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Rugby Ready
A collective responsibility

Introduction to *Rugby Ready* plus Q&A session

Opening words by Pascal Gille (President)
Presented by Guillermo Rocco (A-Team Coach)

Target time is **20:00-20:30 Hs**

Q&A session 20:30-20:45

"This programme was launched in October 2007 to educate, aid and support players, coaches, match officials, administrators and Unions on the importance of sufficient preparation for training and playing in order for Rugby to be played and enjoyed while reducing the risk of serious injury. Ultimately, it is about player welfare at all levels of the Game".

Bernard Lapasset, World Rugby Chairman (2008-2016)

*Those with completed
certificates will
enter a draw with
prizes worth EUR300!*



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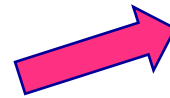
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What is it?

FREE resource from
World Rugby

Rugby Knowledge

3x Main Themes



Build

Refresh

Test

MATCH preparation

Correct Technique

Injury prevention



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<https://rugbyready.worldrugby.org/>

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PASSPORT SITE ▲

Rugby Ready

Laws of the Game

Passport

Strength & Conditioning

Player Welfare

Keep Rugby Clean

Coaching

Officiating

Integrity

LANGUAGE ▲

English

Français

Español

Русский

日本語


Português (Brasil)

Nederlands


Čeština

Deutsch

简体中文



Training Passport
Your gateway to World Rugby's online training and education portfolio



World Rugby Passport user login


Email address:
(or World Rugby Passport number)

guillermorocco@hotmail.com

Password:

.....

Log in



Passport

If you have registered on another site which displays the World Rugby Passport logo, you do not need to register again. You can use the same details to log in here.

I am not registered, register now

I forgot my password



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Why is it good for you?

RISK Management

Understand better risks associated
with Rugby = Mitigation

Good Practice

Raise awareness and
prevent injuries

How?

Handbook

Online learning

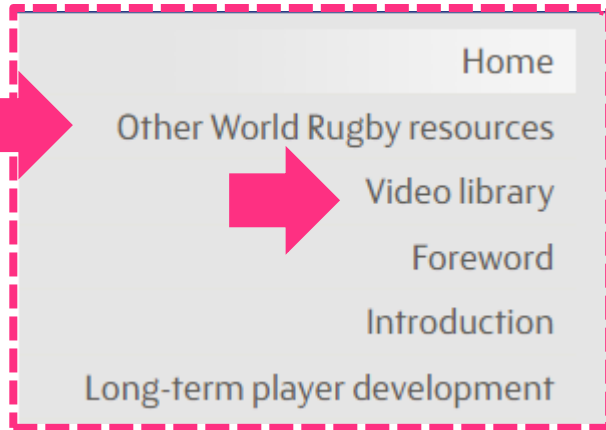
Face-to-Face



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Welcome to Rugby Ready

Welcome to Rugby Ready - devised by World Rugby. The Rugby Ready programme is intended to raise awareness of good practice and help stakeholders manage the inherent risks of a contact sport by putting appropriate safeguards in place.

The Rugby Ready web site is a powerful online resource that you can register to use for free. You can use the site to build, refresh and test your knowledge of the physical aspects of the Game.

The self-assessment programme comprises 18 good-practice modules covering:

- Match preparation and physical conditioning
- Correct technique
- Injury prevention and management.

After completing the online Rugby Ready exam, you can download your personalised awareness certificate.

Registration is free and takes only a few minutes.



See what you get with Rugby Ready

[Log in](#) [Register](#)

Not logged in!



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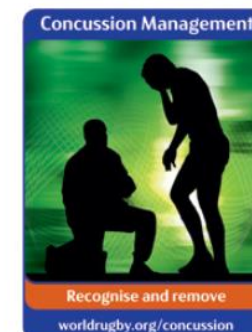
Free Resources Online

- Laws
- Coaching
- Officiating (Refereeing)
- Strength & Conditioning
- Concussion Management
- First Aid in Rugby

Other World Rugby resources

World Rugby Passport - interactive learning websites from World Rugby

It is important to highlight that, in order to gain best use from Rugby Ready, you should use it in conjunction with other World Rugby programmes, such as the ones detailed below.





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Video Library

Rugby Ready video library



Introduction



World Rugby Core Values



Long term player development



Pre-participation



Equipment, environment & emergency plan



Physical conditioning



Warm up



Principles of play



Open field play



The tackle



The ruck



The maul



The scrum



The lineout



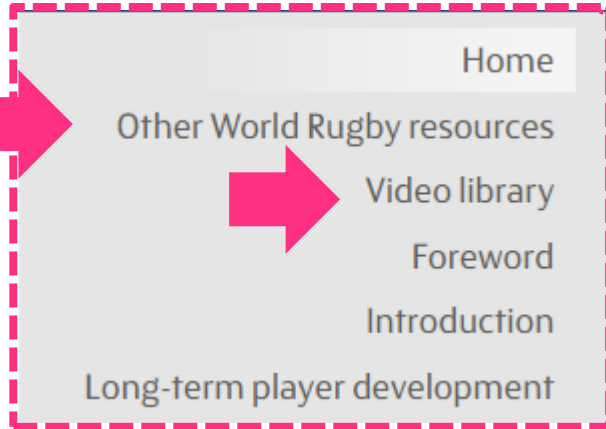
Cool down



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Go to Live Demo!

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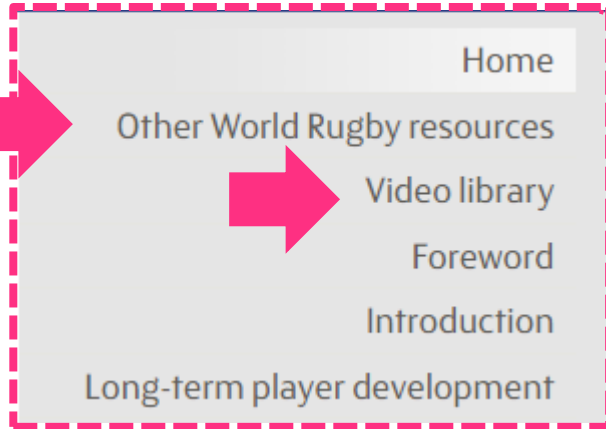
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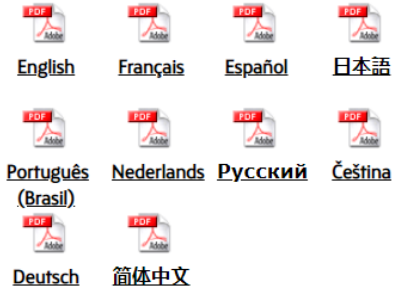
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Downloads

- Rugby Ready Manual (various languages)
- Pocket Concussion Recognition Tool
- Player Profile Form
- Producing and Emergency Plan
- Nutrition Plan
- Injury Report Form

Downloads

Download Rugby Ready 2014 as a printable Adobe PDF file:



Pocket Concussion Recognition Tool



Injury report form



Player profile form



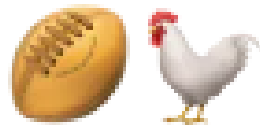
Producing an emergency plan



Nutritional plan



THANK YOU
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Introduction to *Rugby Ready* plus Q&A session

Who should attend:	Players, parents, coaches, match officials, teachers, volunteers
When:	Wednesday 17 March (20:00-20:45) Hs
Presenter:	Guillermo Rocco / A-Team Coach
How:	Zoom webinar
Registration:	rugbyready@stade-rugby.at

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