treatment</b>	Appropriately qualified therapists sometimes use heat treatment as an effective and safe treatment for some aches and pains; however, heat treatment should not be used as a first aid intervention.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>I</b>		
<b>Ice Treatment</b>	Applying ice to a suspected injury is theoretically providing therapy, which is not the role of a first aider. However, in general, ice can be used as a safe treatment to reduce pain levels in the short term and it is unlikely to have a negative effect in the long term when used in a sensible and appropriate manner.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Immediate Care in Sport (ICIS)</b>	<i>See PHICIS</i>	
<b>Injury Reporting</b>	<p>Clubs, schools, colleges and universities should keep an internal record any incidents both on and off the pitch. However, it is vital that certain injuries are reported to the RFU. RFU Reportable Injury Events are defined as:</p> <ul style="list-style-type: none"> <li>• An injury which results in the player being admitted to a hospital (this does not include those that attend an Accident or Emergency Department and are allowed home from there).</li> <li>• Deaths which occur during or within 6 hours of a game finishing.</li> </ul> <p>Clubs, schools, colleges and universities are also required to report injuries in which artificial grass pitches or equipment such as sports goggles are involved.</p>	<p>More information on injury reporting (including the standard and referee report forms) is available on the <a href="#">Injury Reporting</a> page.</p> <p>Injury Report Form - <a href="#">PDF Editable</a> Injury Report Form - <a href="#">PDF Non-Editable</a></p> <p>Further queries to: Email: <a href="mailto:sportsinjuriesadmin@therfu.com">sportsinjuriesadmin@therfu.com</a> Tel: 0800 298 0102</p>
<b>Injured Players Foundation</b>	The Injured Players Foundation (IPF) provides support and information to rugby players in England who sustain a serious and catastrophic injury. They also help prevent future injuries through research and education.	Further information is available on the <a href="#">IPF</a> website.
<b>Insurance</b>	Clubs, schools, colleges and universities should understand what is covered by the RFU Public Liability policy, and be aware that additional requirements such as Health Care Professionals' personal liability and personal accident cover may be required.	<p>Information is available on the <a href="#">England Rugby Insurance</a> website.</p> <p>Contact Howden: Email - <a href="mailto:RFU@howdengroup.com">RFU@howdengroup.com</a> RFU Enquiries Helpline - 0121 698 8001</p>



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<b>Insurance cont.</b>	The RFU Insurance provides liability cover for clubs at level 3 and below in respect of first aiders carrying out their duties for the club.	
<b>K</b>		
<b>Kids First</b>	<i>See Quilter Kids First</i>	
<b>L</b>		
<b>Learning Disabilities and Difficulties</b>	In many cases, people with a learning disability or difficulty can find participant rugby beneficial to their condition. It is important however to recognise that additional support may be required to ensure that it is a safe and enjoyable experience for them and the other players.	UK Coaching have a number of useful support materials including the <a href="#">Coaching People with Disability</a> resource which provides some useful tips and generic advice.
<b>M</b>		
<b>Medical Conditions (General)</b>	Any individual with a medical condition that may be affected by playing rugby should seek medical advice before participating in any rugby activity.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Medtree</b>	<i>See First Aid Equipment</i>	
<b>Mental Health</b>	<p>If a club has a concern regarding an individual's mental health they should be directed to an appropriate organisation/agency and/or seek advice from their GP.</p> <p>Schools, colleges and universities may have their own internal mental health/well-being programmes and/or additional policies regarding supporting individuals.</p> <p>There is training available to volunteers, coaches etc. through a number of organisations such as <a href="#">Mental Health First Aid England</a>.</p>	<p>There are a number of organisations that can offer support including:</p> <p><a href="#">Childline</a> Tel: 0800 1111</p> <p><a href="#">The Samaritans</a> Tel: 116 123</p> <p><a href="#">Mind</a></p> <p><a href="#">Young Minds</a></p>
<b>Mouthguards</b>	It is strongly recommended that mouth guards are worn for any contact rugby activity (both training and matches). The use of mouthguards can help to protect the teeth and face. However, there is currently no conclusive evidence that mouth guards reduce the risk of concussion. It is recommended that mouthguards are custom-fitted as other alternatives such as self and pre-moulded versions generally provide a reduced level of fit and protection.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>N</b>		
<b>Nutrition</b>	<i>See Food for Rugby</i>	
<b>O</b>		
<b>Out of Season Activity</b>	Regulation 15 includes what rugby activity is permitted in the Age Grade off-season, which is supported by the guidance in the Age Grade Codes of Practice and the out of season activity guide.	More information can be found in <a href="#">Regulation 15</a> and the <a href="#">Codes of Practice</a> and <a href="#">Age Grade Out of Season Activities</a> guides.
<b>P</b>		
<b>Physiotherapy</b>	<i>See Health Care Professionals</i>	
<b>Play it Safe</b>	The Play it Safe course is for any volunteer or coach at a club who is working with or has responsibility for children and vulnerable adults within rugby.	Visit the <a href="#">Play it Safe Course</a> page for more information on the course and how to arrange or book on a course.

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<b>Pre-Hospital Immediate Care in Sport (formerly ICIS)</b>	<p>The RFU's Pre-Hospital Immediate Care in Sport (PHICIS) courses are rugby union specific courses that provide training for healthcare professionals and allied healthcare professionals working within sport.</p> <p>The PHICIS Level 2 is a one day course, aimed at those HCPs/Allied HCPs working in the community game (Level 3 leagues and below and CB representative rugby). Reaccreditation is required every two years.</p> <p>The PHICIS Level 3 course is a requirement for those HCPs/Allied HCP working within professional rugby, including the Premiership, the Championship and with national teams. Annual reaccreditation is required.</p>	<p>More information including costs and course dates is available on the <a href="#">PHICIS</a> webpages.</p> <p>Further queries should be sent to <a href="mailto:icis@rfu.com">icis@rfu.com</a></p>
<b>Prosthetic Limbs</b>	It may be possible for someone with a prosthetic limb(s) to play rugby, depending on the type of prosthetic worn and the proficiency of its use.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Protective Equipment</b>	Different types of protective equipment and clothing can be used in rugby; however, they must be safe and appropriate of use, complying with World Rugby and RFU regulations.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Q</b>		
<b>Quilter Kids First</b>	Quilter Kids First puts children first. Aimed at U7-U13 boys and girls, it upskills coaches and creates a great rugby environment, so that everyone stays in the game for longer.	More information is available on the <a href="#">Quilter Kids First</a> website including coaching ideas and how to nominate a club or school to become a <a href="#">Quilter Kids First Champion</a> .
<b>R</b>		
<b>Record Keeping</b>	<i>See Accident Report Form</i>	
<b>Regulation 9</b>	<p>Regulation 9 is the RFU regulation that refers to Player Safety. It includes:</p> <ul style="list-style-type: none"> <li>• All those involved in the Game should consider their own/their child's fitness before participating in any rugby activity.</li> <li>• All clubs and rugby activity organisers should carry out a risk assessment to determine the appropriate level of immediate care and/or first aid cover, and equipment required.</li> </ul>	<a href="#">Regulation 9</a> is supported by the <a href="#">First Aid and Immediate Care Guidelines</a> , which provide information and guidance on best practice provision and equipment.
<b>Regulation 15</b>	<p>Regulation 15 covers Age Grade Rugby.</p> <p><i>Also see Age Grade Rugby.</i></p>	<a href="#">Regulation 15</a>
<b>Regulation 20</b>	<p>Regulation 20 covers Anti-doping and Illicit Drugs.</p> <p><i>Also see Anti-doping</i></p>	<a href="#">Regulation 20</a>
<b>Regulation 21</b>	<p>Regulation 21 covers Safeguarding.</p> <p><i>Also see Safeguarding.</i></p>	<a href="#">Regulation 21</a>
<b>Research</b>	<p>The RFU is constantly engaged with research into player safety. It commissions independent studies as well as conducting its own research and collaborates with other sports and rugby unions. The RFU believes it is important to share this information and openly publishes the findings.</p> <p><i>Also see CRISP</i></p>	More information on CRISP and other related research is available on the <a href="#">RugbySafe Research</a> webpages.

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<b>Risk Assessment</b>	Clubs should also complete risk assessments on the premises and their activities. Regulation 9 (see <i>Regulation 9</i> ) requires that clubs, schools, colleges and universities carry out a first aid specific risk assessment to determine the level of provision required.	The RFU's online <a href="#">Risk Assessment Tool</a> provides information and templates for completing a first aid and other relevant risk assessments.
<b>Rugby Camps</b>	Regulation 15 includes what rugby activity is permitted as part of any Age Grade Rugby activity including camps.  <i>Also see Tours</i>	More information can be found in <a href="#">Regulation 15</a> and the <a href="#">Codes of Practice</a> and <a href="#">Age Grade Out of Season Activities</a> guides.
<b>S</b>		
<b>Safeguarding</b>	Everyone shares the responsibility for safeguarding children. The RFU's policy and guidance is therefore relevant and useful for all those involved in creating safe environments in rugby union whether as a parent, coach, spectator or club official.  Any player under the age of 18 is classed as a child and should be respected as such.	Information, policy and guidance is available on the <a href="#">RFU Safeguarding</a> webpages.
<b>Serious Injury</b>	<i>See Injury Reporting</i>	
<b>Shin Guards</b>	There are limitations to wearing shin guards in both adult and age grade rugby.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Shoulder Pads</b>	Shoulder pads can help to reduce the impact of a tackle, by absorbing and dispersing the force. They do not increase the power of the tackler in any way. Wearing shoulder pads should be the choice of the player/parent, however they should meet compliance standards.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Sports Therapy</b>	<i>See Health Care Professionals</i>	
<b>Stretchers, Spinal Boards &amp; Scoops</b>	Spinal boards and scoops should only be used by individuals who have been appropriately trained.  It is recommended that clubs/schools have a folding stretcher available for use by the ambulance services and other appropriately trained individuals if required.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> page.
<b>Studs &amp; Blades</b>	<i>See Boots &amp; Footwear</i>	
<b>Supplements</b>	Supplements are no substitute for a balanced, healthy diet. Players contemplating using supplements should be aware of the risks and be able to make well informed decisions.	For more information, visit the <a href="#">FoodforRugby</a> website.  Information and guidance is available on the <a href="#">Supplements</a> web pages.
<b>T</b>		
<b>Touchline Behaviour</b>	Inappropriate touchline behaviour is recognised as one of the biggest threats to the game. It can impact negatively on the quality of experience enjoyed by young players, their families, referees and other spectators.	More information can be found in <a href="#">Regulation 15</a> and the <a href="#">Codes of Practice</a> .
<b>(Rugby) Tours</b>	When planning a tour, especially with children, there are certain actions and precautions required as part of the planning process.	Information and guidance is available in the <a href="#">Touring with Children</a> document.  Information on touring insurance is available on the <a href="#">England Rugby Insurance</a> website.
<b>Transgender</b>	Whilst transsexual and transgendered people present certain considerations when playing the game, the RFU wishes to ensure that they have the opportunity to play whatever their acquired gender and without prejudice.	Information and guidance is available on the <a href="#">RugbySafe Essential Guide and FAQ</a> and <a href="#">Gender</a> webpages.



Topic	Overview	Resources / Signpost
<b>W</b>		
<b>Weight Training for Children</b>	<p>Research continues to suggest that for safety and continued player engagement the best strength training exercises for children should be:</p> <ul style="list-style-type: none"> <li>• Bodyweight exercises</li> <li>• Short and sharp, relating to physical literacy – not stamina and endurance activity</li> <li>• To develop functional strength and movement control e.g. the Activate Injury Prevention Programme</li> <li>• Included in small sided games</li> </ul> <p>Any weight training should only be carried out under the supervision of a suitably qualified Strength and Conditioning coach who also has experience of applying this to children.</p> <p><i>Also see Activate</i></p>	<p>The <a href="#">Activate FAQ</a> provides an overview of the programme and answers some initial questions.</p> <p>More information and free resources, including exercise cue cards and videos, are openly available to access on the <a href="#">Activate</a> website.</p>